

The American Cancer Society and Kohl's have partnered to bring you *Kohl's Healthy Families*, a program supporting families through prevention, screening, diagnosis, and treatment of cancer. Since 2010, Kohl's has committed nearly \$10 million to the American Cancer Society to support programs designed to help fight cancer in southeast Wisconsin.

The *Kohl's Healthy Families* program highlights include:

- Educational materials such as the [Kohl's Healthy Families Guidebook](#), which provides tools to help families learn how to take action and reduce their risk of cancer. It focuses on healthy lifestyle choices regarding nutrition, physical activity, and provides guidance around cancer screening. Information is presented in an easy to understand format that includes grocery lists, recipes, exercise ideas and stress management tips for the entire family.
- Patients and their loved ones will receive support after a diagnosis through specialized educational materials. For instance, the [Guide for Patients with a Recent Cancer Diagnosis](#), which is a reference guide for patients and their families designed to answer some of the most common questions about cancer, offer suggestions when talking with their healthcare team and support patients through the treatment process.
- Kohl's has a long standing commitment to the fight against breast cancer and provides support through a variety of resources including a booklet called [Healthy Choices for Breast Cancer Patients & Survivors](#). This tool outlines simple steps breast cancer patients and survivors can take to focus on eating a healthy diet and staying active to improve their health outcomes and reduce their chance of reoccurrence. In order to encourage physical activity, *each booklet comes with a pink pedometer* that allows breast cancer patients and survivors to track their steps.
- The [Kohl's Healthy Families](#) website is an online resource with information on how to reduce your risk of cancer by maintaining a healthy weight, eating nutritious foods and being physically active. Visit today to learn about living a healthier life.

Kohl's has been the presenting sponsor at the Making Strides Against Breast Cancer Event since 2010. In addition, Kohl's will also be sponsoring Relay For Life events & Relay Recess events throughout southeastern Wisconsin. These events are designed to raise awareness and fund the fight against cancer by providing needed information and services to patients.