

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.

Forging a New Life After Cancer

Written by: Ann Richardson

It was with shock that I learned I had been diagnosed with lung cancer two years ago. Being an ex-smoker, I figured I was going to get away with it, but that was not the case. Surviving chemotherapy and surgery which saved me, I thought that was great. But what was I going to do about the quality of my life from here on out—both physically and mentally? I was seriously depressed, and I had no strength, both to do any physical activity and just in keeping up with daily chores.



I'd heard about the Hearst Cancer Resource Center from a friend about three months after my surgery. I went to the San Luis Obispo office at French Hospital and was given a wealth of information. Since I live in the 5-cities area I was also referred to the Rehabilitation Program at Mission Hope Cancer Center in Arroyo Grande. I

The helpful services and support of Hearst Cancer Resource Center and Mission Hope Cancer Center have given me my life back.

soon began some of the classes offered such as balance, stretching, dance and swim. As time passed I began to feel better, stronger and the depression began to lift. I also participate in the Cancer Patient Support Group online with HCRC where one gets to meet other cancer patients, both recovered and still in the throes of the disease. This is an extremely enlightening experience.

Because of my involvement I feel as if I have been given my life back. I have gained a lot of strength, my balance is quite remarkable (no falls), and my spirits are high. To complete the picture, I have attended lectures on nutrition which has given me the knowledge to eat more correctly.

I am grateful for all the benefits I have derived from HCRC and Mission Hope. My life would not be as rich and productive were it not for the classes and personal attention I have received. Every cancer survivor should benefit from these programs right here in our community.

Skin Cancer Smarts and Solutions



By Tom Spillane, MD, Oncology/Hematology

Skin cancer is the most common form of cancer, but it is also one of the most preventable and, when detected early, highly treatable. The single most important message is prevention. Protecting your skin from the sun by using sunscreen, wearing protective clothing, and seeking shade can significantly reduce your risk. These simple habits, practiced consistently, can make a lifelong difference.

Even with good prevention, skin cancer can still occur. That's why regular skin checks are so important—especially if you have spent a lot of time in the sun or have a family history of skin cancer. A dermatologist can examine your skin for suspicious spots and identify problems early, often before they become serious. When caught early, many skin cancers can be easily treated and removed in a simple office procedure.

However, not all skin cancers are simple. Some can grow deeper or spread, requiring more advanced care. In these situations, treatment often involves a team of specialists working together. This is called a multidisciplinary approach, and it ensures that each patient receives the most effective, personalized care possible.

Fortunately, in San Luis Obispo, we are blessed with an outstanding team of experts equipped with state-of-the-art technology. Local dermatologists offer advanced procedures such as Mohs surgery, which precisely removes cancer while checking the margins and minimizing scars. Other treatments for skin cancer include superficial radiation therapy, topical immuno and chemo therapies. Surgeons in San Luis Obispo are highly skilled in managing more complex cancers like melanoma, including sentinel lymph node biopsies when needed.

For more advanced cases, medical oncologists may recommend systemic treatments—medications that work throughout the body. These include modern immunotherapies, which help the immune system fight cancer, and targeted therapies that attack specific cancer pathways. In some situations, treatments may even be given before surgery to shrink tumors and improve outcomes. Additional options, such as intratumoral injections and radiation therapy and clinical trials may also be part of a comprehensive treatment plan.

In summary, the best approach to skin cancer starts with prevention and early detection. But even when skin cancer becomes more advanced, there are many effective treatment options available. With a skilled, multidisciplinary team, even complex cases can be managed successfully. The key is to stay vigilant, get your skin checked regularly, and know that expert care is available when you need it.

Hearst Cancer Resource Center and French Hospital Medical Center Foundation present:

Skin Cancer Prevention and Early Detection

Topics include the latest treatment technology, prevention strategies, and advice.

