





MONDAY

MARCH 1
 **HCRC is temporarily closed to walk-ins.**
Please call for assistance.


 **Energy Balancing Session** 8
 11AM-12PM
 Virtual/Zoom Meeting


Prostate Cancer Support Group 15
 6:30PM
 Virtual/Zoom Meeting
 Call HCRC for details


 **Energy Balancing Session** 22
 11AM-12PM
 Virtual/Zoom Meeting

HCRC is temporarily closed to walk-ins. 29
Please call for assistance.


HCRC is temporarily closed to walk-ins. 5
Please call for assistance.

 **Energy Balancing Session** 12
 11AM-12PM
 Virtual/Zoom Meeting

Prostate Cancer Support Group 19
 6:30PM
 Virtual/Zoom Meeting
 Call HCRC for details

 **Energy Balancing Session** 26
 11AM-12PM
 Virtual/Zoom Meeting

TUESDAY


Breast Cancer Support Group 2
 4PM
 Virtual/Zoom Meeting
Qigong Class
 Call HCRC for details

Qigong Class 9
 Call HCRC for details

Lymphedema Education 16
 Call Jamie Cinotto at 805.782.9300 for details
Qigong Class
 Call HCRC for details

Qigong Class 23
 Call HCRC for details

Qigong Class 30
 Call HCRC for details



Breast Cancer Support Group 6
 4PM
 Virtual/Zoom Meeting
Qigong Class
 Call HCRC for details



Qigong Class 13
 Call HCRC for details

Lymphedema Education 20
 Call Jamie Cinotto at 805.782.9300 for details
Qigong Class
 Call HCRC for details


Qigong Class 27
 Call HCRC for details


WEDNESDAY



Beauty and You 3
 Call HCRC for a phone consultation
Tai Chi Chih
 Call HCRC for details
Nutritional Consultations
 Available by phone
 Call HCRC for details



All Blood Cancer Support Group 10
 1-2PM
 Virtual/Zoom Meeting
Nutritional Consultations
 Available by phone
 Call HCRC for details
Tai Chi Chih
 Call HCRC for details


Happy St. Patrick's Day! 17
Nutritional Consultations
 Available by phone
 Call HCRC for details
Tai Chi Chih
 Call HCRC for details

Tai Chi Chih 24
 Call HCRC for details
Nutritional Consultations
 Available by phone
 Call HCRC for details

Nutritional Consultations 31
 Available by phone
 Call HCRC for details




Beauty and You 7
 Call HCRC for a phone consultation
Nutritional Consultations
 Available by phone
 Call HCRC for details
Tai Chi Chih
 Call HCRC for details


All Blood Cancer Support Group 14
 1-2PM
 Virtual/Zoom Meeting
Nutritional Consultations
 Available by phone
 Call HCRC for details
Tai Chi Chih
 Call HCRC for details




Tai Chi Chih 21
 Call HCRC for details
Nutritional Consultations
 Available by phone
 Call HCRC for details

Tai Chi Chih 28
 Call HCRC for details
Nutritional Consultations
 Available by phone
 Call HCRC for details



THURSDAY


Living with Cancer 4
 6-7:30PM
 Virtual/Zoom Meeting
Caregiver Support Group
 Call HCRC for details
Nutritional Consultations
 Available by phone
 Call HCRC for details




Nutritional Consultations 11
 Available by phone
 Call HCRC for details
Visioning Collage
 Call HCRC for details
Pilates
 2-3PM
 Call HCRC for details


Living with Cancer 18
 6-7:30PM
 Virtual/Zoom Meeting
Caregiver Support Group
 Call HCRC for details
Nutritional Consultations
 Available by phone
 Call HCRC for details


HCRC is temporarily closed to walk-ins. 25
Please call for assistance.

