

MONDAY


TUESDAY


WEDNESDAY


THURSDAY



FRIDAY

Please contact Hearst Cancer Resource Center for more information about our classes or to get started with our programs:
 Telephone: 805.542.5234
 Email: HCRC@dignityhealth.org

Nutritional Counseling 
 by phone appointment


Breast Cancer Support Group 
 5:45PM Virtual/Zoom

Tai Chi Chih
 11:00AM offsite
Call HCRC for details
Qigong
 3:00PM offsite
Call HCRC for details
Guided Meditation 
 5:00PM Virtual/Zoom



Nutritional Counseling 
 by phone appointment
Living with Advanced Cancer 
 5:30PM
 Virtual/Zoom Meeting

Intuitive Collage
 2:00–4:00PM
Call HCRC to RSVP


Energy Balancing Session
 11:00AM–1:00PM
 Onsite
Call HCRC to RSVP

Cancer Patient Support Group
 1:00PM onsite
Call HCRC to RSVP
Colorectal Cancer
 5:30PM Virtual/Zoom
Call HCRC to RSVP
Breast Cancer Support Group 
 5:45PM Virtual/Zoom


Tai Chi Chih
 11:00AM offsite
Call HCRC for details
Qigong
 5:30PM offsite
Call HCRC for details
Nutritional Counseling 
 by phone appointment



Living with Advanced Cancer 
 5:30PM
 Virtual/Zoom Meeting
Restorative Yoga 
 4:00PM
 Virtual/Zoom Meeting
Call HCRC to RSVP



Acupuncture
 2:30PM onsite
Call HCRC to RSVP
Prostate Cancer Support Group
 6:30PM Onsite
Call HCRC to RSVP

Spanish Support Group 
 3:00PM
Call HCRC to RSVP
Breast Cancer Support Group
 5:45PM onsite


Tai Chi Chih
 11:00AM offsite
Call HCRC for details
Qigong
 5:30PM offsite
Call HCRC for details

Nutritional Counseling 
 by phone appointment

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 by phone appointment
Energy Balancing Session 
 11:00AM–1:00PM
 Virtual/Zoom Meeting
Call HCRC to RSVP

Cancer Patient Support Group 
 1:00PM Virtual/Zoom
Call HCRC to RSVP
Breast Cancer Support Group 
 5:45PM Virtual/Zoom

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Nutritional Counseling 
 by phone appointment

