

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>3</div>	<div>4</div> <p><b>Therapeutic Massage</b> Onsite by appointment <i>Call HCRC to register</i></p>	<div>5</div> <p><b>Appearance Center Walk-in Hours</b> 10:30AM–1:00PM</p> <p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>Qigong</b> 3:00PM offsite</p>	<div>6</div> <p><b>Nutritional Counseling</b> ☎ by appointment</p>	<div>7</div> <p><b>Nutritional Counseling</b> ☎ by appointment</p>
<div>10</div> <p><b>Energy Balancing Session</b> 11:00AM–1:00PM Onsite <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ☎ by appointment</p>	<div>11</div> <p><b>Breast Cancer Support Group</b> 💻 5:45PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	<div>12</div> <p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>All Blood Cancer Support Group</b> 💻 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i></p>	<div>13</div> <div> <p><b>What's Up Doc: Cancer Care at French Hospital Presentation</b> 4:30PM in person <i>Call HCRC to RSVP</i> <i>See page 5 for details</i></p> </div>	<div>14</div> <p><b>Intuitive Collage</b> 2:00–4:00PM <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ☎ by appointment</p>
<div>17</div> <p><b>Acupuncture</b> 2:30PM onsite <i>Call HCRC to RSVP</i></p> <p><b>Prostate Cancer Support Group</b> 6:30PM onsite <i>Call HCRC to RSVP</i></p>	<div>18</div>	<div>19</div> <p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>Qigong</b> 3:00PM offsite</p> <p><b>Thriving with Advanced Cancer</b> 💻 5:15PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	<div>20</div> <p><b>Care-Partner Support and Discussion Group</b> 💻 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ☎ by appointment</p>	<div>21</div> <p><b>Appearance Center Walk-in Hours</b> 10:30AM–1:00PM</p>
<div>24</div> <p><b>Energy Balancing Session</b> 💻 11:00AM–12:30PM Virtual/Zoom Meeting <i>Call HCRC to RSVP</i></p>	<div>25</div> <p><b>Cancer Patient Support Group</b> 💻 1:00PM Virtual/Zoom <i>Call HCRC to RSVP</i></p> <p><b>Yoga</b> 4:30PM onsite <i>Call HCRC to RSVP</i></p> <p><b>Breast Cancer Support Group</b> 5:45PM In Person <i>Call HCRC to RSVP</i></p>	<div>26</div> <p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>Office closing early at 1:00 PM</b></p>	<div>27</div> <div> <p><b>HAPPY Thanksgiving</b></p> <p>Office closed</p> </div>	<div>28</div> <div> <p>Office closed</p> </div>

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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

**Therapeutic  
Massage**Onsite by appointment  
Call HCRC to register

2

**Appearance Center  
Walk-in Hours**

10:30AM–1:00PM

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

3:00PM offsite

3

**Nutritional  
Counseling** ⓘ

by appointment

4

**Nutritional  
Counseling** ⓘ

by appointment

5

8

**Energy Balancing  
Session**

11:00AM–1:00PM

Onsite  
Call HCRC to RSVP

9

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

10

**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

11

**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

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

**Nutritional  
Counseling** ⓘ

by appointment

22

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

23

**Cancer Patient  
Support Group** ⓘ1:00PM Virtual/Zoom  
Call HCRC to RSVP**Yoga**4:30PM onsite  
Call HCRC to RSVP**Breast Cancer  
Support Group**5:45PM In Person  
Call HCRC to RSVP

