

NEW SUPPORT GROUP

Hearst Cancer Resource Center is pleased to invite you to

Support Group for Patients with Cancer

Second and fourth Tuesdays of the month
1:00 p.m.

Group will be held on Zoom

Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org for details.



There's much a cancer patient can do to mitigate the stress of coping with illness and working toward wellness. Join Dr. Pezzato as he leads the discussion to help participants to implement helpful strategies to do just that. Each meeting will include: practice, education, discussion and peer support. This group is designed for newly-diagnosed patients through year two post-treatment, stage 1-3; all types of cancer diagnoses are welcome.

Meeting will begin with a 20-minute stress reduction meditation; group discussion will follow.



Dignity Health.

French Hospital Medical Center

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo, California | 805.542.6234

E-mail: HCRC@dignityhealth.org | Website: Dignityhealth.org/HCRC



Dennis Pezzato, PhD

Behavioral Specialist

■ Dr. Pezzato has an undergraduate degree in Sociology, and he holds a Masters degree and PhD in Psychology. A popular speaker, he works in the fields of Caregiver Education and Support, Dementia Education and Support, Stress Education, Aging, Life Skills and Personal Relationships.



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San Luis Obispo**

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Dignityhealth.org/HCRC