

MONDAY

1  
2  
3  
4  
5

6  
**Holiday**  
**HCRC Closed**  
**Labor Day** 🇺🇸

13  
**Energy Balancing Session** 🗒️  
11:00AM–12:00PM  
Virtual/Zoom Meeting  
**Restorative Yoga** 🗒️  
5:00PM  
Virtual/Zoom Meeting

20  
**Prostate Cancer Support Group**  
6:30PM  
In-person

27  
**Energy Balancing Session** 🗒️  
11:00AM–12:00PM  
Virtual/Zoom Meeting

TUESDAY

1  
2  
3  
4  
5

7  
**Pilates** 🗒️  
1:00PM  
Virtual/Zoom Meeting  
**Breast Cancer Support Group** 🗒️  
5:45PM  
Virtual/Zoom Meeting

14  
**Spanish Support Group** 🗒️  
5:30PM  
Virtual/Zoom Meeting  
**Prostate Cancer Education**  
6:00PM

21  
**Pilates** 🗒️  
9:30AM  
Virtual/Zoom Meeting  
**Breast Cancer Support Group** 🗒️  
5:45PM  
Virtual/Zoom Meeting

28

WEDNESDAY

1  
**Tai Chi Chih**  
11:00AM  
*Call HCRC for details*  
**Guided Meditation** 🗒️  
5:00PM  
Virtual/Zoom Meeting  
**Qigong Class**  
5:30PM  
*Call HCRC for details*

8  
**Tai Chi Chih**  
11:00AM  
*Call HCRC for details*  
**All Blood Cancer Support Group** 🗒️  
1:00–2:00PM  
Virtual/Zoom Meeting  
**Qigong Class**  
5:30PM  
*Call HCRC for details*

15  
**Tai Chi Chih**  
11:00AM  
*Call HCRC for details*  
**Nutritional Counseling** 🗒️  
by phone appointment  
**Qigong Class**  
5:30PM  
*Call HCRC for details*

22  
**Tai Chi Chih**  
11:00AM  
*Call HCRC for details*  
**Nutritional Counseling** 🗒️  
by phone appointment  
**Qigong Class**  
5:30PM  
*Call HCRC for details*

29  
**Tai Chi Chih**  
11:00AM  
*Call HCRC for details*  
**Nutritional Counseling** 🗒️  
by phone appointment  
**Qigong Class**  
5:30PM  
*Call HCRC for details*

THURSDAY

2  
**Nutritional Counseling** 🗒️  
by phone appointment  
**Caregiver Support Group** 🗒️  
5:30PM  
In-person  
**Living with Cancer** 🗒️  
6:00PM  
Virtual/Zoom Meeting

9  
**Nutritional Counseling** 🗒️  
by phone appointment  
**Intuitive Collage**  
2:00–4:00PM  
*Call 805.440.8834*

16  
**Nutritional Counseling** 🗒️  
by phone appointment  
**Caregiver Support Group** 🗒️  
5:30PM  
Virtual/Zoom Meeting  
**Living with Cancer** 🗒️  
6:00PM  
Virtual/Zoom Meeting

23  
**Nutritional Counseling** 🗒️  
by phone appointment  
**Intuitive Collage**  
5:30PM–7:30PM  
*Call 805.440.8834*  
**Young Survivor Support Group** 🗒️ **NEW!**  
6:00PM  
Virtual/Zoom Meeting

30  
**Nutritional Counseling** 🗒️  
by phone appointment

FRIDAY

3  
**HCRC is temporarily closed to walk-ins.**  
*but available by appointment*

10  
**HCRC is temporarily closed to walk-ins.**  
*but available by appointment*

17  
**HCRC is temporarily closed to walk-ins.**  
*but available by appointment*

24  
**HCRC is temporarily closed to walk-ins.**  
*but available by appointment*

31

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4  
**Restorative Yoga** ☐  
 5:00PM  
 Virtual/Zoom Meeting

5  
**Pilates** ☐  
 1:00PM  
 Virtual/Zoom Meeting  
**Breast Cancer Support Group** ☐  
 5:45PM  
 Virtual/Zoom Meeting

6  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC for details*  
**Guided Meditation** ☐  
 5:00PM  
 Virtual/Zoom Meeting  
**Qigong Class**  
 5:30PM  
*Call HCRC for details*