PRESENTED BY: Tom Spillane, MD, Oncology/Hematology

WHEN: Thursday, May 7, 2026 • 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**

Survivors to Thrivers... Celebrating Cancer Survivorship



PRESENTED BY (Left to Right):

Grace Thompson Bell, NP-C
SLO Oncology and Hematology

Jamie Dunn, MA, LMFT
Cancer Support Community
Clinical Supervisor

Lynn Nordhus, RN
Cancer Survivor

Join us to celebrate the cancer survivors and thrivers among us! Our esteemed panel of speakers will delve into the multifaceted aspects of post-treatment life, addressing both physical and mental well-being. They'll explore topics ranging from managing long-term side effects and re-engaging with daily life, to advocating for your health and finding renewed purpose. Gain valuable guidance and perspectives on embracing a fulfilling life beyond your diagnosis. All cancer survivors, caregivers, family members, and those seeking more information are invited to this special event.

Dinner will be served

WHEN: Wednesday, June 10, 2026 • 5:30 p.m.

WHERE: Wacker Family Auditorium, Copeland Health Education Pavilion
at French Hospital/Third floor, 1911 Johnson Avenue, San Luis Obispo

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



CLIP THIS RECIPE

This simple breakfast taco takes only minutes to prepare, making it ideal for busy mornings. Spinach adds a boost of vitamins and minerals and Feta cheese offers a creamy texture.

Feta, Egg, and Spinach Breakfast Taco

INGREDIENTS:

1 tsp avocado or olive oil
1 corn tortilla
1 cup baby spinach
1 large egg

2 tbsp crumbled feta (or parmesan)

Optional:

hot sauce, pickled jalapeños, minced garlic,
or onions

INSTRUCTIONS:

1. Heat oil in a small nonstick skillet over medium heat
2. Warm the tortilla for 1 minute (flipping once) and transfer to a plate
3. Sauté spinach (and optional garlic/onions) until wilted; layer onto the tortilla
4. Form a circle with the feta in the pan, leaving the center open
5. Crack the egg into the center, cover, and cook to your preference (approx. 2 minutes for over easy)
6. Top the spinach with the egg and garnish with hot sauce or pickled jalapeños, if desired

Makes one serving. Recipe adapted from: eatingwell.com

Waves of Hope: Surfing for Hope 2026

Since 2011, our mission at **Surfing For Hope** has been to harness the healing power of the ocean to support cancer survivors and their families. As we move into 2026, we are thrilled to announce a full calendar of events designed to provide respite, resources, and community for those navigating the challenges of a cancer diagnosis and the families that support them.

This year, we are expanding our reach with our new **Skating for Hope** program and various outdoor supportive activities, alongside numerous community table events where we will share our mission directly with the public. We are thrilled to be participating in these outreach efforts to share the stoke, and you can check our website for all specific event dates: <https://surfingforhope.org>.

Our year kicks off with a major highlight as we sponsor the **SLO Film Festival “Surf Nite”** at the Fremont Theater on April 24, followed by our signature **Pure Stoke Surf Camps for Kids** in Pismo Beach, held May 16, June 20, July 18, and August 15.

Central to our mission are our **Survivor Camps**, which provide dedicated healing for adults at Pismo Beach on September 19 and at the **Avila Paddle Sports Survivor Camp** on October 17. A cornerstone of this journey is our **Annual Memorial Paddle Out**, where survivors and families gather on the water to honor those we have lost and the loved

ones left behind who support their journey.

Our season culminates October 9-11, 2026 with the **World Surf League: Surfing For Hope Longboard Classic** at the Pismo Beach Pier, reaching a global audience. This incredible weekend includes our **Annual Gala and Auction at Vespera Resort**, the **Cancer Resource Health Fair**, and the **Vintage VW Car Expo** where we will continue to shine a spotlight on the fight against cancer and those who have lost loved ones.

Your participation ensures these vital programs remain free for families. Please join us in making a difference!

A full calendar of events awaits! Your participation ensures these vital programs remain free for families.

<https://surfingforhope.org>.



