

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key



Phone appointment



Zoom/Virtual Meeting

BLUE

Wellness, Qigong, Guided Meditation, Tai Chi Chih, Nutrition

GREEN

Education

ORANGE

Support Group

Please contact Hearst Cancer Resource Center for more information about our classes or to get started with our programs:
Telephone: 805.542.5234
Email: HCRC@dignityhealth.org

4
HCRC closed in observance of the 4th of July


5
Breast Cancer Support Group
5:45PM Virtual/Zoom

6
Tai Chi Chih
11:00AM
Call HCRC for details
Music for Teens
3:45PM Virtual/Zoom
Guided Meditation
5:00PM Virtual/Zoom
Qigong Class
5:30PM
Call HCRC for details

7
Nutritional Counseling
by phone appointment
Living with Advanced Cancer
3:00PM
Virtual/Zoom Meeting

8

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

12
Patients with Cancer Support Group
1:00PM Virtual/Zoom
Call HCRC to RSVP
Spanish Support Group 3:00PM
Call HCRC to RSVP
Breast Cancer Support Group
5:45PM Virtual/Zoom

13
Tai Chi Chih
11:00AM
Call HCRC for details
All Blood Cancer Support Group
1:00–2:00PM
Virtual/Zoom
Qigong Class
5:30PM
Call HCRC for details

14
Intuitive Collage
2:00–4:00PM
Call Kathleen at 805.440.8834
Education: Cancer and Bone Health
5:30PM Virtual/Zoom

15

18
Prostate Cancer Support Group
6:30PM
Call HCRC to RSVP

19
Breast Cancer Support Group
5:45PM Virtual/Zoom

20
Tai Chi Chih
11:00AM
Call HCRC for details
Nutritional Counseling
by phone appointment
Qigong Class
5:30PM
Call HCRC for details

21
Nutritional Counseling
by phone appointment
Living with Advanced Cancer
3:00PM
Virtual/Zoom Meeting

22

25
Energy Balancing Session
11:00AM–12:00PM
Virtual/Zoom Meeting
Call HCRC to RSVP

26
Patients with Cancer Support Group
1:00PM Virtual/Zoom
Call HCRC to RSVP
Breast Cancer Support Group
5:45PM Virtual/Zoom

27
Tai Chi Chih
11:00AM
Call HCRC for details
Nutritional Counseling
by phone appointment
Qigong Class
5:30PM
Call HCRC for details