APRIL 1
Living with Cancer
 6-7:30PM
 Virtual/Zoom Meeting
Caregiver Support Group
 Call HCRC for details

Nutritional Consultations 8
 Available by phone
 Call HCRC for details
Visioning Collage
 Call HCRC for details
Pilates
 2-3PM
 Call HCRC for details

Living with Cancer 15
 6-7:30PM
 Virtual/Zoom Meeting
Caregiver Support Group
 Call HCRC for details
Nutritional Consultations
 Available by phone
 Call HCRC for details

Nutritional Consultations 22
 Available by phone
 Call HCRC for details

Nutritional Consultations 29
 Available by phone
 Call HCRC for details

FRIDAY

HCRC is temporarily closed to walk-ins. 5
Please call for assistance.

HCRC is temporarily closed to walk-ins. 12
Please call for assistance.

HCRC is temporarily closed to walk-ins. 19
Please call for assistance.

HCRC is temporarily closed to walk-ins. 26
Please call for assistance.

HCRC is temporarily closed to walk-ins. 2
Please call for assistance.

HCRC is temporarily closed to walk-ins. 9
Please call for assistance.

HCRC is temporarily closed to walk-ins. 16
Please call for assistance.

HCRC is temporarily closed to walk-ins. 23
Please call for assistance.

HCRC is temporarily closed to walk-ins. 30
Please call for assistance.

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)

New Location:

Oak Park 3 Community Room
3120 Pine Street

● VIRTUAL/ZOOM SESSION

Call for phone consultation

● COMMUNITY PARTNER OFFERING

● EN ESPAÑOL

GETTING STARTED

Patient Orientation Class

A cancer diagnosis often requires navigating an unfamiliar world. Get to know us and the services we provide so we can take this journey together.

A mandatory meeting for cancer patients, families and their caregivers.

- **Mission Hope Cancer Center, SM**
By appointment; 805.346.3402
(English) or 805.346.3406 (Spanish)

- **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**

MAR 10 & APR 14; 1PM

Call HCRC for details

- **Mission Hope Cancer Center, SM**
Contact Ashley Hahn at 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**

Llame e Eloisa al 805-786-6130.

- **En Español**

MAR 23 & APR 27; 9AM

Llame e Hector Rodriguez al
805.346.3406.

Breast Cancer Support Group

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

- **Virtual/Zoom Session**

MAR 2 & APR 6; 4PM

Call HCRC for details

- **Virtual/Zoom Session, SM & AG**

MAR 2, 16 & APR 6, 20; 4PM

Contact Carol Dichmann at
805.346.3447 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**

Call HCRC for details

- **Mission Hope Cancer Center, SM**

Contact Ashley Hahn at 805.346.3402
for support.

Support for Pediatric Oncology Patients and their Families

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

- **Virtual/Zoom Session, SM**

Contact Ashley Hahn at 805.346.3402
or *Hector Rodriguez at 805.346.3406*
(Español) for details.

Grupo de Apoyo EN ESPAÑOL Para Pacientes con Cáncer y Sobrevivientes de Cáncer (PARA HOMBRES SOLAMENTE)

Hombres encargados del cuidado de Pacientes con cáncer y familiares (hombres) son bienvenidos. Venga y tome la oportunidad de aprender, compartir, e intercambiar información relacionada con todos los tipos de cancer, así como el cuidado de su salud y sus preocupaciones en general.

- **En Español**

MAR 2 & APR 6; 9AM

Llame e Hector Rodriguez al
805.346.3406.

Living with Cancer Support Group

Support group for anyone facing or living with cancer.

- **Virtual/Zoom Session, SLO**

MAR 7, 11 & APR 1, 15; 6PM

Call HCRC for details.

- **Mission Hope Cancer Center, AG**

Call 805.474.5303 for details.

Pure Stoke Youth Program

A safe, fun environment utilizing the healing energy of the beach and ocean to help youth deal with the stress of a family member with cancer. Meets at the Sea Crest Hotel in Pismo Beach. Lunch is provided!

