

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div> <div>Office closed</div>	<div>2</div> <div></div> <div></div>	<div>3</div> <div>Appearance Center Walk-in Hours 10:30AM–1:00PM</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>Qigong 3:00PM offsite</div>	<div>4</div> <div>Nutritional Counseling ☎ by appointment</div>	<div>5</div> <div>Intuitive Collage 2:00–4:00PM Call HCRC to RSVP</div> <div>Nutritional Counseling ☎ by appointment</div>
<div>8</div> <div>Energy Balancing Session 11:00AM–1:00PM onsite Call HCRC to RSVP</div>	<div>9</div> <div>Breast Cancer Support Group 💻 5:45PM Virtual/Zoom Call HCRC to RSVP</div>	<div>10</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>All Blood Cancer Support Group 💻 1:00–2:00PM In Person/Hybrid Call HCRC to RSVP</div>	<div>11</div> <div>Nutritional Counseling ☎ by appointment</div>	<div>12</div> <div>Nutritional Counseling ☎ by appointment</div>
<div>15</div> <div>Acupuncture 2:30PM onsite Call HCRC to RSVP</div> <div>Prostate Cancer Support Group 6:30PM onsite Call HCRC to RSVP</div>	<div>16</div> <div></div> <div></div>	<div>17</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>Thriving with Advanced Cancer 💻 1:00PM Virtual/Zoom Call HCRC to RSVP</div> <div>Qigong 3:00PM offsite</div>	<div>18</div> <div>Understanding Medicare Presentation 1:30PM in person Call HCRC to RSVP See page 2 for details</div>	<div>19</div> <div>Appearance Center Walk-in Hours 10:30AM–1:00PM</div>
<div>22</div> <div>Energy Balancing Session 💻 11:00AM–12:30PM Virtual/Zoom Meeting Call HCRC to RSVP</div>	<div>23</div> <div>Yoga 4:30PM onsite Call HCRC to RSVP</div> <div>Breast Cancer Support Group 5:45PM In Person Call HCRC to RSVP</div>	<div>24</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>Cancer Patient Support Group 💻 1:00PM Virtual/Zoom Call HCRC to RSVP</div>	<div>25</div> <div>Care-Partner Support and Discussion Group 💻 1:00–2:00PM In Person/Hybrid Call HCRC to RSVP</div> <div>Nutritional Counseling ☎ by appointment</div>	<div>26</div> <div>Nutritional Counseling ☎ by appointment</div>
<div>29</div> <div>Tentative: Floral Arranging 1:00PM onsite Depending on flower availability; call HCRC for up to date information</div>	<div>30</div> <div></div> <div></div>	<div>Key</div> <div>☎ Phone appointment</div> <div>💻 Zoom/Virtual Meeting</div> <div>BLUE Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga</div> <div>GREEN Education</div> <div>ORANGE Support Group</div>		

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

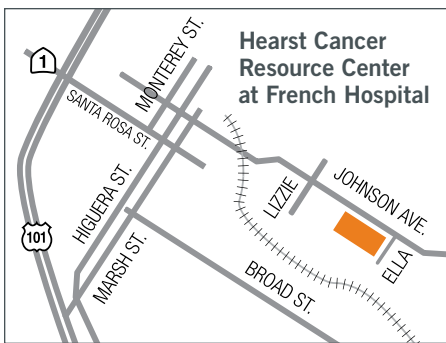
FRIDAY

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

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)**

Sept. 25 & Oct. 16; 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

Please note new time:

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; 1:00PM

Call 805.542.6234 to register

EDUCATIONAL LECTURES

— SEPTEMBER —

Understanding Medicare

Presenter: HICAP Health Insurance Counseling and Advocacy Program

HICAP offers unbiased information on Medicare issues such as Medigap Plans, Medicare Advantage Plans, Long Term Care Insurance, and more. (See page 2 for more information.)

● **HCRC, SLO (onsite)**

Thursday, September 18; 1:30PM

Copeland Health Education Pavilion at French Hospital

First Floor, Urology Classroom

Call 805.542.6234 to register

— OCTOBER —

Breast Cancer Panel

Presenters: Tom Spillane, MD; Colleen Russell, PT, DPT, OCS; and Cancer Survivor, Tami Gunther

Discussion will include advanced cancer treatment, physical activity recommendations and a survivor's perspective. (See page 3 for more information.)

● **HCRC, SLO (onsite)**

Tuesday, October 21; 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*



Try something new!

Energy Balancing

Sessions encourage a free and balanced flow of energy, enhancing the body's natural ability to heal itself. Benefits include reduced pain and improved sleep.

Mondays: September 8 and October 13 onsite
11:00 a.m. to 1:00 p.m.

Mondays: September 22 and October 27 Zoom
11:00 a.m.

Please call 805.542.6234 to make an appointment

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**

September 29; 1:00PM

**Call 805.542.6234 to register and check on flower availability*

Intuitive Collage

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

- **HCRC, SLO**

Sept. 5 & Oct. 3, 17, 31; 2:00PM

Call 805.440.8834 to register

Livestrong

A twelve-week exercise program for cancer survivors. Physician medical release required.

- **YMCA, SLO**

Call 805.543.8235 to register

Lymphedema Evaluation

- **HCRC, SLO**

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

Nutritional Counseling

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

- **HCRC, SLO call 805.542.6234**

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; 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 *In-person*

Kundalini yoga is a gentle yet powerful practice that helps awaken energy at the base of the spine and move it through the body. It combines movement, breathwork, and meditation to engender balance and calm. Please bring a yoga mat and/or a cushion.

- **HCRC, SLO**

4th Tuesday; 4:30PM

Call 805.542.6234 to register



SCAN ME

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

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



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

*Pictured left: SLO Oncology staff getting
in the spirit for the Fourth of July*

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
csclslo.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