

cancer care



Dignity Health.
French Hospital Medical Center

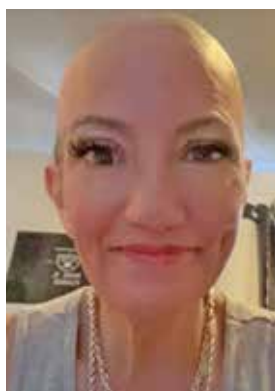
Hearst Cancer Resource Center

Hearst Cancer Resource Center

About Cancer Care

Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community at no charge, and appreciates the generosity of our donors who make it all possible.

Gaining Back My Strength and Confidence



By Michelle Flores

Cancer is a hard road to travel. In 2007 I had a craniotomy for a benign brain tumor and I thought that was behind me. However, in 2021 I had a seizure which led to another craniotomy and a new diagnosis of a malignant brain tumor (glioma). In addition to surgery I have gone through radiation treatments (with Dr. Johnson) and chemotherapy. To

make matters worse I lost my beloved husband in January 2023 due to liver cancer. I was overwhelmed with grief and I was not able to return to work. I needed to get out and find an outlet.

Fortunately, I found the Hearst Cancer Resource Center and they helped me gain back my strength and confidence. The HCRC is a place for anyone with cancer to find support for themselves and their family. The staff helped me connect to grief counseling, gave me the Angel of Hope financial aid, helped me pick some free wigs and hats, and connected me to other local resources for cancer patients. Someone is always there when I call or email for support.

I want to thank HCRC for connecting me to all these amazing programs: Sabes Wings (helped with rent), Hats for Hope (helped with their gifting program), YMCA Livestrong (exercise rehab

program), Dragon Boat's SurviveOars group (healing exercise), Cancer Victory Garden (floral class), and Thriving with Advanced Cancer Support Group (monthly peer support). The camaraderie from these groups and organizations has given me strength when I felt weak. Currently, I follow up at UCSF every three months for an MRI and telehealth visits. As I move forward in my life, I feel very blessed and don't feel sorry for myself because I am not alone in this fight.



Cancer survivors Michelle and Katie find strength in togetherness with the Dragon Boat's SurviveOars group.

Healing the Gut to Boost Immunity with Nutrition and Lifestyle



**Heidi Lucas, ND,
FABNO**

Naturopathic Physician,
Fellow of the American
Board of Naturopathic
Oncology

The immune system—a complex network of organs, cells, and proteins—is essential in fighting cancer, infections, and disease. Recent research has highlighted the crucial role of the microbiome—the diverse community of microbes in our gut—in maintaining healthy immune function. Cancer therapies such as surgery, chemotherapy, radiation, hormone therapy, and immunotherapy can be especially taxing on both the gastrointestinal (GI) tract and the immune system. However, nutrition and lifestyle choices offer powerful ways to help restore and heal these systems.

Studies show that a diverse, plant-rich diet can promote the recovery of the microbiome and enhance immune function. When we consume a wide variety of plant-based fibers, beneficial gut bacteria flourish. These microbes ferment fibers and produce short-chain fatty acids (SCFAs), which are key compounds known to regulate immune response, reduce inflammation, and modulate allergic reactions.

We are what our gut bacteria eat. Diets low in fiber and high in refined sugars, processed foods, and excess animal products can disrupt the microbiome, increasing inflammation and the risk of disease. Conversely, a rainbow of plant-based nutrients not only supports a thriving gut microbiome but has also been linked to improved responses to cancer treatment and increased serotonin production, which can enhance mood.

Beyond diet, gentle physical activity can also nurture microbiome health. Practices such as abdominal breathing, stretching, or a daily walk boost circulation and stamina while encouraging a more diverse gut flora. Research confirms that exercise positively influences microbial diversity, which is particularly important following the physical and emotional stresses of cancer treatment. In our daily routines, choosing movement and colorful, fiber-rich foods can go a long way toward restoring immune strength and promoting long-term health.

**You can restore GI health!
Aim for 30 different plant foods
per week—including vegetables,
whole grains, nuts, seeds,
legumes, herbs, and spices.**

Healing the Gut to Boost Immunity

The microbiome plays a crucial role in maintaining healthy immune function. Come join us to learn practical tips on how to heal your gut!

PRESENTED BY: Heidi Lucas, ND, FABNO, Naturopathic Physician

WHEN: Thursday, July 17, 2025 • 5:30 p.m.

