

## **Cancer and Healthy Lifestyle Resources:**

### **General:**

- **Cancer Support Community ([cscsouthbay.org](http://cscsouthbay.org)) 310-376-3550**
- **TMMC classes ([torrancememorial.org](http://torrancememorial.org)) Healthlinks Resource Center 310-517-4711**
- **Past lectures from SouthBaySurvivorshipConsortium (find on TMMC website)**
- **American Cancer Society**
- **Livestrong**
- **CanHeal (Integrative Cancer Tool Kit from UofA)**
- **Cedars classes for TMMC patients 310-423-0638 or [survivorship@cshs.org](mailto:survivorship@cshs.org)**
- **Cardio-Oncology (Dr. Bauer at TMMC)**
- **Cancer Rehab (Dr. Philip Chang at TMMC/Cedars)**

### **Healthy Living (Free On-line programs to help weight management, healthy diet and exercise)**

- **AICR Healthy 10 challenge FREE ([healthy10challenge.org](http://healthy10challenge.org))**
- **ACTIV8 ([wcrf-uk.org](http://wcrf-uk.org)) FREE 8 week healthy lifestyle program**

### **Recipes**

- **[aicr.org](http://aicr.org)**
- **[wcrf-uk.org](http://wcrf-uk.org)**
- **[eatright.org](http://eatright.org)**

### **Exercise**

- **Healthy Lifestyle Fitness at [mayoclinic.org](http://mayoclinic.org) (how-to-videos)**
- **SilverSneakers.com**
- **MoveYourWay ([health.gov/moveyourway](http://health.gov/moveyourway)) Interactive tool for activity**
- **Local Exercise therapist: [AnneliseTripp.com](http://AnneliseTripp.com), CPT, CES,MES (Cancer Exercise Specialist)**

## **Sleep**

- [Sleepfoundation.org](http://Sleepfoundation.org)

## **Mindfulness and Breathwork**

- **4-7-8 Breathing Technique Dr. Andrew Weil (watch You-Tube video) for sleep and anxiety**
- **Virtual Mindfulness & Breath Work class with Brittany, LCSW: 310-517-4711**
- [InsightLA.org](http://InsightLA.org)
- [Self-Compassion.org](http://Self-Compassion.org)
- [CancerCare.org/meditation-exercises](http://CancerCare.org/meditation-exercises)
- [Osher.ucsf.edu](http://Osher.ucsf.edu)

## **Herbs Information**

- **About Herbs, Botanical and Other Products (Memorial Sloan Kettering Cancer Center)**

## **Essential Oil Recommended brand:**

- **Young Living**