

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

		1 <b>Appearance Center Walk-in Hours</b> 10:30AM–1:00PM  <b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i>  <b>Qigong</b> 3:00PM offsite	2 <b>Nutritional Counseling</b> ⓘ by appointment	3   <b>Office closed</b>
7 <b>Mindfulness Session</b> ⓘ 4:30PM Virtual/Zoom Meeting <i>Call HCRC to RSVP</i>	8 <b>Breast Cancer Support Group</b> ⓘ 5:45PM Virtual/Zoom <i>Call HCRC to RSVP</i>	9 <b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i>  <b>All Blood Cancer Support Group</b> ⓘ 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i>	10 <b>Nutritional Counseling</b> ⓘ by appointment	11 <b>Intuitive Collage</b> 2:00–4:00PM <i>Call HCRC to RSVP</i>  <b>Nutritional Counseling</b> ⓘ by appointment
14 <b>Energy Balancing Session</b> 11:00AM–1:00PM onsite <i>Call HCRC to RSVP</i>  <b>Qigong</b> 3:00PM offsite <i>Call HCRC for details</i>	15	16 <b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i>  <b>Qigong</b> 3:00PM offsite  <b>Thriving with Advanced Cancer</b> ⓘ 5:15PM Virtual/Zoom <i>Call HCRC to RSVP</i>	17 <b>Care-Partner Support and Discussion Group</b> ⓘ 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i>  <b>Healing the Gut</b> 5:30PM in person <i>Call HCRC to RSVP</i>	18 <b>Appearance Center Walk-in Hours</b> 10:30AM–1:00PM  <b>Nutritional Counseling</b> ⓘ by appointment
21 <b>Acupuncture</b> 2:30PM onsite <i>Call HCRC to RSVP</i>  <b>Floral Arranging</b> 1:00PM onsite <i>Call HCRC for details</i>  <b>Prostate Cancer Support Group</b> 6:30PM onsite <i>Call HCRC to RSVP</i>	22 <b>Yoga</b> 4:30PM onsite <i>Call HCRC to RSVP</i>  <b>Breast Cancer Support Group</b> 5:45PM In Person <i>Call HCRC to RSVP</i>	23 <b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i>  <b>Cancer Patient Support Group</b> ⓘ 1:00PM Virtual/Zoom <i>Call HCRC to RSVP</i>	24 <b>Nutritional Counseling</b> ⓘ by appointment	25 <b>Intuitive Collage</b> 2:00–4:00PM <i>Call HCRC to RSVP</i>  <b>Nutritional Counseling</b> ⓘ by appointment
28 <b>Energy Balancing Session</b> ⓘ 11:00AM–12:30PM Virtual/Zoom Meeting <i>Call HCRC to RSVP</i>  <b>Qigong</b> 3:00PM offsite <i>Call HCRC for details</i>	29	30 <b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i>	31	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Key***Phone appointment**Zoom/Virtual Meeting***BLUE***Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga***GREEN***Education***ORANGE***Support Group*

1

**Nutritional Counseling**   
by appointment

4

**Mindfulness Session** 4:30PM  
Virtual/Zoom Meeting  
Call HCRC to RSVP

5

**Appearance Center Walk-in Hours**  
10:30AM–1:00PM**Tai Chi Chih**  
11:00AM offsite  
Call HCRC for details**Qigong**  
3:00PM offsite

6

**Nutritional Counseling**   
by appointment

7

**Intuitive Collage**  
2:00–4:00PM  
Call HCRC to RSVP  
**Nutritional Counseling**   
by appointment

8

11

**Energy Balancing Session**  
11:00AM–1:00PM  
onsite  
Call HCRC to RSVP**Qigong**  
3:00PM offsite  
Call HCRC for details

12

**Breast Cancer Support Group**   
5:45PM Virtual/Zoom  
Call HCRC to RSVP

13

**Tai Chi Chih**  
11:00AM offsite  
Call HCRC for details  
**All Blood Cancer Support Group**   
1:00–2:00PM  
In Person/Hybrid  
Call HCRC to RSVP

