

July 2016: Capital BlueCross

Cancer Survivors Benefit from Groundbreaking Anti-Cancer Class

Surviving cancer is a milestone. For some, it is cause for celebration. For others, it is the start of a new chapter marked by fear and anxiety that the cancer will come back. Receiving support and guidance from people who've been there can make all the difference in the world.

A groundbreaking Anti-Cancer Lifestyle Program offered at the Capital Blue store in Saucon Valley is designed for cancer survivors who want to reduce their risk of reoccurrence. Beginning Sept. 1, the 12-week program is led by a team of health and wellness professionals. The sessions focus on four areas that have a strong tie to cancer survivorship: diet, exercise, mindset, and environment.

Participants who have completed the program have called it is a life-changer.

"This class is, in large part, what got me through my cancer treatment," said Maura Carbaugh, a cancer survivor. "Everything was so pertinent to what I was going through that it really was like a light in a dark tunnel. Not only was the information paramount to living your best anti-cancer lifestyle, but the materials and reference resources were invaluable.

"The most amazing thing about this class was that all of us became so close and supportive of one another. You really find out just how much people care and want to help. We became a little family unit."

Another participant said, "We are at war with cancer and we want to be armed with all possible tactics to survive. This was the best class, the best medicine, the best thing I could have done for myself."

The Anti-Cancer Lifestyle Program requires a 12-week commitment from Sept. 1 through Nov. 17. Each session is held from 11 a.m. to 1:30 p.m. and includes an anti-cancer meal.

For more information or to register, please visit www.capitalbluestore.com or call 855.505.BLUE.

###