
























MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			Nutritional Counseling  by phone appointment Caregiver Support Group 5:30 PM Living with Cancer  6:00 PM Virtual/Zoom Meeting	HCRC is temporarily closed to walk-ins. but available by appointment
Office Closed 	Breast Cancer Support Group  5:45 PM Virtual/Zoom Meeting	Tai Chi Chih 11:00 AM <i>Call HCRC for details</i> Nutritional Counseling  by phone appointment Qigong Class 5:30 PM <i>Call HCRC for details</i> Guided Meditation  NEW! 5:00 PM Virtual/Zoom Meeting	Nutritional Counseling  by phone appointment Intuitive Collage 2–4 PM <i>Call 805.440.8834</i>	HCRC is temporarily closed to walk-ins. but available by appointment
Energy Balancing Session  11AM–12PM Virtual/Zoom Meeting Restorative Yoga  5:00 PM— <i>New Time</i> Virtual/Zoom Meeting	Spanish Support Group  5:30 PM Virtual/Zoom Meeting Naturopathic Nutrition Education  5:30 PM Virtual/Zoom Meeting	Tai Chi Chih 11:00 AM <i>Call HCRC for details</i> All Blood Cancer Support Group  1–2PM Virtual/Zoom Meeting Qigong Class 5:30 PM <i>Call HCRC for details</i>	Nutritional Counseling  by phone appointment Caregiver Support Group 5:30 PM Living with Cancer  6:00 PM Virtual/Zoom Meeting	HCRC is temporarily closed to walk-ins. but available by appointment
Prostate Cancer Support Group  6:30PM Virtual/Zoom Meeting	Pilates  9:00 AM— <i>New Time</i> Virtual/Zoom Meeting Breast Cancer Support Group  5:45 PM Virtual/Zoom Meeting	Tai Chi Chih 11:00 AM <i>Call HCRC for details</i> Nutritional Counseling  by phone appointment Qigong Class 5:30 PM <i>Call HCRC for details</i>	Nutritional Counseling  by phone appointment Intuitive Collage 5:30–7:30PM <i>Call 805.440.8834</i> Young Survivor Support Group  NEW! 6:00 PM Virtual/Zoom Meeting	HCRC is temporarily closed to walk-ins. but available by appointment
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MONDAY

Restorative Yoga ☐
5:00 PM—*New Time*
Virtual/Zoom Meeting

TUESDAY

Breast Cancer Support Group ☐
5:45 PM
Virtual/Zoom Meeting

WEDNESDAY

Mindfulness Education ☐
10:00 AM

Tai Chi Chih
11:00 AM
Call HCRC for details

Guided Meditation ☐ **NEW!**
5:00 PM
Virtual/Zoom Meeting

Qigong Class
5:30 PM
Call HCRC for details

THURSDAY

Nutritional Counseling ☐
by phone appointment

Caregiver Support Group
5:30 PM

Living with Cancer ☐
6:00 PM
Virtual/Zoom Meeting

FRIDAY

HCRC is temporarily closed to walk-ins. but available by appointment

Energy Balancing Session ☐
11AM–12PM
Virtual/Zoom Meeting

Spanish Support Group ☐
5:30 PM
Virtual/Zoom Meeting

Tai Chi Chih
11:00 AM
Call HCRC for details

All Blood Cancer Support Group ☐
1–2PM
Virtual/Zoom Meeting

Qigong Class
5:30 PM
Call HCRC for details

Nutritional Counseling ☐
by phone appointment

Intuitive Collage
2–4 PM
Call 805.440.8834

HCRC is temporarily closed to walk-ins. but available by appointment

Prostate Cancer Support Group ☐
6:30PM
Virtual/Zoom Meeting

Pilates ☐
9:00 AM—*New Time*
Virtual/Zoom Meeting

Breast Cancer Support Group ☐
5:45 PM
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Nutritional Counseling ☐
by phone appointment

Caregiver Support Group
5:30 PM

Living with Cancer ☐
6:00 PM
Virtual/Zoom Meeting

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Qigong Class
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Call HCRC for details

Nutritional Counseling ☐
by phone appointment

Intuitive Collage
5:30–7:30PM
Call 805.440.8834

Young Survivor Support Group ☐ **NEW!**
6:00 PM
Virtual/Zoom Meeting

HCRC is temporarily closed to walk-ins. but available by appointment

Please call Hearst Cancer Resource Center for more information or to get started with our programs: 805.542.6234 or email: HCRC@dignityhealth.org

Key

☎ - Phone appointment

☐ - Zoom/Virtual

BLUE-Wellness, Qigong, Tai Chi, Pilates, Nutrition

GREEN-Education

ORANGE-Support Group

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Locations

- **SAN LUIS OBISPO (SLO)**
Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
- **SANTA MARIA (SM)**
Mission Hope Cancer Center
1325 East Church Street
Marian Health & Wellness Center
1207 East Main Street
- **ARROYO GRANDE (AG)**
Mission Hope Cancer Center
850 Fair Oaks Avenue
- **PASO ROBLES (PR)**
Oak Park 3 Community Room
3120 Pine Street
- **VIRTUAL/ZOOM SESSION**
Call for phone consultation
- **COMMUNITY PARTNER OFFERING**
- **EN ESPAÑOL**

GETTING STARTED

Patient Orientation

Get to know us and the services we provide, so we can support your journey.

