



# Start a Learning Circle in your practice or community



**Empower patients to take charge of their health—together.**

Bring patients, clients, or support groups together to build healthier habits, share encouragement, and learn evidence-based strategies to reduce cancer risk and chronic inflammation. Our free **Learning Circle** curriculum follows the Anticancer Lifestyle Program (ACLP) online course and can be used in clinical or community settings.

Learning Circles can be integrated into Shared Medical Appointments (SMAs) or Group Behavioral Health Interventions for insurance reimbursement.

## What's included:

9-week curriculum based on the self-paced ACLP online course

Weekly 90-minute group meetings (in-person or virtual)

Session plans, discussion guides, and expert videos provided

Free Organizer's Manual + Reimbursement Toolkit

## Who Can Organize a Learning Circle?

- Physicians & healthcare professionals
- Health coaches & integrative practitioners
- Support group leaders or patient advocates
- Anyone passionate about prevention & community wellness

## In the words of past participants:

*"It's a step-by-step program that empowered me to **create the change that I needed.**"* - Janna J.

*"I knew I needed the community to support me in making these lifestyle changes. I feel healthier today than before I was even diagnosed, and **no longer have that false feeling of helplessness.**"* - Erica D.

*"Thanks to the Anticancer Lifestyle Program, I know where to turn for reliable, evidence-based information to help guide me in **creating a healthy, active life, full of purpose.**"* - Melody W.



## Get started

[Download the Organizer's Manual](#)

[Access the Insurance-Reimbursed Group Visit Guide](#)

[Learn more on our website](#)

Email:  
[info@anticancerlifestyle.org](mailto:info@anticancerlifestyle.org)



**Anticancer**  
LIFESTYLE PROGRAM