WHERE: Wacker Family Auditorium, Copeland Health Education Pavilion
at French Hospital/Third floor

To register, contact: HCRC@commonspirit.org or call 805.542.6234

The Hearst Cancer Resource Center invites you to a free educational presentation

Updates in Prostate Cancer



Jeffrey Wu, MD
Radiation Oncology

■ Dr. Wu sees patients at the San Luis Obispo Radiation Oncology Center

A prostate cancer diagnosis can be unique in that many patients are presented with options and it is up to them to make a choice. This can be difficult to navigate! Come and learn from Jeffrey Wu, MD, a local radiation oncologist who has extensive experience working with patients with prostate cancer and is well versed in the most updated treatment recommendations. Topics relevant to survivorship will also be addressed.

Thursday, August 28, 2025

5:30 to 7:30 p.m.

Wacker Family Auditorium

(in the Copeland Health Education Pavilion/Third Floor)

French Hospital Medical Center

1911 Johnson Avenue, San Luis Obispo

Space is limited; reservations required.

Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@commonspirit.org

This hearty summer lasagna packs delicious roasted eggplant, zucchini and lycopene-rich tomatoes. Whole-wheat noodles contain cancer-fighting fiber and natural plant compounds, called phytochemicals, which protect cells from damage that may lead to cancer. This recipe is a good choice for pleasing a crowd or batch cooking (serves 12).

Easy Summer Lasagna

INGREDIENTS:

2 eggplants (about 3 lbs.), quartered lengthwise	1/2 cup grated Parmesan cheese
6 medium zucchini (about 3 lbs.)	1/2 tsp. ground nutmeg
Canola oil cooking spray	1/2 tsp. garlic powder
15 oz. low-fat ricotta or low-fat cottage cheese (or a combination of both)	4 cups low-sodium tomato sauce
2 eggs	1lb. whole-wheat, no-boil lasagna noodles
	3 cups part-skim mozzarella cheese

INSTRUCTIONS:

1. Preheat oven to 450 degrees F. Grease a 13 x 9 x 2-inch baking pan, set aside.
2. Slice the eggplant and zucchini in 1/2 -inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooking spray. Roast for about 40 minutes.
3. Reduce the oven temperature to 375 degrees F.
4. Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, nutmeg and garlic powder.
5. To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta. Spread 1/3 of the ricotta mixture on top of pasta. Sprinkle 1/4 of the mozzarella over the ricotta. Spoon 1/3 of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.
6. Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving.

Dream Makers: Turning Last Wishes into Lifelong Memories

In a quiet corner of our community, where compassion meets courage, a group of friends led by Dr. Ronda Beaman created something extraordinary—Dream Makers, a local non-profit dedicated to turning final wishes into unforgettable realities for terminally ill adults. While many organizations focus on children's last wishes, Dream Makers exists to honor the dreams of adults who, though often overlooked, carry dreams just as vibrant, just as heartfelt.

Since its founding, Dream Makers has fulfilled nearly 100 dreams, each one a testament to the power of love, hope, and human connection. Whether it's arranging a Hallmark-style Christmas for a mother at Avila Beach who wanted one last magical holiday with her family, or making it possible for a lifelong fan to meet country star Blake Shelton at the Mid-State Fair, Dream Makers is committed to giving adults a moment of pure joy in the face of unimaginable difficulty.

Every dream is deeply personal and thoughtfully crafted. One woman, knowing her time was limited, had always wanted to feel the magic of Disneyland through the eyes of her grandchildren. Dream Makers sent her and her family to the Happiest Place on Earth, where laughter and love replaced fear and sadness, if only for a few precious days. Another man, a die-hard Dodgers and 49ers fan, had never been able to attend a live game. Thanks to Dream Makers, he experienced the roar of the crowd, the thrill of the field, and the joy of living out a lifelong passion.

What makes Dream Makers especially unique is their unwavering commitment to the people they serve. One hundred percent of every dollar raised goes directly toward making dreams come true. There

are no paid staff, no overhead—just a group of dedicated individuals pouring their time, talent, and hearts into giving others one final taste of joy, normalcy, or adventure.

Started around a kitchen table with an idea and a question—"Why not adults?"—Dr. Ronda Beaman and

her circle of friends began the journey with just one dream. That dream became a ripple. Now, it's a wave of compassion that continues to grow. Every dream they fulfill reinforces a simple truth: no one is ever too old or too sick to dream.

Dream Makers isn't just about fulfilling wishes—it's about preserving dignity, creating connection, and reminding us all that, even in life's most fragile moments, joy is possible. The smiles they bring, the tears of gratitude they witness, and the memories they help create ripple far beyond the individuals they serve.

In a world where time is often the greatest luxury, Dream Makers

gives the gift of *now*—a final dance, a long-awaited trip, or one last celebration surrounded by love.

Because every life matters. And every dream deserves a chance to come true.



Dream Makers made it possible for a woman and her friends to attend a Rod Stewart Concert.



At Dream Makers, Final Dreams Come First. To learn more or support our work, visit our website: dreammakersslo.com

Share the Hope Raises \$550,000 to Support Cancer Care Technology

On April 5, 2025, the French Hospital Medical Center Foundation held Share the Hope, a fundraising event that raised more than \$550,000 to support advanced imaging technology in a new comprehensive cancer center in San Luis Obispo.