Community Support Elevates the Hearst Cancer Resource Center

The Hearst Cancer Resource Center (HCRC) continues to benefit from the generosity of numerous organizations through third-party fundraising initiatives. These events, regardless of their size, provide vital support that allows the HCRC to maintain all its critical services at no cost to local cancer patients. We are deeply grateful for the following recent contributions.



Thank you to these groups for their dedication to supporting local cancer patients. If your organization is interested in hosting a fundraising event to benefit the HCRC, please contact the French Hospital Foundation at 805.542.6496.

◀ Hearst Ranch Winery and The Foundation at Hearst Castle

A collaboration between The Foundation at Hearst Castle, Hearst Ranch Winery, and the Academy of Country Music (ACM) resulted in an ACM Wine & Country event last fall at Hearst Castle, featuring a concert with Miranda Lambert. Proceeds from the event benefited several nonprofits, raising over **\$82,000** for the HCRC. We extend our sincere gratitude to Hearst Ranch Winery's **Jim Saunders** (pictured center) and **Steve Hearst** (not pictured) for selecting the HCRC as a beneficiary.

▶ Surfing for Hope Foundation

The Surfing for Hope Foundation has been a consistent partner of the HCRC for more than a decade, generously donating a portion of the proceeds from their annual surfing contest and benefit event to the HCRC. The Surfing for Hope Foundation's founders, **Bob Voglin** (center), **Dr. Tom Spillane** (left center), and **Dr. Karen Allen** (right center) recently presented the HCRC with a donation of **\$5,000**. We are thankful for their ongoing and meaningful support of local cancer patients.



▼ Cal Poly Men's Rugby Team

The Cal Poly Men's Rugby Team recently sold pink t-shirts to both raise awareness for and provide support to the HCRC. Team members, alongside Rugby Coach **Chris O'Brien** (front, center) and HCRC Advisory Committee Member **John Ronca** (front, far left), visited the HCRC to present the proceeds of **\$500** to the HCRC team.



Spotlight on Program: Sound Bath

Ana Culbertson

Immerse yourself in the tranquil world of a sound bath, a therapeutic journey where you simply close your eyes and allow the sounds to wash over you. Instruments like quartz crystal singing bowls, gongs, and chimes create specific frequencies and overtones that gently help you feel grounded and promote a state of deep calm within the nervous system. You may simply lie down or sit, whichever you prefer. This immersive experience, held in a serene, dimly-lit space, is not entertainment but a powerful tool for well-being. Participants report benefits like stress reduction, deep relaxation, improved sleep, and mental clarity, as the vibrations gently release mental chatter and physical tension. Are you ready to feel restored and truly cared for? Discover the profound peace a sound bath can offer. Join us for sound bath!

Onsite by appointment:

Tuesdays: May 19 & June 16
3:30–4:30 p.m.

Please call 805.542.6234 to register

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

Intuitive Collage

2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling

by appointment

1

4

5

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Qigong

3:00PM offsite

6

Skin Cancer Prevention and Detection Presentation

5:30PM in person
Call HCRC to RSVP
See page 2 for details

7

Nutritional Counseling

by appointment

8

11

Energy Balancing Session

11:00AM–1:00PM
Onsite
Call HCRC to RSVP

Nutritional Counseling

by appointment

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

Hypnosis Session

3:00–4:00PM
Onsite
Call HCRC to RSVP

Nutritional Counseling

by appointment

15

18

Floral Arranging

12:30–2:30PM onsite
Call HCRC to RSVP

Acupuncture

2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group

6:30PM onsite
Call HCRC to RSVP

19

Sound Bath

3:30PM onsite
Call HCRC to RSVP

20

Tai Chi Chih

11:00AM offsite
Call HCRC for details

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

25

Energy Balancing Session

11:00AM–12:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

Office closed on Memorial Day

26

Breast Cancer Support Group

5:45PM In Person
Call HCRC to RSVP

27

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Cancer Patient Support Group

1:00PM Virtual/Zoom
Call HCRC to RSVP

28

Hypnosis Session

7:00–8:00PM
Virtual/Zoom
Call HCRC to RSVP

Nutritional Counseling

by appointment

29

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Appearance Center Walk-in Hours
10:30AM–1:00PM