14

**Nutritional Counseling**   
by appointment

15

18

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

19

20

**Tai Chi Chih**  
11:00AM offsite  
**Qigong**  
3:00PM offsite  
**Thriving with Advanced Cancer**   
5:15PM Virtual/Zoom  
Call HCRC to RSVP

21

**Care-Partner Support and Discussion Group**   
1:00–2:00PM  
In Person/Hybrid  
Call HCRC to RSVP  
**Nutritional Counseling**   
by appointment

22

**Appearance Center Walk-in Hours**  
10:30AM–1:00PM  
**Intuitive Collage**  
2:00–4:00PM  
Call HCRC to RSVP  
**Nutritional Counseling**   
by appointment

25

**Energy Balancing Session**   
11:00AM–12:30PM  
Virtual/Zoom Meeting  
Call HCRC to RSVP**Floral Arranging**  
1:00PM onsite  
Call HCRC for details**Qigong**  
3:00PM offsite  
Call HCRC for details

26

**Yoga**  
4:30PM onsite  
Call HCRC to RSVP  
**Breast Cancer Support Group**  
5:45PM In Person  
Call HCRC to RSVP

27

**Tai Chi Chih**  
11:00AM offsite  
**Cancer Patient Support Group**   
1:00PM Virtual/Zoom  
Call HCRC to RSVP

28

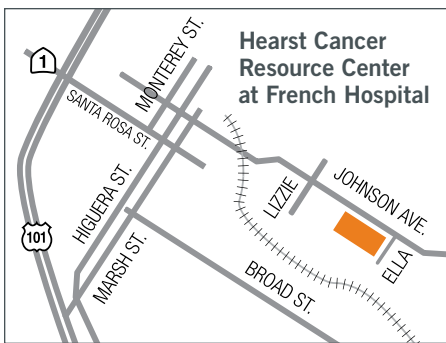
**Updates in Prostate Cancer**  
5:30PM in person  
Call HCRC to RSVP

29

# HCRC CLASSES, GROUPS & PROGRAMS

## Color Key:

- **SAN LUIS OBISPO (SLO)**  
*Hearst Cancer Resource Center (HCRC)*  
1941 Johnson Avenue, Suite 201
- **VIRTUAL/ZOOM SESSION**  
*Call for phone consultation*
- **COMMUNITY PARTNER OFFERING**



## GETTING STARTED

### Patient Orientation

Get to know us and the services we provide so we can better support your journey. Please call our office so we can help you get oriented with our services prior to attending support groups or classes.

#### ● **HCRC, SLO**

*By appointment:*  
805.542.6234 English  
805.786.6130 Español

## SUPPORT GROUPS

### All Blood Cancer Support Group

Helping individuals and families cope with diagnosis and treatment of Leukemia, Lymphoma, Myeloma and Myelodysplastic syndrome (MDS).

#### ● **HCRC, SLO (Zoom available)**

2<sup>nd</sup> Wednesday; 1:00PM  
Call 805.542.6234 to register

### Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources. Meetings will be hosted both in person and via Zoom.

#### ● **HCRC, SLO (Zoom)**

2<sup>nd</sup> Tuesday; 5:45PM

#### ● **HCRC, SLO (In Person)**

4<sup>th</sup> Tuesday; 5:45PM

Call 805.542.6234 to register

### Cancer Patient Support Group

For newly-diagnosed patients or recently out of treatment to encourage a sense of family with those in a similar place in their care.

#### ● **HCRC, SLO (Zoom)**

4<sup>th</sup> Wednesday; 1:00PM

Call 805.542.6234 for link

### Care-Partner Support and Discussion Group

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

#### ● **HCRC, SLO (Zoom available)**

3<sup>rd</sup> Thursday; 1:00PM

Call 805.542.6234 to register

### Grupo de Apoyo de Cáncer

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

Llame a Eloisa al 805.786.6130

### Pediatric Oncology Patient and Family Support

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

#### ● **HCRC, SLO**

805.542.6234 English

805.786.6130 Español

### Prostate Cancer Support Group

Information, encouragement and support for patients and survivors.