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<p>Nutritional Counseling </p> <p>by phone appointment</p>	<p>Breast Cancer Support Group </p> <p>5:45PM Virtual/Zoom</p>	<p>Tai Chi Chih</p> <p>11:00AM offsite Call HCRC for details</p> <p>Guided Meditation </p> <p>5:00PM Virtual/Zoom</p> <p>Qigong</p> <p>5:30PM offsite Call HCRC for details</p>	<p>Living with Advanced Cancer </p> <p>5:30PM Virtual/Zoom Meeting</p> <p>Nutritional Counseling </p> <p>by phone appointment</p>	
<p>Energy Balancing Session</p> <p>11:00AM–1:00PM Onsite Call HCRC to RSVP</p>	<p>Cancer Patient Support Group</p> <p>1:00PM onsite Call HCRC to RSVP</p> <p>Breast Cancer Support Group </p> <p>5:45PM Virtual/Zoom</p>	<p>Tai Chi Chih</p> <p>11:00AM offsite Call HCRC for details</p> <p>All Blood Cancer Support Group</p> <p>1:00–2:00PM onsite Call HCRC to RSVP</p> <p>Qigong</p> <p>5:30PM offsite Call HCRC for details</p>	<p>Nutritional Counseling </p> <p>by phone appointment</p>	
<p>Acupuncture</p> <p>2:30PM onsite Call HCRC to RSVP</p> <p>Prostate Cancer Support Group</p> <p>6:30PM Onsite Call HCRC to RSVP</p>	<p>Breast Cancer Support Group</p> <p>5:45PM onsite</p> <div style="border: 2px solid green; padding: 5px;"> <p>Educación en Español: Fundamentos del Cáncer</p> <p>6:00PM Paso Robles Llame al 805.786.6130</p> </div>	<p>Tai Chi Chih</p> <p>11:00AM offsite Call HCRC for details</p> <p>Qigong</p> <p>5:30PM offsite Call HCRC for details</p>	<p>Living with Advanced Cancer </p> <p>5:30PM Virtual/Zoom Meeting</p> <p>Restorative Yoga </p> <p>4:00PM Virtual/Zoom Meeting Call HCRC to RSVP</p>	<p>Intuitive Collage</p> <p>2:00–4:00PM Call HCRC to RSVP</p>
<p>Energy Balancing Session </p> <p>11:00AM–1:00PM Virtual/Zoom Meeting Call HCRC to RSVP</p>	<p>Cancer Patient Support Group </p> <p>1:00PM Virtual/Zoom Call HCRC to RSVP</p> <p>Breast Cancer Support Group </p> <p>5:45PM Virtual/Zoom</p>	<p>Tai Chi Chih</p> <p>11:00AM offsite Call HCRC for details</p> <p>Qigong</p> <p>5:30PM offsite Call HCRC for details</p>	<p>Nutritional Counseling </p> <p>by phone appointment</p>	
	<p>Breast Cancer Support Group </p> <p>5:45PM Virtual/Zoom</p>	<p>Tai Chi Chih</p> <p>11:00AM offsite Call HCRC for details</p> <p>Guided Meditation </p> <p>5:00PM Virtual/Zoom</p> <p>Qigong</p> <p>5:30PM offsite Call HCRC for details</p>	<p>Key</p> <p> Phone appointment</p> <p> Zoom/Virtual Meeting</p> <p>BLUE Wellness, Qigong, Guided Meditation, Tai Chi Chih, Nutrition, Yoga</p> <p>GREEN Education</p> <p>ORANGE Support Group</p>	

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Locations

- **SAN LUIS OBISPO (SLO)**
Hearst Cancer Resource Center (HCRC)
1941 Johnson Avenue, Suite 201
- **SANTA MARIA (SM)**
Mission Hope Cancer Center (MHCC)
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 better support your journey. Please call our office to get oriented with our services prior to attending support groups or classes.

- **HCRC, SLO**
By appointment:
805.542.6234 English
805.786.6130 Español
- **MHCC, SM**
By appointment: English/Español
805.219.HOPE (4673)
- **MHCC, AG**
By appointment: English/Español
805.474.5303

SUPPORT GROUPS

All Blood Cancer Support Group

Helping individuals and families cope with diagnosis and treatment of Leukemia, Lymphoma, Myeloma and Myelodysplastic syndrome (MDS).
Alternating between Zoom and in-person

- **HCRC, SLO (Zoom)**
March 8; 1:00PM
- **HCRC, SLO (onsite)**
April 12; 1:00PM
Call 805.542.6234 to RSVP

Breast Cancer Support Group

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

- **HCRC, SLO (onsite)**
3rd Tuesday; 5:45PM
- **HCRC, SLO (Zoom)**
Tuesdays (except 3rd); 5:45PM
Call 805.542.6234 to RSVP
- **MHCC, SM (Zoom)**
1st and 3rd Tuesdays; 4:00PM
Call 805.346.3402 to RSVP

Cancer Patient Support Group

For newly diagnosed patients or recently out of treatment, offering support and helping patients gain a sense of family with those in a similar part of their journey. Facilitated by Kiersten Arnaudin, LCSW.
Alternating between Zoom and in-person

- **HCRC, SLO (onsite)**
2nd Tuesday; 1:00–2:30PM
- **HCRC, SLO (Zoom)**
4th Tuesday; 1:00–2:30PM
Call 805.542.6234 to RSVP

Family Caregiver Support

Support for the special needs of caregivers and people taking care of a loved one with cancer.

