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<td>Breast Cancer Support Group 5:45PM Virtual/Zoom Meeting</td>
<td>Tai Chi Chih 11:00AM Call HCRC to RSVP Qigong Class 3:00PM Call HCRC to RSVP</td>
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<td>Patients with Cancer Support Group 1:00PM Call HCRC to RSVP Spanish Support Group 5:30PM Virtual/Zoom Meeting</td>
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<td>Energy Balancing Session 11:00AM–12:00PM Virtual/Zoom Meeting</td>
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<td>Prostate Cancer Support Group 6:30PM Virtual/Zoom Meeting</td>
<td>Restorative Yoga 10:00AM Virtual/Zoom Meeting Patients with Cancer Support Group 1:00PM Call HCRC to RSVP</td>
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**Education: Colorectal Cancer 5:30PM**

**HCRC is currently open by appointment Monday–Friday, 9–4:30. Call 805.542.6234 or email HCRC@dignityhealth.org to schedule.**
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**Key**

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

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

Patient Orientation
Get to know us and the services Book an appointment to get to know our resources and the services we provide so we can better support your journey.

- **Hearst Cancer Resource Center, SLO**
  Call to RSVP: 805.542.6234 English
  805.786.6130 Español
- **Mission Hope Cancer Center, SM**
  Call to RSVP: 805.346.3402 English
  805.346.3406 Español
- **Mission Hope Cancer Center, AG**
  Call 805.474.5303 to RSVP

**Support Groups**

**All Blood Cancer Support Group**
Helping individuals and families cope with diagnosis and treatment of leukemia, lymphoma, myeloma and MDS.
- Virtual/Zoom Session, SLO
  2nd Wednesday; 1PM
  Call 805.542.6234 to RSVP

**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, acompañamos para discutir temas de como combatir y sobrevivir la enfermedad.
- Virtual/Zoom Session, SLO
  El Segundo y cuarto martes de cada mes; 5:30PM
  Llame a Teresa al 805.786.6130
- Mission Hope Cancer Center, SM
  Llame a Wendy al 805.346.3410
  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
  1st and 3rd Tuesday; 5:45PM
  Call 805.542.6234 to RSVP
- Virtual/Zoom Session, SM & AG
  1st Tuesday; 4PM
  Call 805.346.3402 to RSVP
- Mission Hope Cancer Center, SM
  3rd Tuesday; 4PM
  Call 805.346.3402 to RSVP

**Metastatic Breast Cancer Support Group**
The metastatic cancer patient has to deal with a “no-cure” label, yet treatments are available to help extend life span, stay connected and maintain quality of life.

**Family Caregiver Support Group**
A forum for people to get together with those who understand their concerns, share helpful strategies and lend support.
- hearstcancerresourceregionalslo.com—is Currently on Hold
- Mission Hope Cancer Center, SM & AG
  Call 805.219.HOPE to RSVP

**Grupo de Apoyo Para Hombres con Cáncer**
Tome la oportunidad e intercambiar información relacionada con todos los tipos de cáncer, y así como el cuidado de su salud.
- Mission Hope Cancer Center, SM
  Call 805.219.HOPE to RSVP
  Llame a Wendy al 805.346.3410 en Español

**Living with Advanced Cancer Support Group**
Support for the special needs of patients with Advanced Cancer.
- Virtual/Zoom Session, SLO
  1st and 3rd Thursday; 6PM
  Call 805.542.6234 to RSVP

**Men’s Cancer Discussion Group**
Many men find that sharing their experiences with fellow patients who can empathize, in combination with an experienced professional’s guidance, helps manage stress and problem solve.
- Mission Hope Cancer Center, SM
  4th Friday; 8AM
  Call 805.219.HOPE to RSVP
EDUCATIONAL LECTURES

--- MARCH ---

Updates in Colorectal Cancer
Learn important updates on prevention, diagnosis and treatment of colorectal cancer featuring a Q&A session with Dr. Lin Soe.

--- APRIL ---

HPV Related Cancers
A candid conversation about HPV related cancers and updates in treatment options featuring a Q&A session with Dr. Tom Spillane.

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

SELF-HELP PROGRAMS

Aquatic Therapy Class
Exercising in water reduces the impact on joints by 50% and the properties of water allow you to do more than you can on land. Benefits include more range of motion, joint flexibility and pain reduction.

Art Therapy
Art workshops employing a variety of materials and techniques to help boost creative expression and work through life’s transitions. Materials provided.