#### ● **HCRC, SLO**

3<sup>rd</sup> Monday; 6:30PM

Call 805.542.6234 to register

### Thriving with Advanced Cancer Support Group

This group is designed to create a safe haven for patients to find comfort and support in navigating an advanced cancer diagnosis. The specific needs and concerns of patients with advanced, metastatic or recurrent cancer are addressed.

#### ● **HCRC, SLO (Zoom)**

3<sup>rd</sup> Wednesday; 5:15PM

Call 805.542.6234 to register

## EDUCATIONAL LECTURES

### — JULY —

### Healing the Gut to Boost Immunity

*Presenter: Heidi Lucas, ND, FABNO*

The microbiome plays a crucial role in maintaining healthy immune function. Join the discussion to learn how to restore your GI health in practical, accessible ways.

(See page 2 for more information.)

#### ● **HCRC, SLO (onsite)**

Thursday, July 17; 5:30PM

Wacker Family Auditorium  
(Copeland Health Education Pavilion at French Hospital/Third floor)

Call 805.542.6234 to register

### — AUGUST —

### Updates in Prostate Cancer

*Presenter: Jeffrey Wu, MD*

Come and learn from one of our local radiation oncologists who has extensive experience working with patients with prostate cancer and is well versed in the most updated treatment recommendations.

(See page 3 for more information.)

#### ● **HCRC, SLO (onsite)**

Thursday, August 28; 5:30PM

Wacker Family Auditorium  
(Copeland Health Education Pavilion at French Hospital/Third floor)

Call 805.542.6234 to register

# HCRC CLASSES, GROUPS & PROGRAMS

## WELLNESS PROGRAMS

### Acupuncture Class

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

- **HCRC, SLO**

3<sup>rd</sup> Monday; 2:30PM

*Held in person, seating is limited.*

*Call 805.542.6234 to register*

### Beauty and You

Schedule an appointment in our center to regain a renewed sense of self, strength and confidence. Learn skin care tips, how to wear 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 register*

*AG: call 805.474.5334 to register*

### 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*

### Counseling

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

- *Call 805.238.4411*



*Scan the QR code to learn more about HCRC programs and services*



### New Walk-in Hours!

## Appearance Center

Stop by to try on and take home various head coverings, or learn about brows or skincare. Licensed esthetician Nancy Bracewell, a volunteer, will be on hand to assist you.

**Wednesdays: July 2 and August 6**

**10:30 a.m. to 1:00 p.m.**

**Fridays: July 18 and August 22**

**10:30 a.m. to 1:00 p.m.**

Must be an established patient with HCRC in order to attend.

### Energy Balancing

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

- **HCRC, SLO (onsite by appt.)**

2<sup>nd</sup> Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4<sup>th</sup> Monday; 11:00AM

*Call 805.542.6234 to register*

### Floral Arrangement Class

Learn this beautiful art with Linda and take home your own creation. Flowers provided.

- **HCRC, SLO**

July 21 and August 25; 1:00PM

*Call 805.542.6234 to register*

### Intuitive Collage

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

- **HCRC, SLO**

2<sup>nd</sup> and 4<sup>th</sup> Fridays; 2:00PM

*Call 805.440.8834 to register*

### Lymphedema Evaluation

- **HCRC, SLO**

*Call Jamie Cinotto, DPT, CWS, CLT-LANA, ONC, for an evaluation: 805.782.9300*

### Mindfulness

Experience the healing energy and calmness a gentle guided mindfulness session can bring.

- **HCRC, SLO (Zoom)**

1<sup>st</sup> Monday; 4:30PM

*Call 805.542.6234 to register*

### Nutritional Counseling

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

- **HCRC, SLO call 805.542.6234**

### Qigong *New days added!*

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

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

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays; 3:00PM

2<sup>nd</sup> and 4<sup>th</sup> Mondays; 3:00PM

*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

*Call 805.542.6234 to register*

### Yoga (Restorative) *In-person*

Gentle yoga classes feature slower paced movements focusing on strength, balance, and flexibility. Please bring a yoga mat.

