

## NEW SUPPORT GROUP

The Hearst Cancer Resource Center is pleased to invite you our

# Support Group for Patients with Cancer

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

Group will meet outside, in-person

Reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org) for details



**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.



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**



Like us on Facebook:  
**Hearst Cancer Resource Center**  
**San Luis Obispo**

1941 Johnson Avenue, Suite 201, San Luis Obispo, California | 805.542.6234  
E-mail: [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org) | Website: [Dignityhealth.org/HCRC](http://Dignityhealth.org/HCRC)

Keep up with all our classes and programs at our website:

**[Dignityhealth.org/HCRC](http://Dignityhealth.org/HCRC)**