- **HCRC, SLO**
Call 805.542.6234 for support
- **MHCC, SM**
4th Wednesday; 1:00PM
Call 805.219.HOPE to RSVP

Gynecologic Cancer Support Group

Individuals with gynecologic cancers share experiences and establish a new support system.

- **MHCC, AG**
March 14; 4:30PM
Guest Speaker: Lindsey Hughes RN, BSN, OCN - Gentle Stretch Yoga
April 11; 4:30PM
Please call 805.219.HOPE (4673) to RSVP

Living with Advanced Cancer Support Group

Support for the special needs and concerns of patients with Advanced and Metastatic Cancer. Facilitated by Dennis Pezzato, PhD.

- **HCRC, SLO (Zoom)**
1st and 3rd Thursday; 5:30PM
Call 805.542.6234 to RSVP

Pediatric Oncology Patients and Families Support

Support in English and Spanish for children, teens and parents.

- **HCRC, SLO (Zoom)**
805.542.6234 English
805.786.6130 Español
- **MHCC, SM (Zoom)**
805.219.HOPE (4673)

Prostate Cancer Support Group

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

- **HCRC, SLO**
3rd Monday; 6:30PM
Call 805.542.6234 to RSVP

Spanish Language • En Español: Grupo de Apoyo de Cáncer

Si usted o alguien de su familia sufre de cáncer, acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

- **Oak Park 3 Community Room, Paso Robles y por Zoom**
21 de Marzo; 3:00PM
Llame a Teresa al 805.458.4526

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Viviendo con Cáncer (*Nuevo*)

● **MHCC, SM**

9 de Marzo y 13 de Abril; 4:00PM
*Por favor llame para reservar
805.346.HOPE (4673)*

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

SPOHNC offers information, support and encouragement to address the particular challenges of oral, head and neck cancer.

● ● **MHCC, SM (Zoom)**

April 18; 3:30PM
*Topic: NIH Study on Xerostomia
Please call 805.219.HOPE (4673)
to register*

EDUCATIONAL LECTURES

— MARCH —

Updates in Colorectal Cancer

Presented by Lin Soe, MD

Learn important updates on prevention, diagnosis and treatment of colorectal cancer featuring a Q&A session with oncologist Dr. Soe.

● ● **HCRC, SLO (Zoom)**

Tuesday, March 14; 5:30PM
*Please call 805.542.6234 or email
HCRC@dignityhealth.org to RSVP*

— APRIL —

En español

Fundamentos del Cáncer

*Presentado por Robert Johnson, MD,
Oncólogo de Radiación y Janett
Aguilar, PA, CHC Medicina Familiar*

Para ayudarle a entender esta enfermedad, hemos reunido unos profesionales locales que compartirán su experiencia en este campo que está en constante evolución. Únase a nosotros para obtener los hechos.

● ● **Oak Park 3 Community Room, Paso Robles**

Martes, 18 de Abril; 6:00PM
*Se requieren reservación; llame a
Eloisa Medina al 805.786.6130*

SELF-HELP PROGRAMS

Acupuncture Class

Acupuncture is a popular treatment for health complaints, including anxiety, pain and insomnia.

● **HCRC, SLO**

3rd Monday; 2:30PM
*Held in person, seating is limited.
Masks and RSVP required; please
call 805.542.6234*

Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50%. Benefits include joint flexibility and less pain.

● **Allan Hancock College, SM**

March 3, 10, 17 & April 7, 21, 28
*RSVP and assessment required;
please call John Malinowski
at 805.346.3413 (SM) or
805.474.5334 (AG)*

Art Therapy

Art workshops employing a variety of techniques to help boost creative expression. Materials provided. Multiple dates and locations, please call for details:

● ● **MHCC, SM & AG**

*Held in-person, seating is limited.
SM: Call 805.219.HOPE to RSVP
AG: Call 805.474.5334 to RSVP*

Beauty and You

Visit our appearance center to regain a renewed sense of self confidence. Learn skin care tips, wearing hats and wigs and the art of applying make-up.