24

**Tai Chi Chih**

11:00AM offsite

**Office closing early  
at 1:00 PM**

25

**Office closed**

26

**Office closed**

29

**Nutritional  
Counseling** ⓘ

by appointment

30

31

**Tai Chi Chih**

11:00AM offsite

**Office closing early  
at 12:00 noon for  
New Year's Eve**

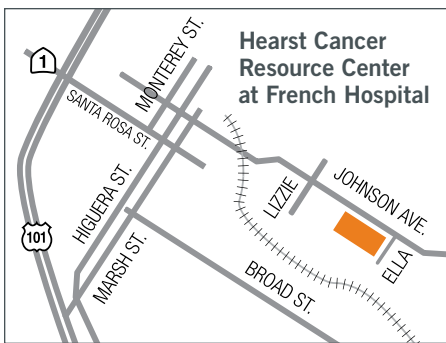
1

**Office closed**

# 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)**  
2<sup>nd</sup> 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)**  
2<sup>nd</sup> Tuesday; 5:45PM
- **HCRC, SLO (In Person)**  
4<sup>th</sup> 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)**  
4<sup>th</sup> Tuesday; 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)**  
3<sup>rd</sup> Thursday; 1:00PM  
*Call 805.542.6234 to register*

### Grupo de Apoyo de Cáncer

Si usted o alguien de su familia sufren de cáncer, acompáñenos 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**  
3<sup>rd</sup> 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. The specific needs and concerns of patients with advanced, metastatic or recurrent cancer are addressed.

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

## EDUCATIONAL LECTURES

### — NOVEMBER —

#### What's Up, Doc:

#### Cancer Care at French Hospital

*Presenters: Tom Spillane, MD, Kathleen Sullivan, PhD, RN, and Julie Neiggemann, RN, MSN, OCN*

Learn about the resources available at the HCRC, current methods of care for cancer patients in our community, and the new Comprehensive Cancer Center coming to San Luis Obispo in 2026! (See page 5 for details.)

- **HCRC, SLO (onsite)**  
Thursday, November 13; 4:30PM  
Wacker Family Auditorium,  
Copeland Health Education Pavilion  
at French Hospital/Third Floor  
*Call 805.542.6496 to register*

### — DECEMBER —

*No educational events are scheduled for December.*



# HCRC CLASSES, GROUPS & PROGRAMS

■ HCRC would like to express their appreciation to the **Creston Rodeo** for the amazing opportunity to share our information at the rodeo this past September!



Our very own **Tom Vendegna, MD**, (pictured right) Chief Medical Officer for French, Arroyo Grande, and Marian hospitals, market CMO for CommonSpirit, and cancer survivor, was met with a warm welcome from the crowd as he shared the story of how he founded HCRC along with his oncologist **Tom Spillane, MD**, and how this was made possible through the generosity of the Hearst family.



## WELLNESS PROGRAMS

### Acupuncture Class

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

- **HCRC, SLO**

3<sup>rd</sup> 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.)**

2<sup>nd</sup> Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4<sup>th</sup> Monday; 11:00AM

*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**

Nov. 14 & Dec. 12; 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

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)**

1<sup>st</sup> and 3<sup>rd</sup> 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.)**

Nov. 4 & Dec. 2

*Call 805.542.6234 to register*

### Yoga In-person

A gentle yet powerful practice that helps awaken energy at the base of the spine and move it through the body. Bring a yoga mat.

- **HCRC, SLO**

4<sup>th</sup> 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 basic steps and terminology 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](http://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*

**Angela Fissell, RD**  
*Registered Dietitian*

**Lisa Steinbeck, ODS-C**  
*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

## 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

**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*

**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](http://17strong.org)

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

**Blood Cancer United  
(formerly LLS)**  
[bloodcancerunited.org](http://bloodcancerunited.org)

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

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

**Cancer Support Community**  
[csclslo.org](http://csclslo.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)

**DreamMakers SLO**  
[dreammakersslo.com](http://dreammakersslo.com)

**Hats for Hope**  
[hatsforhope.com](http://hatsforhope.com)

**Jack's Helping Hand**  
[jackshelpinghand.org](http://jackshelpinghand.org)

**LIVESTRONG—SLO YMCA**  
[ciymca.org/livestrong](http://ciymca.org/livestrong)

**SabesWings**  
[SabesWings.org](http://SabesWings.org)

**Surfing for Hope**  
[surfingforhope.org](http://surfingforhope.org)

**Teddy Bear Foundation**  
[teddybearcancerfoundation.org](http://teddybearcancerfoundation.org)