- **Hearst Cancer Resource Center, SLO—by phone**
Call for details:
805.542.6234 English
805.786.6130 Español
- **Mission Hope Cancer Center, SM**
By appointment;
805.346.3402 English
805.346.3406 Español
- **Mission Hope Cancer Center, AG**
By appointment; 805.474.5303

SUPPORT GROUPS

All Blood Cancer Support Group
(Leukemia, Lymphoma, Myeloma and MDS)

Helping individuals and families cope with diagnosis and treatment.

- **Virtual/Zoom Session, SLO**
2nd Wednesday of each month; 1PM
Call 805.542.6234 for details
- **Mission Hope Cancer Center, SM**
Call 805.346.3402 for updates

Apoyo y Educación para Personas con Cáncer (Spanish Support Group)

Usted no está sola(o) en la lucha contra el cáncer. Si usted o alguien de su familia sufre de cáncer, acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

- **Virtual/Zoom Session, SLO**
El Segundo martes de cada mes; 5:30PM
Llame e Eloisa al 805.786.6130
- **Mission Hope Cancer Center, SM**
Last Tuesday of each month
Llame e Hector al 805.346.3406 En Español

Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources.

- **Virtual/Zoom Session, SLO**
1st and 3rd Tuesday of each month; 5:45PM
Call 805.542.6234 for details
- **Virtual/Zoom Session, SM & AG**
1st and 3rd Tuesday; 4PM
Call 805.474.5302 for details

Metastatic Breast Cancer Support Group—New

- **Mission Hope Cancer Center, SM**
1st and 3rd Wednesdays at 10 am
Call 805.346.3402 for details

Caregiver Support Group

A forum for people to get together with those who understand their concerns, share helpful strategies and lend support.

- **Hearst Cancer Resource Center, SLO**
1st and 3rd Thursday of each month; 5:30PM
Call 805.542.6234 for details
- **Mission Hope Cancer Center, SM**
4th Wednesday; 1 PM—Via Zoom
Call 805.219.HOPE for details

Grupo de Apoyo Para Hombres con Cancer

Tome la oportunidad e intercambiar informacion relacionada con todos los tipos de cancer, y asi como el cuidado de su salud.

- **Mission Hope Cancer Center, SM**
1st Tuesday of each month
805.346.3406 Español

Living with Cancer Support Group

Support group for patients newly diagnosed or recently out of treatment.

- **Virtual/Zoom Session, SLO**
1st and 3rd Thursday of each month; 6PM
Call 805.542.6234 for details
- **Mission Hope Cancer Center, AG**
Call 805.474.5303 for details

Pediatric Oncology Patients and Families

Virtual support groups are available in English and Spanish for children, teens and parents.

- **Virtual/Zoom Session, SM**
Call for details:
805.219.HOPE English
805.346.3406 Español



FOLLOW US

facebook.com/HearstCancer
ResourceCenterSanLuisObispo

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Prostate Cancer Support Group

Information, support and encouragement for newly-diagnosed patients and survivors.

- **Virtual/Zoom Session, SLO**
3rd Monday of each month;
6:30PM
Call 805.542.6234 for details

SPOHNC (Support for People with Oral, Head, and Neck Cancer)

Information, support and encouragement to newly-diagnosed patients and survivors.

- **Virtual/Zoom Session, SM & AG**
August 17; 3:30PM
Call 805.219.HOPE for details

EDUCATIONAL LECTURES

JULY

Naturopathic Nutrition Education

Learn important updates and information about naturopathic and nutritional health during and after a cancer diagnosis and through treatment. Question and answer session included with Heidi Lucas, ND.

- **Virtual/Zoom Session, SLO**
July 13; 5:30PM
Contact 805.542.6234 or HCRC@dignityhealth.org for details

AUGUST

Mindfulness Skills for Resilience and Joy

Join Dr. Malotte to learn the practice of mindfulness to support healing, stress-reduction and promote joy.