- *To enroll, please visit surfingforhope.org/pure-stoke-surf-camp/apply and fill out a brief online application.*

Prostate Cancer Support Group

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

- **Virtual/Zoom Session**

MAR 15 & APR 19; 6:30PM

Call HCRC for details and reservations.

SPOHNC, Santa Maria and Arroyo Grande (Support for People with Oral, Head, and Neck Cancer, Inc.)

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

- **Virtual/Zoom Session, SM & AG**

With Special Guest Dr. J. Ben Wilkinson, MD,

FACRO: APR 20; 3:30PM

Contact Ashley Hahn at 805.346.3402
for updates.

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

EDUCATION/LECTURE

Beauty and You

Program teaches skincare and makeup techniques to mitigate appearance related side effects of cancer treatments.

- **Consultations**

MAR 3 & APR 7

Call HCRC for a phone consultation at 805.542.6234.

HEAL: Healthy Eating and Activity for Living

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

- **Virtual/Zoom Session**

Spring into Action to Prevent Colorectal Cancer: MAR 9, 2PM &

Nutrition and Exercise Strategies for Head

and Neck Cancer: APR 13, 2PM

Please call John Malinowski at

805-346-3413 to RSVP.

Look Good, Feel Better

Program teaches skincare and makeup techniques to mitigate appearance related side effects of cancer treatments.

- **Virtual/Zoom Session**

*Now offered in Spanish

Contact Hector at 805.346.3406

for support.

- **Mission Hope Cancer Center, SM**

Contact Ashley Hahn at

805.346.3402 for support.

- **Mission Hope Cancer Center, AG**

Contact Jenni Davis at 805.474.5303 for support.

Lymphedema Education

A certified lymphedema specialist reviews lymphedema signs and symptoms and how to manage them.

- **Phone Consultation**

Call Jamie Cinotto at 805.782.9300

or email cclymphedema@gmail.com to

schedule an appointment.

SELF-HELP CLASSES

Art Therapy Class

Join Catherine Lemoine for an art workshop using varied materials and techniques to help boost creativity.

No artistic ability needed.

- **Mission Hope Cancer Center, SM,**

APR 7, 21; 10AM-12PM

Limited Seating, contact Ashley Hahn

at 805.346.3402 to RSVP.

Cancer Rehabilitation

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

Please call 805.346-3413 to register.

*Now offered in both Santa Maria and Arroyo Grande.

Cancer Well-Fit

A 10-week supervised, quarterly exercise program for first year survivors and those within 12 months post treatment. Physician medical release required.

- **Avila Bay Athletic Club & Spa**

Classes held Mon, Wed and Fri; 12PM

Call 805.595.7600 x 122

- **Paso Robles Sports Club**

Call Kathy at 805.610.6486

to register.

Capacitar

Acompáñenos a una introducción virtual de lo que es capacitar.

- **En Español**

MARTES 13 DE ABRIL A LUS; 9AM

Por favor llame a Hector Rodriguez

para hacer su reservación al

805.346.3406.

Para anotarse para esta junta en Zoom

o para más información, comuníquese

con Ashley Hahn al 805.346.3402.

Central Coast Dragon Boat Association— Central Coast SurviveOars

A dragon boating team for cancer survivors and their family and friends.

- Please call Central Coast Dragon Boat for details at 805.316.4569.

Counseling

Patient, family and caregiver counseling offer by Cancer Support Community.

- Call 805.238.4411 for more info.

Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being to cancer patients.

- **Virtual/Zoom Session**

MAR 8, 22 & APR 12, 26; 11AM

Call HCRC for details.

Fight Against Falls Class

This class will provide you with knowledge to reduce risk of falls and conditioning your muscles to battle muscle fatigue.

- **Marian Health & Wellness Center, SM,**

MAR 5, 12, 19, 26 & APR 9, 16, 23, 30

Please call John Malinowski at

805.346.3413 to RSVP. A fitness

assessment is required

before attending.