7  
**Nutritional Counseling** ☎  
 by phone appointment  
**Caregiver Support Group**  
 5:30PM  
 In-person  
**Living with Cancer** ☐  
 6:00PM  
 Virtual/Zoom Meeting

8  
**HCRC is temporarily closed to walk-ins. but available by appointment**

11  
**Energy Balancing Session** ☐  
 11:00AM–12:00PM  
 Virtual/Zoom Meeting

12  
**Spanish Support Group** ☐  
 5:30PM  
 Virtual/Zoom Meeting  
**Breast Cancer Education**  
 5:30PM

13  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC for details*  
**All Blood Cancer Support Group** ☐  
 1:00–2:00PM  
 Virtual/Zoom Meeting  
**Qigong Class**  
 5:30PM  
*Call HCRC for details*

14  
**Nutritional Counseling** ☎  
 by phone appointment  
**Intuitive Collage**  
 2:00PM–4:00PM  
*Call 805.440.8834*

15  
**HCRC is temporarily closed to walk-ins. but available by appointment**

18  
**Prostate Cancer Support Group**  
 6:30PM  
 In-person

19  
**Pilates** ☐  
 9:30AM  
 Virtual/Zoom Meeting

20  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC for details*  
**Nutritional Counseling** ☎  
 by phone appointment  
**Qigong Class**  
 5:30PM  
*Call HCRC for details*

21  
**Nutritional Counseling** ☎  
 by phone appointment  
**Caregiver Support Group** ☐  
 5:30PM  
 Virtual/Zoom Meeting  
**Living with Cancer** ☐  
 6:00PM  
 Virtual/Zoom Meeting

22  
**HCRC is temporarily closed to walk-ins. but available by appointment**

25  
**Energy Balancing Session** ☐  
 11:00AM–12:00PM  
 Virtual/Zoom Meeting

26

27  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC for details*  
**Nutritional Counseling** ☎  
 by phone appointment  
**Qigong Class**  
 5:30PM  
*Call HCRC for details*

28  
**Nutritional Counseling** ☎  
 by phone appointment  
**Intuitive Collage**  
 5:30PM–7:30PM  
*Call 805.440.8834*  
**Young Survivor Support Group** ☐ **NEW!**  
 6:00PM  
 Virtual/Zoom Meeting

29  
**HCRC is temporarily closed to walk-ins. but available by appointment**

Please call Hearst Cancer Resource Center for more information or to get started with our programs: 805.542.6234 or email: HCRC@dignityhealth.org

**Key**  
 ☎ - Phone appointment  
 ☐ - Zoom/Virtual  
**BLUE**-Wellness, Qigong, Tai Chi, Pilates, Nutrition  
**GREEN**-Education  
**ORANGE**-Support Group

# 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)**  
*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 support your journey.

- **Hearst Cancer Resource Center, SLO—by phone**  
*Call for details:*  
805.542.6234 English  
805.786.6130 Español
- **Mission Hope Cancer Center, SM**  
*By appointment;*  
805.346.3402 English  
805.346.3406 Español
- **Mission Hope Cancer Center, AG**  
*By appointment;* 805.474.5303

## FOLLOW US

facebook.com/HearstCancerResourceCenterSanLuisObispo

## SUPPORT GROUPS

All Blood Cancer Support Group (Leukemia, Lymphoma, Myeloma and MDS)

Helping individuals and families cope with diagnosis and treatment.

- **Virtual/Zoom Session, SLO**  
2<sup>nd</sup> Wednesday; 1PM  
*Call 805.542.6234 for details*

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, SLO**  
El Segundo martes de cada mes; 5:30PM  
*Llame e Eloisa al 805.786.6130*
- **Mission Hope Cancer Center, SM**  
Last Tuesday; 9AM  
*Llame e Hector al 805.346.3406 En Español*

### Breast Cancer Support Group

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

- **Virtual/Zoom Session, SLO**  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday; 5:45PM  
*Call 805.542.6234 for details*
- **Virtual/Zoom Session, SM & AG**  
1<sup>st</sup> Tuesday; 4PM  
*Call 805.346.3402 for details*