- **HCRC, SLO**

4<sup>th</sup> Tuesday; 4:30PM

*Call 805.542.6234 to register*



# ADDITIONAL DIGNITY HEALTH CLASSES, GROUPS, & PROGRAMS

## SUPPORT GROUPS

### Breast Cancer Support Group

Sharing information and resources to help manage the physical, emotional and practical issues a breast cancer diagnosis can bring.

- **MHCC, AG (Zoom only)**

Call to register: 805.474.5302 or 805.219.HOPE (4673)

### Breast Cancer Support Group

This support group addresses the unique challenges women/men face. Our onsite meeting provides a variety of topics and activities to help cope with this stage of life.

- **MHCC, SM**

Call 805.219.HOPE (4673) for specific details and to register

### Living with Cancer Support Group

This group provides a forum to share and work through feelings and challenges. All types of cancer diagnoses are welcome.

- **MHCC, SM**

Call 805.219.HOPE (4673) for specific details and to register

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

SPOHNC offers support for dealing with the unique challenges of oral, head and neck cancer.

- **MHCC, AG (Zoom available)**

Call 805.219.HOPE to register

## WELLNESS PROGRAMS

### Aquatic Therapy Class

Benefits include increased joint flexibility and range of motion while decreasing pain and swelling.

- **Allan Hancock College, SM**  
RSVP and assessment required; please call John Malinowski at 805.346.3413 (SM) or 805.474.5334 (AG)

### Art Therapy

A variety of creative classes offered; instruction and materials are provided. Please call for class details.

- **MHCC, SM/AG**

*Held in-person, seating is limited.*

SM: Call 805.219.HOPE

AG: Call 805.474.5303

### Barre Class

A low impact class that combines ballet, yoga and Pilates; suitable for all ages and abilities.

- **MHCC, AG**

Reservation and assessment required; call 805.474.5334

### Fight Against Falls Exercise Class

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

- **MHCC, AG**

Reservation and assessment required, please call 805.474.5334

### Gentle Stretching

Gentle range of motion exercises to target muscle groups for less pain.

- **MHCC, AG**

Reservation and assessment required, please call 805.474.5334

### Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the basics of golf.

- **Monarch Dunes, Nipomo**

Call 805.346.3413 for details

### Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors and those battling chronic conditions.

- **MHCC, AG**

Reservation and assessment required; call 805.474.5334

### Nutrition and Exercise Support

An exciting class which combines delicious recipes and nutrition advice with practical exercise tips.

- **MHCC, SM**

Reservations required: 805.219.HOPE (4673)

### Pelvic Floor Strengthening Class for Prostate Cancer Survivors

This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

- **Marian Health & Wellness, SM**  
Call 805.346.3413 to register

### TRX

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

- **MHCC, AG**

Assessment required

Call 805.474.5334 to register

### Yoga (Restorative) *In-person*

Classes feature slower paced movements focusing on balance and flexibility. Please bring a yoga mat.

- **MHCC, AG**

Reservation and assessment required, please call 805.474.5334

## SPANISH • ESPAÑOL

### Clases de Arte

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

- **MHCC, SM**

Favor de llamar a 805.219.HOPE (4673) para registrarse

### Apoyo de Cáncer:

#### Viviendo con Cáncer

Acompáñanos para conectarse con otras personas que viven con cáncer y hablar de temas de cómo combatir la enfermedad.

- **MHCC, SM**

Por favor llame para reservar 805.219.HOPE (4673)

## OUTSIDE THE AREA

**Please note:** the classes on this page are held in nearby towns, not in San Luis Obispo. Please call the numbers listed for more information.

# 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](http://dignityhealth.org/hcrc)  
Please call for an appointment

**Thomas Spillane, MD**  
*Medical Director*

**Julie Neiggemann, RN, MSN, OCN**  
*Director, Nurse Navigator*

**Ashley Hahn, MSW, LCSW**  
*Social Worker*

**Eloisa Medina**  
*Patient Navigator*  
805.786.6130—en español

**Jessica Reyes**  
*Patient Navigator*  
805.235.3641—en español

**Angela Fissell, RD**  
*Registered Dietitian*

**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 Avenue, Suite 104  
San Luis Obispo, CA 93401  
805.597.6700

## WIGS ACCEPTED

If you have a wig to donate,  
please call **805.542.6234**.