● **HCRC, SLO**

Call 805.542.6234 to register

Cancer Rehabilitation

A 12-week group program including strengthening and aquatic exercise offered in both Santa Maria and Arroyo Grande.

Assessment required

*SM: call 805.346.3413 to RSVP
AG: call 805.474.5334 to RSVP*

Hats and wigs are available free of charge to all cancer patients at our appearance center (pictured at right).

Cancer Well-Fit

A supervised 10-week exercise program for first year survivors and those within two years post treatment. Physician medical release required.

● **Avila Bay Athletic Club & Spa**

Call 805.595.7600 x122

● **Paso Robles Sports Club**

Call Kathy at 805.610.6486

Circuit Training

Circuit training involves aerobic and anaerobic exercises done in a circuit. A fitness assessment and medical release is required for this class.

● **Marian Health & Wellness, SM**

*Most Wednesdays (except April 10);
9:00AM*

*RSVP and assessment required:
call 805.346.3413*

Counseling

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

● *Call 805.238.4411*

Energy Balancing

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

Alternating between Zoom and in-person

● **HCRC, SLO (onsite)**

2nd Monday; 11:00AM–1:00PM

● ● **HCRC, SLO (Zoom)**

4th Monday; 11:00AM–1:00PM

Call 805.542.6234 to RSVP



DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Fight Against Falls Exercise Class

Learn to reduce the risk of falls and how to condition your muscles to battle muscle fatigue.

- **Marian Health & Wellness, SM**

Fridays: March 3, 10, 17, 24 & April 7, 21, 28

Reservation and assessment required, please call 805.346.3413

- **MHCC, AG**

Thursdays: March 2, 9, 16, 23, 30 & April 6, 20, 27

Reservation and assessment required, please call 805.474.5334

First Steps in Nutrition and Physical Activity

Class which combines nutrition advice with practical exercise tips.

- **MHCC, SM**

2nd Tuesday of the month

March 14: *Decreasing Obesity for Colorectal Cancer Prevention*

April 11: *Managing Symptoms of Oral, Head, and Neck Cancer with Nutrition and Exercise*

Reservations required: 805.219.HOPE (4673)

Golf

- **Monarch Dunes, Nipomo**

March 8, 22 & April 26

Call 805.346.3413 for details

Guided Meditation

Experience the healing energy and calmness with a gentle guided meditation session.

- **HCRC, SLO (Zoom)**

1st Wednesday; 5:00PM

Call 805.542.6234 to RSVP

Intuitive Collage

Explore ideas using colorful pictures, meaningful words and phrases that appeal to you in a personal way.

- **HCRC, SLO**

March 10 & April 21; 2–4PM

Call 805.542.6234 to register

Lymphedema Evaluation

- **HCRC, SLO**

Call 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.

- **MHCC, AG**

Most Mondays (except April 10)

Reservation and assessment

required; call 805.474.5334

Nutritional Counseling

One-on-one phone or in-person consultation with a Registered Dietitian. Appointment required.

- **HCRC, SLO**

Call 805.542.6234

- **MHCC, SM & AG**

SM: call 805.346.3413

AG: call 805.474.5334

Pelvic Floor Strengthening Class for Prostate Cancer Survivors

Learn the exercises that could help strengthen your pelvic floor after prostate cancer.

- **Marian Health & Wellness, SM**

March 10, 24 & April 7, 28

Call 805.346.3413 to RSVP

Qigong

Involves flowing movements coordinated with deep-breathing to increase energy, improve health, balance, flexibility and stamina.