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite

4

Nutritional Counseling ⓘ
by appointment

5

8

Energy Balancing Session
11:00AM–1:00PM
Onsite
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

9

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

10

Tai Chi Chih
11:00AM offsite

All Blood Cancer Support Group ⓘ
1:00–2:00PM
In Person/Hybrid

Survivorship Celebration
5:30PM in person
See page 3 for details

11

Hypnosis Session
3:00–4:00PM
Onsite
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

12

Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

15

Acupuncture
2:30PM onsite
Call HCRC to RSVP

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

16

Sound Bath
3:30PM onsite
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

17

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite

Thriving with Advanced Cancer ⓘ
5:15PM Virtual/Zoom
Call HCRC to RSVP

18

Care-Partner Support and Discussion Group ⓘ
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

19

Appearance Center Walk-in Hours
10:30AM–1:00PM

22

Energy Balancing Session ⓘ
11:00AM–12:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

Floral Arranging
1:30–3:30PM onsite
Call HCRC to RSVP

23

Breast Cancer Support Group
5:45PM In Person
Call HCRC to RSVP

24

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Cancer Patient Support Group ⓘ
1:00PM Virtual/Zoom
Call HCRC to RSVP

25

Hypnosis Session ⓘ
7:00–8:00PM
Virtual/Zoom
Call HCRC to RSVP

26

SLO Blues Game
6:00PM offsite
See page 9 for details

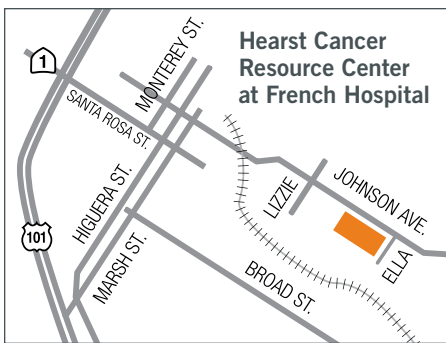
29

30

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

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

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 call to register

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

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.

- **HCRC, SLO (Zoom)**
3rd Wednesday; 5:15PM
Call 805.542.6234 to register

EDUCATIONAL LECTURES

— MAY —

Skin Cancer Presentation

Presenter: Tom Spillane, MD

Topics include the latest treatment technology, prevention strategies, and practical advice. (See page 2)

- **French Hospital, SLO (onsite)**
Thursday, May 7; 5:30PM
Wacker Family Auditorium,
Copeland Health Education Pavilion
at French Hospital/Third Floor
Call 805.542.6234 to register

— JUNE —

Survivors to Thrivers...

Celebrating Cancer Survivorship

Presenters: Grace Thompson Bell, NP-C, Jamie Dunn, MA, LMFT and Lynn Nordhus, RN

Our panel of experts will delve into the multifaceted aspects of post-treatment life, addressing both physical and mental well-being. (See page 3)

- **French Hospital, SLO (onsite)**
Wednesday, June 10; 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, and confidence. Skin care tips, how to wear hats and wigs and make-up application are included.

- **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*

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

New: Floral Arrangement Class

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

- **HCRC, SLO**

May 18; 12:30–2:30PM &

June 22; 1:30–3:30PM

Call 805.542.6234 to register

New: Hypnosis Sessions

Hypnosis offers soothing mind-body connections that can lessen stress, and discomfort. This evidence-based, positive process empowers you to relax and feel more supported—always remaining in control.

- **HCRC, SLO (onsite)**

2nd Thursday; 3:00–4:00PM

- **HCRC, SLO (Zoom)**

Last Thursday; 7:00PM

Call 805.542.6234 to register

Intuitive Collage (**new time**)

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

- **HCRC, SLO**

May 1 & June 12; 2:00–4:00PM

Call 805.440.8834 to register

Livestrong

A 12-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

JUNE IS NATIONAL
CANCER SURVIVORS
MONTH



HCRC is honored to be a charity partner at the

SLO Blues Game

Friday, June 26 • 6:00 p.m.

