

Mercy UC Davis Cancer Center Community Programs

Accessible Yoga

This yoga class welcomes all bodies into a gentle environment. Going at your own pace and letting your body be the teacher in this all levels class, you'll learn the importance of breathing and self-awareness. Learn how to put yoga for all bodies and minds into an everyday approachable practice.

Valet Parking

Visitors and patients seeking care at the Mercy UC Davis Cancer Center now have the option of complimentary valet service from 8:00 a.m. to 5:00 p.m. weekdays at the main entrance.

Cancer Support Group

Open to anyone with a current cancer diagnosis, as well as cancer survivors, family, caregivers, and support persons. Part of each session will have a focused discussion or demonstration on one or more of these topics: Diet & Nutrition, Physical Therapy, Psychosocial Care, Spiritual Care, and Available Resources. **A Spanish speaking support group is also offered.**

Massage Therapy

Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue. We provide 15 minute sessions by a certified massage therapist for our cancer patients that have been cleared by their physician to receive on their treatment day.

Smoking Cessation

Fresh Start is a smoking cessation program in collaboration with the American Cancer Society. This is a free 4 week program that meets one-hour each week and is taught by a certified Fresh Start facilitator. In this program you will learn about the benefits of quitting smoking and gain valuable knowledge and skills in order to plan your quit date. Participants will be offered free smoking cessation patches, as well as a kit full of helpful resources.

Wig Bank

Available to support women undergoing cancer treatment and experiencing hair loss. Come in for a free wig-fitting consultation with a trained American Cancer Society volunteer! One-on-one consultations include one free wig per patient, finding a wig that will fit your lifestyle, and suggestions for using wigs, turbans, and scarves. Appointments are required. To make an appointment call 559.451.0163 or 1.800.227.2345.

Help Navigating Your Care

This service, provided by our Oncology Social Worker, is offered at no cost to patients that may need support and guidance throughout their treatment journey.

For more information about any of these programs, contact Brittany Cotta at 209.564.3669 or Brittany.Cotta@DignityHealth.org.