28
Nutritional Counseling
by phone appointment

29

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

1

2

Breast Cancer Support Group 

5:45PM Virtual/Zoom

3

Tai Chi Chih
11:00AM
Call HCRC for details

Music for Teens 


3:45PM Virtual/Zoom

Guided Meditation 


5:00PM Virtual/Zoom

Qigong Class
5:30PM
Call HCRC for details

4

Nutritional Counseling 

by phone appointment

Living with Advanced Cancer 


3:00PM
Virtual/Zoom Meeting

5


8


Energy Balancing Session
11:00AM–12:00PM
Call HCRC to RSVP

9

Patients with Cancer Support Group 

1:00PM Virtual/Zoom
Call HCRC to RSVP

Spanish Support Group  3:00PM
Call HCRC to RSVP

Breast Cancer Support Group 

5:45PM Virtual/Zoom

10


Tai Chi Chih
11:00AM
Call HCRC for details

All Blood Cancer Support Group 

1:00–2:00PM
Virtual/Zoom

Qigong Class
5:30PM
Call HCRC for details

11

Nutritional Counseling 


by phone appointment

Intuitive Collage
2:00–4:00PM
Call Kathleen at 805.440.8834

12


15

NEW Acupuncture
2:30PM
Call HCRC to RSVP

Prostate Cancer Support Group 

6:30PM
Call HCRC to RSVP

16

Breast Cancer Support Group 

5:45PM Virtual/Zoom

17


Tai Chi Chih
11:00AM
Call HCRC for details

Nutritional Counseling 


by phone appointment

Qigong Class
5:30PM
Call HCRC for details

18

Nutritional Counseling 

by phone appointment

Living with Advanced Cancer 


3:00PM
Virtual/Zoom Meeting

19


22

Energy Balancing Session
11:00AM–12:00PM
Call HCRC to RSVP

23

Patients with Cancer Support Group 

1:00PM Virtual/Zoom
Call HCRC to RSVP

Breast Cancer Support Group 

5:45PM Virtual/Zoom

24


Tai Chi Chih
11:00AM
Call HCRC for details

Nutritional Counseling 


by phone appointment

Qigong Class
5:30PM
Call HCRC for details

25

Nutritional Counseling 


by phone appointment

Education: Diet and Cancer Wellness 

5:30PM Virtual/Zoom


26

29

Nutritional Counseling 

by phone appointment

30

Breast Cancer Support Group 

5:45PM Virtual/Zoom

31


Tai Chi Chih
11:00AM
Call HCRC for details

Nutritional Counseling 

by phone appointment

Qigong Class
5:30PM
Call HCRC for details

1

Living with Advanced Cancer 

3:00PM
Virtual/Zoom Meeting

7

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Locations

- **SAN LUIS OBISPO (SLO)**
Hearst Cancer Resource Center (HCRC)
1941 Johnson Avenue,
Suite 201
- **SANTA MARIA (SM)**
Mission Hope Cancer Center (MHCC)
1325 East Church Street

Marian Health & Wellness Center
1207 East Main Street
- **ARROYO GRANDE (AG)**
Mission Hope Cancer Center
850 Fair Oaks Avenue
- **PASO ROBLES (PR)**
Oak Park 3 Community Room
3120 Pine Street
- **VIRTUAL/ZOOM SESSION**
Call for phone consultation
- **COMMUNITY PARTNER OFFERING**
- **EN ESPAÑOL**

GETTING STARTED

Patient Orientation

Get to know us and the services we provide so we can better support your journey.

- **HCRC, SLO**
By appointment:
805.542.6234 English
805.786.6130 Español
- **MHCC, SM**
By appointment:
805.219.HOPE (4673) English
- **MHCC, AG**
By appointment:
805.474.5303 English
805.346.3410 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).

- **Virtual/Zoom Session, SLO**
2nd Wednesday of each month; 1PM
Call 805.542.6234 to RSVP

Apoyo y Educación para Personas con Cáncer (Spanish Support Group)

Usted no está sola(o) en la lucha contra el cáncer. Si usted o alguien de su familia sufre de cáncer, acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

- **Oak Park 3 Community Room, PR**
El segundo martes de cada mes; 3:00PM
Llame a Teresa al 805.458.4526
- **MHCC, SM**
12 de julio y 9 de agosto; 9AM
Llame a Wendy al 805.346.3410 en Español

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**
Tuesdays; 5:45PM
Call 805.542.6234 to RSVP
- **MHCC, SM**
1st and 3rd Tuesday; 4PM
Call 805.346.3402 to RSVP

Metastatic Breast Cancer Support Group

This group is specifically designed for the unique needs of metastatic cancer patients. Stay connected and maintain quality of life with support.

- **MHCC, SM**
3rd Wednesday; 1PM
Call 805.346.3402 to RSVP

Family Caregiver Support Group

A forum for people to get together with those who understand their concerns, share helpful strategies and lend support.

- **HCRC, SLO**
Call 805.542.6234 for support
- **MHCC, SM**
August 24; 1PM
Call 805.219.HOPE to RSVP
- **MHCC, AG**
July 27; 1PM
Call 805.219.HOPE to RSVP

Living with Advanced Cancer Support Group

Support for the special needs of patients with advanced and metastatic cancers.

- **Virtual/Zoom Session, SLO**
1st and 3rd Thursday; 3PM
Call 805.542.6234 to RSVP

Men's Cancer Discussion Group

Many men find that sharing their experiences with fellow patients who can empathize, in combination with an experienced professional's guidance, helps manage stress and problem solve.

- **MHCC, SM**
July 28; 9AM
Call 805.219.HOPE to RSVP
- **MHCC, AG**
August 25; 9AM
Call 805.219.HOPE to RSVP

Patient Support Group

For newly-diagnosed patients or those recently out of treatment, each session features a stress reduction technique followed by a facilitated support group.

- **Virtual/Zoom Session, SLO**
2nd and 4th Tuesday; 1–2:30PM
Call 805.542.6234 to RSVP

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Pediatric Oncology Patients and Families

Support in English and Spanish for children, teens and parents.

- **HCRC, SLO**

805.542.6234 *English*

805.786.6130 *Español*

- **Virtual/Zoom Session, SM**

805.219.HOPE

Prostate Cancer Support Group

Information, encouragement and support for newly-diagnosed patients and survivors.

