

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

1

2


Breast Cancer Support Group 

5:45PM Virtual/Zoom

3


Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
4:00PM offsite
Call HCRC for details


Guided Meditation 

5:00PM Virtual/Zoom

4


Nutritional Counseling 

by phone appointment

Living with Advanced Cancer 

5:30PM
Virtual/Zoom Meeting


5

Nutritional Counseling 

by phone appointment


8

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


Nutritional Counseling 

by phone appointment

9

Cancer Patient Support Group 

1:00PM Virtual/Zoom
Call HCRC to RSVP

Breast Cancer Support Group 


5:45PM Virtual/Zoom

10

Tai Chi Chih
11:00AM offsite
Call HCRC for details


All Blood Cancer Support Group
1:00–2:00PM onsite
Call HCRC to RSVP

11

Nutritional Counseling 

by phone appointment

12

Nutritional Counseling 


by phone appointment

15


Acupuncture
2:30PM onsite
Call HCRC to RSVP

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

16

Skin Cancer Treatment 

5:30PM Virtual/Zoom
Call HCRC to RSVP

Breast Cancer Support Group 

5:45PM Virtual/Zoom

17

Tai Chi Chih
11:00AM offsite
Call HCRC for details


Qigong
4:00PM offsite
Call HCRC for details

Nutritional Counseling 

by phone appointment

18

Restorative Yoga
4:00PM onsite
Call HCRC to RSVP


Living with Advanced Cancer 

5:30PM
Virtual/Zoom Meeting

19


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

22

Energy Balancing Session 

11:00AM
Virtual/Zoom Meeting
Call HCRC to RSVP

23


Cancer Patient Support Group 

1:00PM Virtual/Zoom
Call HCRC to RSVP

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


24

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Nutritional Counseling 


by phone appointment

25

Nutritional Counseling 

by phone appointment

26

Nutritional Counseling 


by phone appointment

29



Office closed


30

Breast Cancer Support Group 

5:45PM Virtual/Zoom

31

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Nutritional Counseling 

by phone appointment

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key



Phone appointment



Zoom/Virtual Meeting

BLUE

Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Qigong, Yoga

GREEN

Education

ORANGE

Support Group

Nutritional Counseling

by phone appointment

Breast Cancer Support Group

5:45PM Virtual/Zoom

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Qigong

4:00PM offsite
Call HCRC for details

Guided Meditation

5:00PM Virtual/Zoom

Nutritional Counseling

by phone appointment

Nutritional Counseling

by phone appointment

Energy Balancing Session

11:00AM–1:00PM onsite
Call HCRC to RSVP

Cancer Patient Support Group

1:00PM Virtual/Zoom
Call HCRC to RSVP

Survivorship Panel: Celebrating Cancer Survivors and Thrivers!

5:30PM onsite
Call HCRC to RSVP

Tai Chi Chih

11:00AM offsite
Call HCRC for details

All Blood Cancer Support Group

1:00–2:00PM Virtual/Zoom

Restorative Yoga

4:00PM onsite
Call HCRC to RSVP

Living with Advanced Cancer

5:30PM Virtual/Zoom Meeting

Intuitive Collage

2:00–4:00PM
Call HCRC to RSVP

Acupuncture

2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group

6:30PM onsite
Call HCRC to RSVP

Breast Cancer Support Group

5:45PM Virtual/Zoom

Tai Chi Chih

11:00AM offsite
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Qigong

4:00PM offsite
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Nutritional Counseling

by phone appointment

Nutritional Counseling

by phone appointment

Energy Balancing Session

11:00AM 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 onsite
Call HCRC to RSVP

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Nutritional Counseling

by phone appointment

Nutritional Counseling

by phone appointment

Nutritional Counseling

by phone appointment

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 (onsite)**

May 10; 1:00PM

- **HCRC, SLO (Zoom)**

June 14; 1:00PM

Call 805.542.6234 to RSVP

Breast Cancer Support Groups

Support groups focusing on breast cancer, the journey and sharing valuable information and resources.

- **HCRC, SLO (onsite)**

4th Tuesday; 5:45PM

- **HCRC, SLO (Zoom)**

Tuesdays (except 4th); 5:45PM

Call 805.542.6234 to RSVP

- **MHCC, SM (Zoom)**

1st and 3rd Tuesdays; 4:00PM

Call 805.346.3402 to RSVP

Breast Cancer Support Group for Young Women

This group addresses the unique challenges young women face as we gather to learn and share in some lighthearted fun together.

- **MHCC, SM**

June 26; 5:30PM

Fourth of July Decor

Call 805.346.3405 to register

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.