Free tickets are available!

HCRC patients please call 805.542.6234

Nutritional Counseling

Telephone consultation with a Registered Dietitian. Appointment required.

- **HCRC, SLO call 805.542.6234**

Qigong

Movement coordinated with deep-breathing to increase energy. *In-person and outside*

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

1st and 3rd Wednesdays; 3:00PM

Call 805.542.6234 to register

New: Sound Bath

This therapeutic experience uses specific frequencies to gently ground you, promote deep calm, reduce stress, and ease mental chatter. (See page 5)

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

May 19 & June 16; 3:30–4:30PM

Call 805.542.6234 to register

T'ai Chi Chih

Slow, rhythmic movements promote circulation and stimulate the lymphatic system. *In-person and outside*

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

Every Wednesday; 11:00AM

Call 805.542.6234 to register

Yoga *In-person*

- **HCRC, SLO**

Future class availability will be announced here. Please check back regularly for updates.

Call 805.542.6234 for information

ADDITIONAL DIGNITY HEALTH CLASSES, GROUPS, & PROGRAMS

SUPPORT GROUPS

Breast Cancer Survivors Group

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

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

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

Breast Cancer Support Group

Addressing the unique challenges women/men face, our onsite meeting provides a variety of topics and activities to help patients cope.

- **MHCC, SM**

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

New: Caregiver and Family Support Group

Learn to take care of yourself while supporting a loved one

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

Call 805.474.5303 to register

Living with Cancer Support Group

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)

Support for dealing with the challenges of oral, head and neck cancer.

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

Call 805.219.HOPE to register

WELLNESS PROGRAMS

Aquatic Therapy Class

Use the resistance of water instead of weights for gentle exercise.

- **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

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

Learn the basics of golf on a 12-hole, par 3 portion of the golf course.

- **Monarch Dunes, Nipomo**

Call 805.346.3413 for details

New: Line Dancing Instruction

This is a low-impact class for beginners to learn basic steps while dancing to various genres of music. Limited to 8 spots per class.

- **MHCC, AG**

Reservation and assessment required; call 805.474.5334

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 flexibility and core stability.

- **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, MSN, RN, OCN
Director

Holly Taylor, RN
Nurse Navigator

Dani Greene, BSRN
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

Shauna Soltero
Support Services Coordinator

Lisa Steinbeck, ODS-C
Cancer Registrar

Angela Fissell, MS, RD
Registered Dietitian

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

Grace Thompson Bell, NP-C

SLO INFUSION CENTER

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

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

Kathleen Sullivan, PhD, RN

*Vice President, Cancer Care Services
and Post Acute Care, Dignity Health
Central Coast*

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

**Blood Cancer United
(formerly LLS)**
bloodcancerunited.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.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
dreammakerslo.com

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.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

Thomas Vendegna, MD—CMO

Tessa Espinoza—CPO

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Sandy Dunn—
CHAIR

Susan Minker, MD

Debby Nicklas

Gayle Cekada, MD

Lauren Rava

Leslie Coe

John Ronca

**Edwin
Hayashi, MD**

**Colleen
Russell, DPT**

Jack Hearst

Thomas

Stephen Hearst

Spillane, MD

Stephen Hilty, MD

Jackie Starr

Cathy Johnson

Kathleen

Robert

Sullivan, PhD, RN

Johnson, MD

Christine Williams

Noreen Martin



Flowers donated by the Cancer Victory Garden

Back by popular demand!

Floral Arrangement Class with Linda Ward

Cancer survivors are invited to join instructor Linda Ward for a creative floral arranging class at no cost. Participants will learn how to design a beautiful arrangement and take their colorful creation home to enjoy. Linda established the Cancer Victory Garden in 2022 while recovering from breast cancer, envisioning it as a symbol of hope and triumph.

Mondays: May 18 at 12:30 p.m. & June 22 at 1:30 p.m.

Hearst Cancer Resource Center, 1941 Johnson Avenue, San Luis Obispo

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