- **HCRC, SLO**

3rd Monday; 6:30PM

Call 805.542.6234 to RSVP

Support for People with Oral, Head, and Neck Cancer (SPOHNC)

SPOHNC offers information, support and encouragement for newly diagnosed patients and survivors.

- **Virtual/Zoom Session**

July 12 & August 9; 3:30PM

Call 805.219.HOPE to RSVP

EDUCATIONAL LECTURES

— JULY —

Cancer and Bone Health

Join us for a candid conversation with Deneen DiCarlo, MD, about bone health during and after cancer.

- **Virtual/Zoom Session, SLO**

Thursday, July 14; 5:30PM

Call 805.542.6234 or email

HCRC@dignityhealth.org to RSVP

— AUGUST —

Diet and Cancer Wellness

Learn important updates and diet recommendations for during and after cancer treatment with Angela Fissell, RD.

- **Virtual/Zoom Session, SLO**

Thursday, August 25; 5:30PM

Call 805.542.6234 or email

HCRC@dignityhealth.org to RSVP

Mission Hope

Free Cancer Prevention, Treatment and Survivorship Seminar

MHCC multi-specialty physician panel who will answer audience member questions.

- **MHCC, SM**

Saturday, August 20; 10AM

Call 805.219.HOPE to RSVP

SELF-HELP PROGRAMS

Acupuncture Group

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 RSVP

- **MHCC, SM**

August 22; 3PM

Call 805.219.HOPE to RSVP

- **MHCC, AG**

August 22; 1PM

Call 805.474.5334 to RSVP

Aquatic Therapy Class

- **Allan Hancock College, SM**

Will resume in the Fall

Art Therapy

Art workshops employing a variety of materials and techniques to help boost creative expression and work through life's transitions. Materials provided.

- **MHCC, SM & AG**

Held in-person, seating is limited.

SM: Call 805.219.HOPE to RSVP

AG: Call 805.474.5334 to RSVP

Barre Class **New!**

Barre is a low impact fitness practice that combines classic ballet dance movement with yoga and pilates, as it increases strength and flexibility through a series of stretching and micro-movements.

- **MHCC, AG**

July 14, 21, 28 & August 4, 18, 25

Reservation and assessment

required. Call 805.474.5334

Beauty and You

Visit our appearance center to regain a renewed sense of self, strength and confidence. Learn skin care tips, the art of applying make-up. Free hats and wigs.

- **HCRC, SLO**

Call 805.542.6234 for an appointment

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 RSVP

AG: call 805.474.5334 to RSVP

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 x 122

- **Paso Robles Sports Club**

Call Kathy at 805.610.6486

Circuit Training

Circuit training involves aerobic and anaerobic exercises done in a circuit. A fitness assessment and medical release is required for this class.

- **Marian Health & Wellness, SM**

Every Wednesday; 9AM

Call 805.346.3413 to RSVP

Counseling

Patient, family and caregiver support counseling offer by Cancer Support Community—CA Central Coast.

- Call 805.238.4411

WIGS NEEDED

If you would like to donate one, please call 805.542.6234. All wigs will be professionally cleaned.

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being.

- **Virtual/Zoom Session, SLO**

2nd and 4th Monday; 11AM

Call 805.542.6234 to RSVP

- **MHCC, SM**

July 5, 19 & August 2, 16

Call 805.219.HOPE to RSVP

- **MHCC, AG**

July 7, 21 & August 4, 18

Call 805.474.5334 to RSVP

Fight Against Falls

Exercise Class

This class will provide the knowledge to reduce risk of falls and how to condition your muscles to battle muscle fatigue.

- **Marian Health & Wellness, SM**

- **MHCC, AG**

Reservation and assessment

required, please call 805.346.3413

First Steps in Nutrition and Physical Activity

An exciting class which combines nutrition advice with practical exercise tips.

- **MHCC, SM**

Call 805.219.HOPE to RSVP

Golf

- **Monarch Dunes, Nipomo**

July 13, 27 & August 24

Call 805.346.3413 for details

Guided Meditation

Experience a gentle guided meditation session.