### Metastatic Breast Cancer Support Group

- **Virtual/Zoom Session, SM & AG**  
1<sup>st</sup> Wednesday; 10AM  
*Call 805.346.3402 for details*
- **Mission Hope Cancer Center, SM**  
3<sup>rd</sup> Wednesday; 10AM  
*Held onsite, class seating is limited. Please call 805.346.3402 to reserve your spot.*

### 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**

Alternating between in-person & Zoom  
1<sup>st</sup> and 3<sup>rd</sup> Thursday; 5:30PM

*Call 805.542.6234 for details*

- **Mission Hope Cancer Center, SM**  
4<sup>th</sup> Wednesday; 1PM  
*Call 805.219.HOPE for details*

### Grupo de Apoyo Para Hombres con Cancer

Tome la oportunidad e intercambiar informacion relacionada con todos los tipos de cancer, y asi como el cuidado de su salud.

- **Mission Hope Cancer Center, SM**  
1<sup>st</sup> Tuesday; 9AM  
*Call 805.219.HOPE to RSVP Llame e Hector al 805.346.3406 en Español*

### Living with Cancer Support Group

Support group for patients newly diagnosed or recently out of treatment.

- **Virtual/Zoom Session, SLO**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday; 6PM  
*Call 805.542.6234 for details*
- **Mission Hope Cancer Center, AG**  
*Call 805.474.5303 for details*
- **Mission Hope Cancer Center, SM**  
*Call 805.346.3402 for details*

### Men's Cancer Discussion Group

Many men find that sharing their experiences with fellow patients who can empathize along with the guidance of an experienced professional helps them manage their stress and figure out solutions to problems.

- **Mission Hope Cancer Center, SM**  
4<sup>th</sup> Friday; 8AM  
September 24; 8AM  
*Guest Speaker: J. Ben Wilkinson, MD, FACRO Prostate Awareness Month*

### Pediatric Oncology Patients & Families

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

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

- **Virtual/Zoom Session, SM**

Call for details:

805.219.HOPE English

805.346.3406 Español

## Prostate Cancer Support Group

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

- **Hearst Cancer Resource**

**Center, SLO**

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

Call 805.542.6234 for details

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

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

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

October 19; 3:30PM

Guest Speaker: Robert Stewart, MD; Bhavishya Clark, MD

Call Mission Hope at

805.219.HOPE

## Young Survivor Support Group

For the challenges unique to patients ages 25–50ish, stages 1–3. Come together for information, support & encouragement for newly diagnosed patients and survivors.

- **Virtual/Zoom Session**

4<sup>th</sup> Thursday; 6PM

Call 805.542.6234 for details

## EDUCATIONAL LECTURES

### — SEPTEMBER —

#### Updates in Prostate Cancer Treatment

Dr. Tom Spillane will present important updates and information about prostate cancer and treatment. Question-and-answer session included.

- **Virtual/Zoom Session, SLO**

Tuesday, September 14; 6:00PM

Contact 805.542.6234 or

HCRC@dignityhealth.org for details

### — OCTOBER —

#### Update in Breast Cancer Screening and Treatment

Join local experts Dr. Robert Johnson and Dr. Fred Vernacchia who will talk about the latest updates in breast cancer screening and treatment. Question-and-answer session included.

- **Virtual/Zoom Session, SLO**

Tuesday, October 12; 5:30PM

Contact 805.542.6234 or

HCRC@dignityhealth.org for details

#### Girls' Night Out

Featuring experts Colleen O'Kelly Priddy, MD, FACS, Breast Surgical Oncologist and Jonathan Tammela MD, FACOG, Gynecologic Oncologist to leading a discussion about Breast and GYN Oncology.

- **Virtual/Zoom Session**

Thursday, October 21; 4PM

RSVP 805.219.HOPE (4673)

#### HICAP Free Community Forum

Medicare information during open enrollment—learn more!

- **Mission Hope Cancer Center, AG**

October 13; 10AM

Call 805.474.5303 for more details

- **Mission Hope Cancer Center, SM**

October 6; 2PM

Call 805.346.3402 for more details

## SELF-HELP PROGRAMS

#### Auricular Acupuncture

- **Mission Hope Cancer Center, AG**

4<sup>th</sup> Monday; 1PM

Call 805.474.5334 to RSVP

- **Mission Hope Cancer Center, SM**

4<sup>th</sup> Monday; 3PM,

Call 805.219.HOPE to RSVP

#### Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise.