- **Virtual/Zoom Session**
August 4; 10:00AM
Contact 805.542.6234 or HCRC@dignityhealth.org for details

Confident Caregiving Workshop

- **Virtual/Zoom Session, SM**
August 18; 3 pm—Via Zoom
Call 805.346.3400 to RSVP

SELF-HELP PROGRAMS

Auricular Acupuncture

- **Mission Hope Cancer Center, AG**
4th Monday; 1:00PM
Call 805.474.5300 to RSVP
- **Mission Hope Cancer Center, SM**
4th Monday; 3 pm,
Call 805.346.3400 to RSVP

Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise. Each participant will meet one-on-one with our Certified Exercise Trainer for an individualized program. A fitness assessment and medical release are required before participating.

- Call 805.346.3413 for details*
**Now offered in both Santa Maria and Arroyo Grande.*

Cancer Well-Fit

A 10-week supervised exercise program for first year survivors. Physician medical release required.

- **Avila Bay Athletic Club & Spa**
Mon, Wed and Fri; 12PM
Call 805.595.7600 x 122
- **Paso Robles Sports Club**
Call Kathy at 805.610.6486 to register.

Capacitar

Some of the practices Capacitar teaches are acupressure, breath work, tai chi, emotional freedom technique, hand mudras and much more. These practices can boost your immune system, transform feelings of anxiety and fear and help you manage times of panic or stress.

- **Mission Hope Cancer Center, SM**
2nd Wednesday at 3 pm
Call 805.346.3400 to RSVP

Counseling

Patient, family and caregiver counseling offer by Cancer Support Community—CA Central Coast

- *Call 805.238.4411 for details*

Energy Balancing

Promotes relaxation, decrease stress and enhance well-being to cancer patients.

- **Virtual/Zoom Session, SLO**
2nd and 4th Monday of each month; 11AM
Call 805.542.6234 for details
- **Marian Health & Wellness Center, SM**
4th Tuesday
Call 805.346.3400 to RSVP
- **Mission Hope Cancer Center, AG**
2nd Thursday
Call 805.474.5300 to RSVP

Fight Against Falls Class

This class will provide you with knowledge to reduce risk of falls and conditioning your muscles to battle muscle fatigue. A fitness assessment is required before attending.

- **Marian Health & Wellness Center, SM**
Every Friday of each month
Call 805.346.3413 for details
- **Mission Hope Cancer Center, AG**
Every Thursday of each month
Call 805.346.3413 for details

HEAL: Healthy Eating and Activity for Living

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines delicious recipes and nutrition advice with practical exercise tips.

- **Virtual/Zoom Session**
July 13th; 2–3PM
Summertime Nutrition
August 10; 2–3PM
Controlling Blood Sugar
Call 805.219.HOPE for details

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Guided Meditation—New

Join us for a gentle guided meditation session.

- **Virtual/Zoom Session, SLO**
1st Wednesday of each month; 5PM
Call 805.542.6234 for details

Intuitive Collage

Using colorful pictures, meaningful words and phrases that appeal to you in a personal way, you will explore ideas and dreams. Your collage will speak, inspire and motivate you in creative ways.

- **Hearst Cancer Resource Center, SLO**
2nd Thursday; 2–4PM;
4th Thursday 5:30–7:30PM
Call 805.542.6234 for details

Learn Golf

- **Monarch Dunes, Nipomo**
2nd and 4th Wednesday; by appointment
Call 805.346.3413 for details

Lymphedema Evaluation

- **Hearst Cancer Resource Center, SLO**
Contact Jamie Cinotto, DPT, CWS, CLT-LANA, ONC for an evaluation: 805.782.9300

Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors and those battling chronic conditions. RSVP and fitness assessment required

- **Marian Health & Wellness Center, SM**
Every Tuesday of each month
Call 805.346.3413 for details
- **Mission Hope Cancer Center, AG**
Every Thursday of each month
Call 805.474.5334 for details

Nutritional Counseling

One-on-one phone consultation with a Registered Dietitian.

- **Hearst Cancer Resource Center, SLO**
By phone appointment;
805.542.6234
- **Mission Hope Cancer Center, SM**
By appointment; 805.346.3403
- **Mission Hope Cancer Center, AG**
By appointment; 805.474.5304

Pelvic Floor Strengthening Class For Prostate Cancer Survivors

Join us to learn about exercises that could help strengthen your pelvic floor after prostate cancer.

- **Marian Health & Wellness Center, SM**
2nd and 4th Friday of each month
Call 805.346.3413 for details

Pilates Class

Develop strength and flexibility with exercise geared towards the recovery from a cancer diagnosis.

