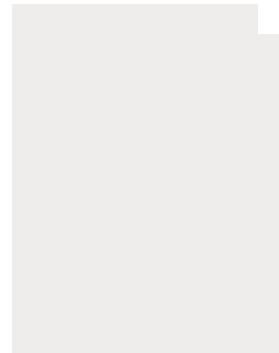


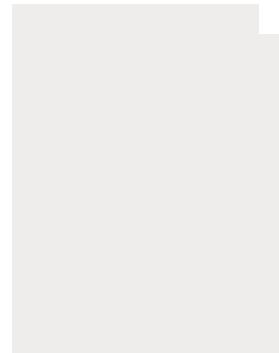
MONDAY



TUESDAY



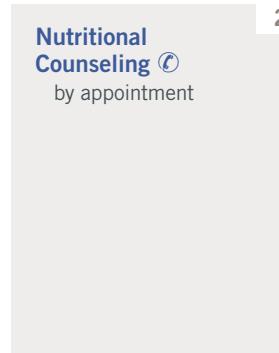
WEDNESDAY



THURSDAY



FRIDAY



Nutritional Counseling ⓘ
by appointment

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

7

Hypnosis Session
3:00–4:00PM
Onsite
Call HCRC to RSVP
Nutritional Counseling ⓘ
by appointment

8

Intuitive Collage
1:00–3:00PM
Call HCRC to RSVP
Nutritional Counseling ⓘ
by appointment

9

Energy Balancing Session
11:00AM–1:00PM
Onsite
Call HCRC to RSVP
Nutritional Counseling ⓘ
by appointment

12

Therapeutic Massage
1:00–4:00PM
Onsite by appointment
Call HCRC to register
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

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

15

Presentation: Spice Up the New Year
12:30PM onsite
Call HCRC to RSVP
See page 12 for details

16

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
Call HCRC for details
Qigong
3:00PM offsite
Thriving with Advanced Cancer ⓘ
5:15PM Virtual/Zoom
Call HCRC to RSVP

21

Nutritional Counseling ⓘ
by appointment

22

Appearance Center Walk-in Hours
10:30AM–1:00PM
Intuitive Collage
1:00–3:00PM
Call HCRC to RSVP

23

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

26

27

Yoga
4:30PM onsite
Call HCRC to RSVP
Breast Cancer Support Group
5:45PM In Person
Call HCRC to RSVP

28

Tai Chi Chih
11:00AM offsite
Call HCRC for details
Cancer Patient Support Group ⓘ
1:00PM Virtual/Zoom
Call HCRC to RSVP

29

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

30

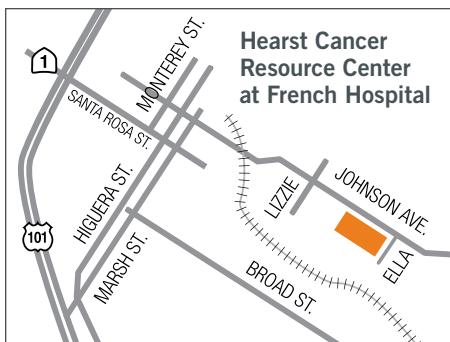
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5
		Appearance Center Walk-in Hours 10:30AM–1:00PM Tai Chi Chih 11:00AM offsite <i>Call HCRC for details</i> Qigong 3:00PM offsite	Nutritional Counseling by appointment	
Energy Balancing Session 11:00AM–1:00PM Onsite <i>Call HCRC to RSVP</i>	Therapeutic Massage 1:00–4:00PM Onsite by appointment <i>Call HCRC to register</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>	Hypnosis Session 3:00–4:00PM Onsite <i>Call HCRC to RSVP</i> Nutritional Counseling by appointment	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>		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> Nutritional Counseling by appointment	Appearance Center Walk-in Hours 10:30AM–1:00PM Intuitive Collage 1:00–3:00PM <i>Call HCRC to RSVP</i>
Energy Balancing Session 11:00AM–12:30PM Virtual/Zoom Meeting <i>Call HCRC to RSVP</i> Cancer Prevention Panel Presentation 5:30PM in person <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 Cancer Patient Support Group 1:00PM Virtual/Zoom <i>Call HCRC to RSVP</i>	Hypnosis Session 7:00PM Virtual/Zoom Meeting <i>Call HCRC to RSVP</i>	

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*

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

Note new day of the week

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

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

— JANUARY —

Spice Up the New Year!

Presenters: Neeta Mittal and Sunni Mullinax

Rediscover the joy of flavor and connection in this special hands-on class. Health and wellbeing will have a flavor like never before! (See page 12)

- **HCRC, SLO (onsite)**

Friday, January 16; 12:30PM

HCRC, 1941 Johnson Ave., Suite 201

Call 805.542.6234 to register

— FEBRUARY —

Cancer Prevention Panel

Presentation

Presenters: Janett Aguilar, PA; Holly Taylor, RN, and a representative of the SLO County Public Health Department

Topics include smoking cessation, lifestyle habits that promote optimal wellness and the importance of HPV prevention. Light refreshments will be served. (See page 3)

- **HCRC, SLO (onsite)**

Monday, February 23; 5:30PM

Wacker Family Auditorium,
Copeland Health Education Pavilion
at French Hospital/Third Floor

Call 805.542.6496 to register

HCRC CLASSES, GROUPS & PROGRAMS



In Need of Nutrition Advice? Meet our Registered Dietitian

Navigating nutrition during cancer treatment can be challenging. Our registered dietitian, Angela Fissell, offers personalized nutritional telephone consultations. This includes information about evidence-based strategies, healthy eating habits, and recipes tailored to support your treatment and symptom management.

Please call the HCRC at 805.542.6234 or email us at HCRC@commonspirit.org to schedule a no-cost phone consultation

Angela Fissell,
MS, RD

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: Hypnosis Sessions

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

- **HCRC, SLO (onsite)**

2nd Thursday; 3:00–4:00PM

- ● **HCRC, SLO (Zoom)**

Last Thursday of the month; 7:00PM

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**

Jan. 9, 23 & Feb. 6, 20; 1:00PM

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

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

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

New: Therapeutic Massage

Experience stress relief and relaxation with therapeutic massage from a certified therapist. *A signed doctor's note is required before participation.*

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

Jan. 13 & Feb. 10

Call 805.542.6234 to register

Yoga In-person

Restorative yoga is a gentle practice focused on deep relaxation and healing, using props like blankets and blocks to fully support the body in passive poses. Bring your yoga mat or we can provide one for you.

- **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 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, RN, MSN, OCN
Director

Holly Taylor, RN
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, 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

ADDITIONAL SERVICES

Dignity Health Home Health & Hospice: 805.739.3830

Palliative Care: 805.739.3950

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

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
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

LIVESTRONG—SLO YMCA
ciymca.org/livestrong

SabesWings
SabesWings.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org