●● Call 805.346.3413 for details

#### Cancer Well-Fit

A 10-week supervised exercise program for first year survivors. Physician medical release required.

- **Avila Bay Athletic Club & Spa**

Call 805.595.7600 x 122

- **Paso Robles Sports Club**

Call 805.610.6486 to register

#### Capacitar

Some of the practices Capacitar teaches are acupressure, breath work, tai chi, emotional freedom technique, hand mudras and much more. These practices can boost your immune system, transform feelings of anxiety and fear and help you manage times of panic or stress.

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

2<sup>nd</sup> Wednesday; 3PM

Call 805.346.3400 to RSVP

#### Circuit Training

Circuit Training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit. A fitness assessment and medical release is required for this class.

Call 805.346.3413 for details

#### Counseling

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

● Call 805.238.4411 for details

#### Energy Balancing

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

- **Virtual/Zoom Session, SLO**

2<sup>nd</sup> and 4<sup>th</sup> Monday; 11AM

Call 805.542.6234 for details

- **Mission Hope Cancer Center, SM**

4<sup>th</sup> Tuesday; 1PM

Call 805.219.HOPE to RSVP

- **Mission Hope Cancer Center, AG**

2<sup>nd</sup> Thursday; 1PM

Call 805.474.5334 to RSVP

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Fight Against Falls Class

This class will provide you with knowledge to reduce risk of falls and conditioning your muscles to battle muscle fatigue. A fitness assessment is required before attending.

- **Mission Hope Cancer Center, AG**  
Every Thursday  
Call 805.474.5334 for details
- **Marian Health & Wellness Center, SM**  
Every Friday  
Call 805.346.3413 for details

## HEAL: Healthy Eating and Activity for Living

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

- **Mission Hope Cancer Center, SM**  
2<sup>nd</sup> Tuesday, September 14; 2 PM  
Transitioning to a Healthy Lifestyle after Treatment with Diet and Exercise.

October 12<sup>th</sup>; 2PM  
Busting Nutrition and Exercise Myths for Breast Cancer.  
Call 805.219.HOPE for details

## Guided Meditation—New

Join us for a gentle guided meditation session.

- **Virtual/Zoom Session, SLO**  
1<sup>st</sup> Wednesday; 5PM  
Call 805.542.6234 for details

## Intuitive Collage

Using colorful pictures, meaningful words and phrases that appeal to you in a personal way, you will explore ideas and dreams. Your collage will speak, inspire and motivate you in creative ways.

- **Hearst Cancer Resource Center, SLO**  
2<sup>nd</sup> Thursday; 2–4PM;  
4<sup>th</sup> Thursday; 5:30–7:30PM  
Call 805.542.6234 for details

## Learn Golf

- **Monarch Dunes, Nipomo**  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
By appointment 805.346.3413

## Lymphedema Evaluation

- **Hearst Cancer Resource Center, SLO**  
Contact Jamie Cinotto, DPT, CWS, CLT-LANA, ONC for an evaluation: 805.782.9300

## Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors. RSVP and fitness assessment required.

- **Marian Health & Wellness Center, SM**  
Every Tuesday  
Call 805.346.3413 for details
- **Mission Hope Cancer Center, AG**  
Every Thursday  
Call 805.474.5334 for details

## Nutritional Counseling

One-on-one phone consultation with a Registered Dietitian.

- **Hearst Cancer Resource Center, SLO**  
By appointment; 805.542.6234
- **Mission Hope Cancer Center, SM & AG**  
By appointment; 805.346.3403

## Pelvic Floor Strengthening Class For Prostate Cancer Survivors

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

- **Marian Health & Wellness Center, SM**  
2<sup>nd</sup> and 4<sup>th</sup> Friday  
Call 805.346.3413 for details

## Pilates Class

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

- **Virtual/Zoom Session, SLO**  
3<sup>rd</sup> Tuesday; 9AM  
1<sup>st</sup> Tuesday; 1PM
- **Mission Hope Cancer Center, AG**  
Every Thursday  
By appointment. Assessment required, Call 805.474.5334

## 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 805.542.6234 for details

## Surfing For Hope—for Kids and Adult Survivors—\*NEW addition\*

This unique program provides a safe, fun environment utilizing the healing energy of the beach and ocean. RSVP required.