*Wigs will be professionally cleaned.*

## SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715 Tank Farm Road, Suite C  
San Luis Obispo, CA 93401  
Direct: 805.543.5577

*Care Providers:*  
**Thomas Spillane, MD**  
*Medical Oncology Director of  
Clinical Trials*

**Gorgun Akpek, MD, MHS**  
**Daniel Lewis, MD**  
**James Malone III, MD**  
**Lin Soe, MD**  
**Elizabeth Arvizu, NP**  
**Robin DiBiase, NP, OCN**

## SLO INFUSION CENTER

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

**Susan Diaz, RN, OCN**  
*Director, SLO Oncology &  
Hematology and SLO Infusion Center*

## 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

**Derek Baden, RN**  
*Senior Director, Cancer Care Services*

## ADDITIONAL SERVICES

Dignity Health Home Health  
& Hospice  
805.739.3830

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**  
[17strong.org](http://17strong.org)

**American Cancer Society**  
[cancer.org](http://cancer.org)

**Camp Kesem Cal Poly**  
[campkesem.org](http://campkesem.org)

**Cancer Connections**  
[cancerconnectionsslo.org](http://cancerconnectionsslo.org)

**Cancer Support Community**  
[cscslo.org](http://cscslo.org)

**Cancer Well-Fit Program**  
[cancerwell-fit.com](http://cancerwell-fit.com)

**Central Coast Dragon Boat Association—Central Coast SurviveOars**  
[ccdba.org](http://ccdba.org)

**DreamMakers SLO**  
[dreammakersslo.com](http://dreammakersslo.com)

**Hats for Hope**  
[hatsforhope.com](http://hatsforhope.com)

**Jack's Helping Hand**  
[jackshelpinghand.org](http://jackshelpinghand.org)

**Leukemia and Lymphoma Society**  
[lls.org](http://lls.org)

**LIVESTRONG—SLO YMCA**  
[ciymca.org/livestrong](http://ciymca.org/livestrong)

**SabesWings**  
[SabesWings.org](http://SabesWings.org)

**Surfing for Hope**  
[surfingforhope.org](http://surfingforhope.org)

**Teddy Bear Foundation**  
[teddybearcancerfoundation.org](http://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

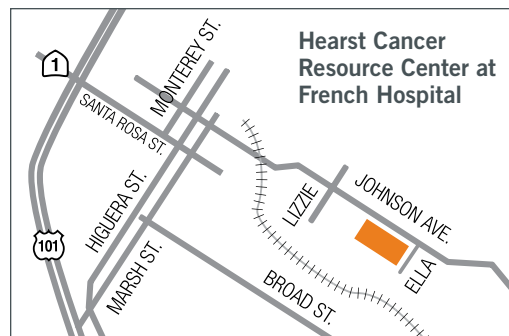
*French Hospital Medical Center*

**Sue Andersen**—PRESIDENT AND CEO  
**Julia Fogelson, MSN, RN**—CNE  
**Tessa Espinoza**—CPO  
**Thomas Vendegna, MD**—CMO

### *Committee Members*

<b>Sandy Dunn</b> — CHAIR	<b>Susan Minker, MD</b> <b>Debby Nicklas</b>
<b>Gayle Cekada, MD</b>	<b>Don Oberhelman</b>
<b>Leslie Coe</b>	<b>Lauren Rava</b>
<b>Edwin Hayashi, MD</b>	<b>John Ronca</b>
<b>Jack Hearst</b>	<b>Colleen Russell, DPT</b>
<b>Stephen Hearst</b>	<b>Thomas Spillane, MD</b>
<b>Stephen Hilty, MD</b>	<b>Jackie Starr</b>
<b>Cathy Johnson</b>	<b>Christine Williams</b>
<b>Robert Johnson, MD</b>	
<b>Noreen Martin</b>	

## 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