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

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Auricular acupuncture is a popular treatment for health complaints, including anxiety, pain and insomnia.
DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Energy Balancing
Certified practitioners help promote relaxation, decrease stress and enhance well-being.
- **Virtual/Zoom Session, SLO**
  2nd and 4th Monday; 11AM
  Call 805.542.6234 to RSVP

Guided Meditation
Join us for a gentle guided meditation session.
- **Virtual/Zoom Session, SLO**
  1st Wednesday; 5PM
  Call 805.542.6234 to RSVP

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, SLO**
  Call 805.219.HOPE to RSVP

Intuitive Collage
Explore ideas and dreams using colorful pictures, meaningful words and phrases that appeal to you in a personal way.
- **Heard Cancer Resource Center, SLO**
  2nd Thursday; 2–4PM
  4th Thursday 5:30–7:30PM
  Call 805.542.6234 to RSVP

Lymphedema Evaluation
- **Heard Cancer Resource Center, SLO**
  Call Jamie Cinotto, DPT, CWST-LANA, OCN for an evaluation: 805.782.9300

Lymphedema Prevention Exercise
Therapeutic exercise program for cancer survivors. Fitness assessment required.
- **Marian Health & Wellness Center, SM & AG**
  SM call 805.346.3413 to RSVP
  AG call 805.474.5334 to RSVP

Music for Teens
Join Joey to learn how to create beats and computer generated music. Open to teens affected by cancer themselves or in their family.
- **Heard Cancer Resource Center, SLO**
  1st Wednesday; 3:45PM
  Call 805.542.6234 or email HCRC@dignityhealth.org to RSVP

Nutritional Counseling
One-on-one phone consultation with a Registered Dietitian.
- **Heard Cancer Resource Center, SLO**
  Call 805.542.6234 to RSVP
- **Mission Hope Cancer Center, SM & AG**
  Call 805.346.3403 to RSVP

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**
  2nd & 4th Friday
  Call 805.346.3413 to RSVP

Pilates Class
Develop strength and flexibility with exercise geared towards the recovery from a cancer diagnosis.
- **Virtual/Zoom Session, SLO**
  3rd Tuesday; 9:30AM
  Call 805.474.5334 to RSVP

Qigong Class
Now offered weekly, qigong involves repetitive, flowing movements coordinated with deep-breathing to increase energy and improve health, balance, flexibility and stamina.
- **Heard Cancer Resource Center, SLO**
  Wednesdays; 3PM
  After March 13, time moves to 5:30PM
  Call 805.542.6234 to RSVP

TRX
The benefits of training with TRX are many, from getting stronger and having better balance to increasing stamina and more. Fitness assessment and RSVP required.
- **Mission Hope Cancer Center, AG**
  Every Thursday
  Call 805.474.5334 to RSVP

Tai Chi Chih
Increase energy and improve health, balance, flexibility and stamina.
- **Heard Cancer Resource Center, SLO**
  Wednesdays; 11AM
  Call 805.542.6234 to RSVP

Yoga
This gentle yoga class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength, balance, and flexibility.
- **Virtual/Zoom Session, SLO**
  4th Tuesday; 10AM
  Call 805.542.6234 to RSVP
- **Marian Health & Wellness Center, SM**
  Call 805.346.3413 to RSVP
- **Mission Hope Cancer Center, AG**
  Call 805.474.5334 to RSVP

Surfing For Hope (All Ages)
This unique program provides a safe, fun environment and utilizes the healing energy of the beach and ocean to help children and teens deal with the stress that comes with having a family member with cancer. This program is so popular, new dates were added just for adult cancer survivors. Meets at the Sea Crest Hotel in Pismo Beach.
  March–October
  surfingforhope.org.
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
HCRC is temporarily closed to walk-ins. Please call for assistance.

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

Eloisa Medina
Patient Navigator
805.786.6130—en español
Eloisa.Medina@dignityhealth.org

Teresa Fernandez
Lay Patient Navigator

Angela Fissel, RD
Registered Dietician

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
Diane De Vos Schmidt, FNP-C
Robin DiBiase, NP, OCN
James Malone III, MD
Tim Souchek, PA
Lin Soe, MD

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

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

ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH & HOSPICE
800.549.9609

PALLIATIVE CARE
805.739.3950

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

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

COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

17 Strong
seventeenstrong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionsslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdba.org

Hats for Hope
hatsforhope.com

Jack’s Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org
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  
Alan Iftiniuk—PRESIDENT AND CEO  
Julia Fogelson, MSN, RN—COO, CNE  
Debby Nicklas—VP PHILANTHROPY  
Thomas Vendegna, MD—CMO

Board Members  
Sandy Dunn—CHAIR  
Gayle Cekada, MD  
Stephen Hearst  
Stephen Hilty, MD  
Robert Johnson, MD  
Noreen Martin  
Susan Minker, MD  
Don Oberhelman  
Thomas Spillane, MD  
Jackie Starr  
Christine Williams

Hearst Cancer Resource Center  
Commission on Cancer Community Cancer Program  
1911 Johnson Avenue  
San Luis Obispo, CA, 93401  
805.542.6234

Design: Verdin