- **Visit [surfingforhope.org](http://surfingforhope.org) for details**  
3<sup>rd</sup> Saturday of each month  
Kids with a family member  
3<sup>rd</sup> Sunday of each month  
Women survivors and supporters

## Tai Chi Chih

**Now offered weekly.** Increase energy and improve health, balance, flexibility and stamina.

- **Hearst Cancer Resource Center, SLO**  
Call 805.542.6234 for details

## TRX

The benefits of TRX are innumerable from getting stronger, having better balance, to increased stamina. RSVP and fitness assessment is required.

- **Mission Hope Cancer Center, AG**  
Every Thursday of each month  
Call 805.474.5302 for details

## Yoga

This gentle yoga class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength, balance, and flexibility. RSVP is required.

- **Virtual/Zoom Session, SLO**  
July 12, August 2; 5PM—*New Time*  
Call 805.542.6234 for details
- **Mission Hope Cancer Center, AG**  
Every Thursday of each month  
Call 805.474.5334 for details

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

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

**Shannon D'Acquisto**  
*Director, Cancer Survivor*  
[Shannon.DAcquisto@dignityhealth.org](mailto:Shannon.DAcquisto@dignityhealth.org)

**Julie Neiggemann, RN, MSN, OCN**  
*Nurse Navigator*  
[Julie.Neiggemann@dignityhealth.org](mailto:Julie.Neiggemann@dignityhealth.org)

**Lauren Jermstad, MSW, LCSW**  
*Social Worker*

**Eloisa Medina**  
*Lay Patient Navigator*  
805.786.6130—en español  
[Eloisa.Medina@dignityhealth.org](mailto:Eloisa.Medina@dignityhealth.org)

**Angela Fissel, RD**  
*Registered Dietician*

### DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center  
1325 East Church Street, STE 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*  
CENTRAL COAST SERVICE AREA  
805.346.3434  
[Katherine.Guthrie@dignityhealth.org](mailto:Katherine.Guthrie@dignityhealth.org)

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

### SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.543.5577  
Infusion Center Front Desk:  
805.786.6140

*Care Providers:*  
**Thomas Spillane, MD**  
*Medical Oncology Director of  
Clinical Trials*  
**Gorgun Akpek, MD, MHS**  
**Diane De Vos Schmidt, FNP-C**  
**Robin DiBiase, NP, OCN**  
**James Malone III, MD**  
**Tim Souchek, PA**  
**David Harrison, MD**

### IMAGING CENTERS

FHMC San Luis Diagnostic Center  
1100 Monterey St #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 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*

**Viridiana Ruiz**  
*Oncology Counselor*

### 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](http://seventeenstrong.org)

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

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

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

**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)

**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

Non-Profit Org
US Postage Paid
Poor Richard's Press
93401

**HCRC Advisory Committee**

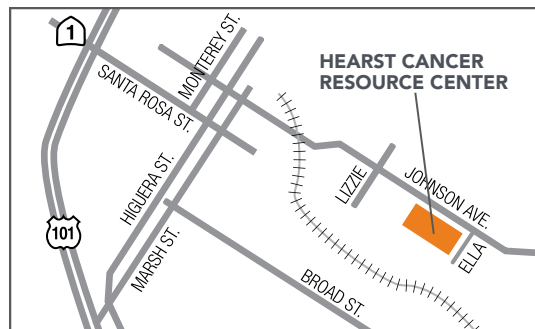
*French Hospital Medical Center*

- Alan Iftiniuk**— PRESIDENT AND CEO
- Julia Fogelson, MSN, RN**—COO, CNE
- Debby Nicklas**—VP PHILANTHROPY
- Thomas Vendegna, MD**—CMO

*Board Members*

- Sandy Dunn**
- Stephen Hearst**
- Stephen Hilty, MD**
- Stephen Holtzman, MD**
- Noreen Martin**
- Susan Minker, MD**
- Don Oberhelman**
- 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