- **Virtual/Zoom Session, SLO**

1st Wednesday; 5PM

Call 805.542.6234 to RSVP

- **Virtual/Zoom Session, SM**

2nd Wednesday; 3PM

Call 805.219.HOPE to RSVP

Intuitive Collage

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

- **HCRC, SLO**

2nd Thursday; 2–4PM

Call Kathleen at 805.440.8834

Lymphedema Evaluation

- **HCRC, SLO**

Call Jamie Cinotto, DPT,

CWS, CLT-LANA, ONC, for an

evaluation: 805.782.9300

Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors. *Fitness assessment required.*

- **MHCC, SM & AG**

SM: call 805.346.3413 to RSVP

AG: call 805.474.5334 to RSVP

Music for Teens

Join Joey to learn how to create beats and computer generated music.

Open to teens affected personally by cancer themselves or in their family.

- **HCRC, SLO**

1st Wednesday; 3:45PM

Call 805.542.6234 to RSVP

Nutritional Counseling

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

- **HCRC, SLO**

Call 805.542.6234

- **MHCC, SM & AG**

SM: call 805.346.3413

AG: call 805.474.5334

Pelvic Floor Strengthening Class for Prostate Cancer Survivors

Featuring exercises that help strengthen the pelvic floor.

- **Marian Health & Wellness, SM**

2nd & 4th Friday

Call 805.346.3413 to RSVP

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)**

Wednesdays; 5:30PM

Call 805.542.6234 to RSVP

Surfing For Hope

This unique program provides a safe, fun environment and utilizes the healing energy of the beach and ocean to help children, teens and adults deal with the stress that comes with having a family member with cancer. Meets at the Sea Crest Hotel in Pismo Beach.

March–October

Visit surfingforhope.org for details

T'ai Chi Chih

Increase energy and improve health, balance, flexibility and stamina. *In-person and outside.*

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

Wednesdays; 11AM

Call 805.542.6234 to RSVP

TRX

The benefits of training with TRX are many, from getting stronger and having better balance to increasing stamina and more.

- **MHCC, AG**

Every Thursday

Assessment required

Call 805.474.5334 to RSVP

Yoga (Restorative)

Gentle yoga classes incorporate simple flowing sequences and slower paced movements focusing on strength, balance, and flexibility.

- **Marian Health & Wellness**

Center, SM & AG

Monday & Thursday

Assessment required

SM: call 805.346.3413 to RSVP

AG: call 805.474.5334 to RSVP

HCRC: returns in September

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

Shannon D'Acquisto
Director, Cancer Survivor
HCRC@dignityhealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator

Lauren Jermstad, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Teresa Fernandez
Lay Patient Navigator
805.458.4526—en español

Angela Fissell, RD
Registered Dietitian

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

Katherine Guthrie
*Senior Regional Director,
Cancer Services*

Kathleen Sullivan, PhD, RN
*Vice President, Post Acute Care and
Health Services Operations*

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*

Gorgun Akpek, MD, MHS
Robin DiBiase, NP, OCN
James Malone III, MD
Tim Soucek, PA
Lin Soe, MD

SLO INFUSION CENTER

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

Susan Diaz, RN, OCN
Director

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 Ave., Suite 104,
San Luis Obispo, CA 93401
805.597.6700

ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH
& HOSPICE
800.549.9609

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
seventeenstrong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdaba.org

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.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

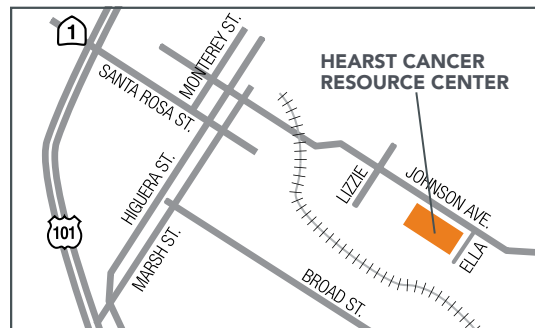
French Hospital Medical Center

Alan Iftiniuk—PRESIDENT AND CEO
Julia Fogelson, MSN, RN—COO, CNE
Debby Nicklas—VP PHILANTHROPY
Thomas Vendegna, MD—CMO

Board Members

Sandy Dunn—CHAIR
Gayle Cekada, MD
Stephen Hearst
Stephen Hilty, MD
Robert Johnson, MD
Noreen Martin
Susan Minker, MD
Don Oberhelman
Colleen Russell, DPT
Thomas Spillane, MD
Jackie Starr
Christine Williams

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program

1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234