Currently under construction, the new cancer center will unite the oncology services of Dignity Health's French Hospital Medical Center, Marian Regional Medical Center, and Pacific Central Coast Health Centers, as well as a number of physician groups partnering with Dignity Health. For the first time in San Luis Obispo County, all oncology services will be available under one roof, streamlining the team-based care approach, improving patient convenience, and elevating cancer care in our community.



At Share the Hope, more than 200 guests were treated to a champagne reception by the famous Neptune Pool at Hearst Castle, followed by a gourmet dinner at the historic Hearst Ranch Dairy Barn, featuring an exciting live auction and live music. Since 2008, this event

has raised more than \$6.1 million to benefit the Hearst Cancer Resource Center (HCRC) and cancer services at French Hospital. The event is hosted each year by the Hearst family, who have been instrumental supporters of the HCRC since its inception in 2008.

The new cancer center will provide a seamless experience for patients, offering a wide range of services and programs. These will include: medical oncology, hematology, infusion, diagnostic imaging, radiation oncology, general and oncology surgery, and urology. The HCRC will be relocated to form the heart of the new comprehensive center. The center will be easily accessible, located near the corner of Tank Farm and Broad Street in San Luis Obispo. Construction on the two-story, 58,650 square foot building has begun and completion is expected in early 2026.

To learn more or to support the Hearst Cancer Resource Center or advanced technology for cancer care, please visit our website: www.supportfrenchhospital.org/hcrc.



Staff Spotlight

Shauna Soltero

Support
Coordinator

Q: What inspired you to apply for this position at HCRC?

I have always been drawn to the mission-driven work of nonprofits. When I discovered the Hearst Cancer Resource Center, I was excited about the opportunity to collaborate with a team of health care professionals and organizations dedicated to making a real difference in people's lives. Their approach to providing support and a variety of resources without cost to those affected by cancer truly resonated with me. I'm thrilled to contribute to such a positive, meaningful mission.

Q: What experience do you bring to this role?

With over 15 years in the medical field, I bring a solid mix of medical administration and marketing experience to my role as a Support Coordinator. My background in medical administration has equipped me with the skills to provide compassionate patient care and navigate complex medical systems efficiently. On the marketing side, I've worked on creating materials and campaigns that raise awareness, spread joy and connect people with resources.

Q: What is something personal that you enjoy and would like to share?

I've lived on the central coast since I was six years old and absolutely love where we live. Faith, family and friends are the roots that keep me grounded. My favorite way to spend time is with my two amazing sons. Music is a constant in my life—it's always playing—and I love going to concerts.

A Fun Fact

In 2020, during the COVID-19 pandemic, I created the Virtual Easter Egg Scavenger Hunt to bring joy to families. What began as a local city-wide project quickly grew into a nationwide and even international event.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

15

Nutritional Counseling
by appointment

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

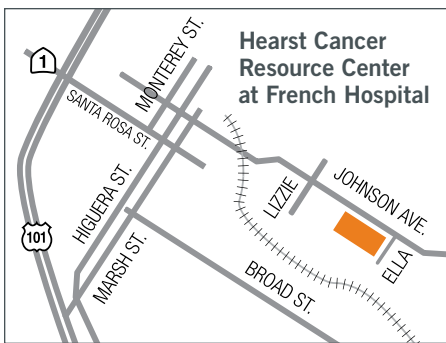
Updates in Prostate Cancer
5:30PM in person
Call HCRC to RSVP

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)**

2nd 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)**

2nd Tuesday; 5:45PM

● **HCRC, SLO (In Person)**

4th 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)**

4th 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)**

3rd 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**

3rd 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)**

3rd 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**

3rd 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.)**

2nd Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4th 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**

2nd and 4th 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)**

1st 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)**

1st and 3rd Wednesdays; 3:00PM

2nd and 4th 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**

4th 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
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

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

DreamMakers SLO
dreammakersslo.com

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

LIVESTRONG—SLO YMCA
ciymca.org/livestrong

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

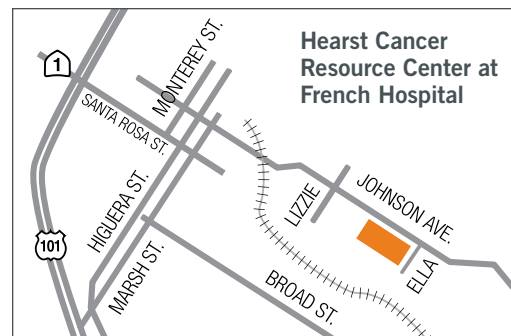
French Hospital Medical Center

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

Committee Members

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

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