- **Virtual/Zoom Session, SLO**
3rd Tuesday of each month;
9AM—*New Time*
- **Mission Hope Cancer Center, AG**
Every Thursday of each month
By appointment. Assessment required, Call 805.474.5334

Qigong Class

Now offered weekly. Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves health, balance, flexibility and stamina.

- **Hearst Cancer Resource Center, SLO**
Call 805.542.6234 for details

Surfing For Hope—for Kids and Adult Survivors—*NEW addition*

This unique program provides a safe, fun environment utilizing the healing energy of the beach and ocean. Meets at the Sea Crest Hotel in Pismo Beach. RSVP required.

- Visit surfingforhope.org for details
3rd Saturday of each month
Kids with a family member
3rd Sunday of each month
Women survivors and supporters

Tai Chi Chih

Now offered weekly. Increase energy and improve health, balance, flexibility and stamina.

- **Hearst Cancer Resource Center, SLO**
Call 805.542.6234 for details.

TRX

TRX is for everyone, it's simple and versatile. The benefits from training with TRX are innumerable from getting stronger, having better balance, increased stamina and many more. RSVP and fitness assessment is required.

- **Mission Hope Cancer Center, AG**
Every Thursday of each month
Call 805.474.5302 for details

Yoga

This gentle yoga class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength, balance, and flexibility. RSVP is required.

- **Virtual/Zoom Session, SLO**
July 12, August 2; 5PM—*New Time*
Call 805.542.6234 for details
- **Mission Hope Cancer Center, AG**
Every Thursday of each month
Call 805.474.5334 for details

Turn to us for answers:

HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401
805.542.6234
Monday–Friday
9AM–4:30PM
dignityhealth.org/hcrc
HCRC is temporarily closed to walk-ins.
Please call for assistance.

Thomas Spillane, MD
Medical Director

Shannon D'Acquisto
Director, Cancer Survivor
Shannon.DAcquisto@dignityhealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator
Julie.Neiggemann@dignityhealth.org

Eloisa Medina
Lay Patient Navigator
805.786.6130 - en español
Eloisa.Medina@dignityhealth.org

Angela Fissel, RD
Registered Dietician

DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center
1325 East Church Street, STE 102
Santa Maria, CA 93454
805.219.HOPE (4673)

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

Katherine M. Guthrie
*Senior Regional Director,
Cancer Services*
CENTRAL COAST SERVICE AREA
805.346.3434
Katherine.Guthrie@dignityhealth.org

Kathleen Sullivan, PhD, RN
*Vice President, Post Acute Care and
Health Services Operations*

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577
Infusion Center Front Desk:
805.786.6140

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*
Gorgun Akpek, MD, MHS
Diane De Vos Schmidt, FNP-C
J.T. Link, MD
James Malone III, MD
Tim Soucek, PA

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey St #210,
San Luis Obispo, Ca 93401
805.542.9700

FHMC Women's Health and
Imaging Center
1941 Johnson Ave Suite 104,
San Luis Obispo, Ca 93401
805.597.6700

SLO INFUSION CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.786.6140
Nurse Line: 805.786.6144

Susan Diaz, RN, DCN
Director

Viridiana Ruiz, RN, DCN
Oncology Counselor

ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH
& HOSPICE
800.549.9609

PALLIATIVE CARE
805.739.3950

COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

17 Strong
seventeenstrong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionsslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdba.org

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org

Hearst Cancer Resource Center

Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

Street address:
1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401

HCRC Advisory Committee

President and CEO

Alan Iftiniuk

FRENCH HOSPITAL MEDICAL CENTER

*Chief Operating Officer (COO),
Chief Nursing Executive (CNE)*

Julia Fogelson, MSN, RN

FRENCH HOSPITAL MEDICAL CENTER

Vice President, Philanthropy

Debby Nicklas

FRENCH HOSPITAL MEDICAL CENTER

Board Members

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Sandy Dunn

Stephen Hearst

Stephen Hilty, MD

Stephen Holtzman, MD

Noreen Martin

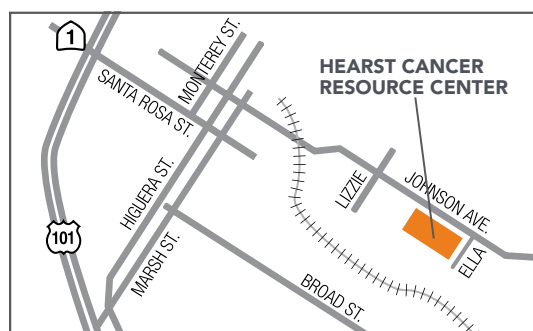
Susan Minker, MD

Don Oberhelman

Thomas Spillane, MD

Jackie Starr

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program

1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234



Commission
on Cancer®
ACCREDITED
PROGRAM

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SCAN ME