In-person and outside

- **HCRC, SLO (hosted offsite)**

Wednesdays 3:00PM

until March 12

5:30PM after March 12

(Weather permitting)

Call 805.542.6234 to RSVP

WIGS NEEDED

If you would like to donate one, please call 805.542.6234.

All wigs will be professionally cleaned.

Sound Bath: Healing Bowls

Experience the joy and deep relaxation of crystal singing bowls. Their vibrations and harmonic tones fill the room with serenity.

- **HCRC, SLO**

April 13; 5:00PM

Call 805.542.6234 to register

T'ai Chi Chih

This exercise uses slow, rhythmic movements which helps to promote circulation and stimulate the lymphatic system, as well as improve energy, balance and flexibility.

In-person and outside

- **HCRC, SLO (hosted offsite)**

Every Wednesday; 11:00AM

(Weather permitting)

Call 805.542.6234 to RSVP

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

- **MHCC, AG**

Most Thursdays (except April 13)

Assessment required

Call 805.474.5334 to RSVP

Warm Yarns Knitting and Crocheting Support Group

All experience levels are welcome to join us. Instructions, needles and yarn are provided.

- **MHCC, SM**

March 6, 13, 20 & April 3, 10, 17

Reservations required; please call 805.219.HOPE (4673)

Yoga (Restorative)

Gentle yoga classes incorporate simple flowing sequences and slower paced movements focusing on strength, balance, and flexibility.

- **HCRC, SLO (Zoom)**

3rd Thursday; 4:00PM

Call 805.542.6234 to RSVP

- **MHCC, AG**

Most Mondays (except April 10)

Reservation and assessment

required, please call 805.474.5334

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

Please call for an appointment.

Thomas Spillane, MD
Medical Director

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

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator

Lauren Jermstad, MSW, LCSW
Social Worker

Kiersten Arnaudin, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Teresa Fernandez
Lay Patient Navigator
805.458.4526—en español

Angela Fissell, RD
Registered Dietitian

Ramie Castilleja
Program Coordinator

Lisa Steinbeck
Cancer Registrar

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey Street, #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 ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*
Gorgun Akpek, MD, MHS
Robin DiBiase, NP, OCN
Daniel Lewis, MD
James Malone III, MD
Lin Soe, MD
Tim Souчек, PA

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, OCN
Director

DIGNITY CANCER CARE CENTRAL COAST

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

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

Katherine Guthrie
*Senior Regional Director,
Cancer Services*

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

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

SabesWings
SabesWings.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org



Dignity Health
French Hospital Medical Center

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

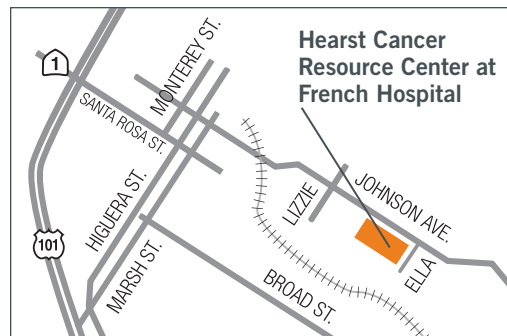
French Hospital Medical Center

- Patrick Caster**—PRESIDENT AND CEO
- Julia Fogelson, MSN, RN**—COO, CNE
- Nancy Bussani**—INTERIM
VP PHILANTHROPY
- Thomas Vendegna, MD**—CMO
- Debbie Wettlaufer**—CFO

Committee Members

- Sandy Dunn**—CHAIR
- Gayle Cekada, MD**
- Edwin Hayashi, MD**
- Jack Hearst**
- Stephen Hearst**
- Stephen Hilty, MD**
- Robert Johnson, MD**
- Noreen Martin**
- Susan Minker, MD**
- Don Oberhelman**
- Colleen Russell, DPT**
- Thomas Spillane, MD**
- Jackie Starr**
- Christine Williams**

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



A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS



SCAN ME