- **HCRC, SLO (Zoom)**

2nd and 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

Gynecologic Cancer Support Group

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

- **MHCC, SM**

May 9; 4:30PM Game Night

June 13; 4:30PM Journaling

Call 805.219.HOPE to RSVP

Living with Advanced Cancer Support Group

Support for the special needs and concerns of patients with Advanced and Metastatic Cancer.

- **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

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

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

- **MHCC, SM/AG (Zoom)**

June 20; 3:30PM

Topic: Lymphedema Management

Call 805.219.HOPE to register

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

EDUCATIONAL LECTURES

— MAY —

Skin Cancer Treatment

Presented by Karen Allen, MD

Longtime dermatologist Dr. Allen will update the audience about the prevention of skin cancer as well as the newest treatments available. Question and answer session to follow.

- **HCRC, SLO (Zoom)**

Tuesday, May 16; 5:30PM

Please call 805.542.6234 or email HCRC@dignityhealth.org to RSVP

— JUNE —

Celebrating Cancer Survivors and Thrivers!

Survivorship panel: Tom Spillane, MD, Hayley Townley and Priscilla Kiessig

Our panel will share the wisdom accrued from years of surviving and/or treating cancer patients as well as the latest information in cancer survivorship medical care, mental health and personal stories.

- **HCRC, SLO**

Tuesday, June 13; 5:30PM

Seating is limited; please call 805.542.6234 or email HCRC@dignityhealth.org to RSVP

The Advance Health Care Directive

Flora Washburn, BCC, will explain what goes into having this document ready to express your medical wishes.

- **MHCC, SM**

Tuesday, June 13; 4:00PM

Call 805.219.HOPE to RSVP

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. Call 805.542.6234 to register

Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50%. Benefits include increased joint flexibility and range of motion while decreasing pain and swelling.

- **Allan Hancock College, SM**

May 5, 12, 19

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

Schedule an appointment in our 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

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**

Every Wednesday; 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 by appt.)**

2nd Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4th Monday; 11:00AM

Call 805.542.6234 to RSVP

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**

Every Friday

Reservation and assessment

required, please call 805.346.3413

- **MHCC, AG**

Every Thursday

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

May 9: Tips on avoiding skin cancer

June 13: Survivorship strategies

Reservations required:

805.219.HOPE (4673)

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Golf

- **Monarch Dunes, Nipomo**
May 10, 24 & June 13, 27
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**
Select Fridays; 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 May 29)
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.

- **Marian Health & Wellness, SM**
May 12, 26 & June 9, 23
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)**
1st and 3rd Wednesdays; 4:00PM
(Weather permitting)
Call 805.542.6234 to RSVP

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**
Every Thursday
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**
May 1, 8, 15, 22 & June 5, 12, 19
Reservations required; please call
805.219.HOPE (4673)

Writing Workshops

The group will serve as an exploration of thoughts and feelings that may arise from your situation or living with cancer.

- **MHCC, SM**
Every Wednesday; 3:00PM
Reservations required:
805.219.HOPE (4673)

Yoga (Restorative) *Now in-person*

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

- **HCRC, SLO**
3rd Thursday; 4:00PM
Call 805.542.6234 to RSVP
- **MHCC, AG**
Most Mondays (except May 29)
Reservation and assessment
required, please call 805.474.5334

SPANISH • ESPAÑOL

Clases de Arte (*Nuevo*)

En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos animo.

- **MHCC, SM**
22 de Mayo y 19 de Junio;
10:00 AM
Favor de llamar a 805.219.HOPE
(4673) para registrarse

Viviendo con Cáncer (*Nuevo*)

Acompáñanos en el grupo de apoyo general de cáncer para platicar de cómo se vive con cáncer.

- **MHCC, SM**
11 de Mayo y 8 de Junio; 4:00PM
Por favor llame para reservar
805.219.HOPE (4673)

Below: Please make an appointment to check out our appearance center for access to hats and wigs free of charge.



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

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 Soucek, 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
cancerconnectionslo.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

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

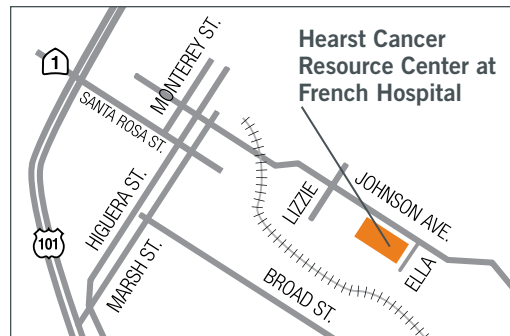
French Hospital Medical Center

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
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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