- **Mission Hope Cancer Center, AG,**

APR 8, 22, 29

Please call John Malinowski at

805.346.3413 to RSVP. A fitness

assessment is required

before attending.

Gentle Yoga

Gentle Yoga is geared specifically for those new to Yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. No experience or flexibility required.

- **Mission Hope Cancer Center, AG**

APR 1, 15, 29

Please contact Carol Dichmann at

805.474.5302 to RSVP. A fitness

assessment is required before attending.

Inner Garden Meditation

Join us for a gentle guided meditation session, drawing and sharing. No artistic ability required. Taught by Barbara Hanneloré, Author, Speaker, Self-Care Mentor; Health & Wellness, Expressive Arts.

- **Virtual/Zoom Session, SM**

Contact Ashley Hahn at 805.346.3402

to RSVP.

HCRC IS IN NEED OF WIGS

If you have a wig you would like to donate please call **805.542.6234**. All wigs will be professionally cleaned.

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Learn Golf

This support group will utilize three holes of the 12-hole golf course to help our patients and caregivers learn the game with professionals in a stress-free manner.

- **Monarch Dunes, Nipomo**

MAR 10 & APR 14, 28

By Appointment, call John Malinowski at 805.346.3413 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; 805.219.4673

- **Mission Hope Cancer Center, AG**

By appointment; 805.474.5300

Order, Disorder, Reorder – Life in the Midst of COVID

Please join us for an inspirational presentation by Flora Washburn, BCC, Spiritual Care Manager, Central Coast

- **Virtual/Zoom Session, SM**

MAR 17; 3PM

Contact Ashley Hahn at 805.346.3402 to RSVP.

Pilates

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

- **Virtual/Zoom Session**

MAR 11 & APR 8; 2PM

Pelvic Floor Strengthening Class for Men For Prostate Cancer survivors

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

- **Marian Health & Wellness Center, SM**

MAR 12, 26 & APR 9, 23

By Appointment, call John Malinowski at 805.346.3413 for details. A fitness assessment is required before attending.

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 HCRC at 805.542.6234

for details.

Soul Collage

An art therapy class helping with grief, trauma, recovery, and all of life's major transitions. Materials are provided.

- APR 9; 1PM

Space is limited. Contact Ashley Hahn at 805.346.3402 to RSVP.

Tai Chi Chih

Increase energy and improve health, balance, flexibility and stamina.

- **Hearst Cancer Resource Center, SLO**

Call HCRC at 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.

- **Mission Hope Cancer Center, AG**

APR 1, 15, 29

Contact Carol Dichmann at 805-474-5302 to RSVP. A fitness assessment is required before attending.

Visioning Collage

Using pictures and words you will explore ideas that will motivate you creatively.

- **Hearst Cancer Resource Center, SLO**

Call HCRC at 805.542.6234

for details.



**HCRC
FREQUENTLY
ADDS NEW
CLASSES**

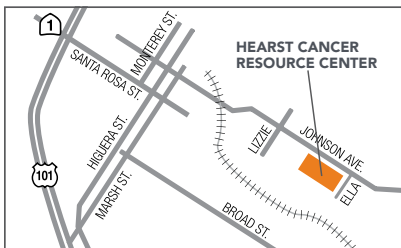
For the latest information:

- 📞 Call 805.542.6234
- 📘 Follow us on facebook @ Hearst Cancer Resource Center San Luis Obispo

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

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

Dignity Health Cancer Care Centers



Hearst Cancer Resource Center
Commission on Cancer Community Cancer Program
1911 JOHNSON AVENUE
SAN LUIS OBISPO, CA, 93401
805.542.6234



SLO Oncology & Hematology
715 TANK FARM ROAD, SUITE C
SAN LUIS OBISPO, CA 93401
DIRECT: 805.543.5577

Infusion Center of San Luis Obispo
715 TANK FARM ROAD, SUITE B
SAN LUIS OBISPO, CA 93401
DIRECT: 805.786.6140