

# Journeys

News and inspiration for  
Dignity Health Cancer Institute  
patients and family

Winter 2019



## Lung Cancer: How Diet, Nutrition and Physical Activity Affect Lung Cancer Risk

### **Incidence and Survival Rates**

Lung cancer is the third most common cancer worldwide. About 1.8 million new cases of lung cancer were recorded globally in 2012, accounting for 13 percent of all new cases of cancer. Lung cancer is the most common cause of death from cancer, estimated to be responsible for nearly one in five cancer deaths. Lung cancer survival is mostly determined by the stage at which it is diagnosed, with later-stage diagnosis having poorer survival. In men, lung cancer is the most common cancer diagnosed, and the highest lung cancer rates are in Central and Eastern Europe and Eastern Asia. In women, lung cancer is the third most common cancer, and the highest rates are in North America, Northern Europe and Eastern Asia.

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**Dignity Health™**  
Cancer Institute  
of Greater Sacramento



### Lifestyle Factors and Lung Cancer Risk

There is strong evidence that:

- Drinking water containing arsenic **INCREASES** the risk of lung cancer
- In current and former smokers, taking high-dose beta-carotene supplements **INCREASES** the risk of lung cancer

There is some evidence that:

- Consuming red meat, processed meat and alcoholic drinks might increase the risk of lung cancer
- In current smokers and former smokers, consuming vegetables and fruit might decrease the risk of lung cancer
- Consuming foods containing retinol, beta-carotene or carotenoids might decrease the risk of lung cancer
- In current smokers, consuming foods containing vitamin C might decrease the risk of lung cancer
- In people who have never smoked, consuming foods containing isoflavones (constituent of plants with oestrogen-like properties) might decrease the risk of lung cancer
- Being physically active might decrease the risk of lung cancer

### Other Causes of Lung Cancer

In addition to the findings on diet, nutrition and physical activity outlined below, other established causes of lung cancer include:

- **Smoking:** Smoking is the main cause of lung cancer. It is estimated that over 90 percent of cases among men and over 80 percent among women worldwide are attributable to tobacco use. Passive smoking is also a cause of lung cancer.
- **Previous lung disease:** A history of emphysema, chronic bronchitis, tuberculosis or pneumonia is associated with an increased risk of lung cancer.
- **Other exposures:** Occupational exposure to asbestos, crystalline silica, radon, mixtures of polycyclic aromatic hydrocarbons and heavy metals are associated with an increased risk of lung cancer as well as indoor air pollution from wood and coal burning for cooking and heating.

Carcinogens in tobacco smoke and other inhaled particles, such as coal tar or asbestos, can interact directly with the DNA of lung cells. Because the whole lung is exposed to inhaled carcinogens, several sites may accumulate different cancerous changes, leading to multiple cancers originating in different types of cells. Chronic inflammation may also play a role in the development of lung cancer, with cancerous changes occurring as a response to exposure to irritants and repeated injury.

### How the Research was Conducted

The global scientific research on diet, nutrition, physical activity and the risk of lung cancer was systematically gathered and analyzed, and then independently assessed by a panel of leading international scientists in order to draw conclusions about which of these factors increase or decrease the risk of developing lung cancer. Selected findings from this report have been published in peer-reviewed journals. Details of the papers and links to the abstract in PubMed are below:

Blood concentrations of carotenoids and retinol and lung cancer risk: an update of the WCRF-AICR systematic review of published prospective studies. Abar L, Vieira AR, Aune D, Stevens C, Vingeliene S, Navarro Rosenblatt DN, Chan DS, Greenwood DC, Norat T. *Cancer Med.* 2016 Aug;5(8):2069-83. Abstract  
Fruits, vegetables, and lung cancer risk: a systematic review and meta-analysis. Vieira AR, Abar L, Vingeliene S, Chan DS, Aune D, Navarro-Rosenblatt D, Stevens C, Greenwood D, Norat T. *Cancer Ann Oncol.* 2016 27 (1): 81-96. Abstract



## Thank You for Asking: “What is Palliative Care?”

Eva Lukas, MA, LMFT #97290.

Palliative care is not hospice. The palliative approach is patient-centered and focuses on improving the quality of life for people diagnosed with cancer, cardiac disease, respiratory disease, kidney failure, Alzheimer's, AIDS, and other life-threatening and chronic illnesses. It can start at the point of initial diagnosis and is independent from prognosis.

A palliative care doctor will offer patient- and family-centered options. Treatment can provide relief while allowing a full life alongside curative and life-prolonging treatment. In addition, caregivers will be educated on coping skills and stress relief. Difficult topics of conversation regarding advanced care planning, expectations, and treatment goals can be explored in a palliative care consultation.

Palliative care, by its nature, is holistic. It focuses on all aspects of pain: physical, psychosocial, relational, social, and spiritual. Palliative care doctors help with a wide range of issues, like pain, depression, anxiety, fatigue, shortness of breath, constipation, nausea, loss of appetite, and sleep disturbances. The approach is interdisciplinary; core members of the team include doctors, nurse practitioners, pharmacists, nutritionists, and complementary care experts.

Palliative care became a medical specialty in 2006 and continues to evolve alongside advancements in treatment and symptom management. A referral is needed—most insurance plans, including Medicare and Medicaid, cover all or part of palliative care.



## Transition to Wellness

A successful transition from active cancer treatment to life post-treatment is critical to your physical health and your emotional well-being. The Cancer Transitions program targets many of the physical, psychosocial, and practical issues that you and your loved ones may face now that cancer treatment is over.

Dignity Health Cancer Institute offered its first “Transition to Wellness” discussion recently and invited patients who have completed cancer treatment and are on the road to recovery. Survivorship care is a specific approach taken to address the long-term needs of cancer survivors during their transition to wellness. The dietician, psychosocial therapist and nurse navigator addressed patients’ concerns. Some patients shared that they feel like they have nowhere to go and no one to speak to after treatment is complete. Dignity Health’s goal is to empower survivors to advocate for their own healthcare needs.

Future topics include:

- Surveillance for reoccurrence
- Screening recommendations
- Mental health
- Guidance about health education, diet, and exercise and nutrition

If you have completed all treatment following your cancer diagnosis, please join expert members of our nurse navigation team for our new upcoming education events on:

- **January 10, 2019 from 4:30 to 6 p.m.** – Mercy Cancer Center, 3301 C Street, Sacramento, 95816
- **March 14, 2019 from 4:30 to 6 p.m.** – Sierra Nevada Memorial Hospital (Room TBD)

Patients can call in if they cannot attend. Please call Angela Gianulias at 916.962.8893 for additional information or to RSVP.





## The Power of Food: Protein Packed Snacks

When you get hungry in mid-morning or midafternoon, or get a craving for something to eat at night, what do you reach for? Keeping snacks oh-hand packed with protein, high fiber carbs, and healthy fats can help keep you fuller, more energized, and less likely to reach for high calorie, high sugar, low nutrition snacks.

### Quick, protein packed, nutritious snacks

(100-200 calories)

- ½ cup plain low-fat Greek yogurt mixed with 2 tablespoons granola and topped with ¼ cup berries/sliced banana
- Bag of baby carrots, sugar snap peas, baby broccoli along with hummus or low-fat Greek yogurt dip
- Nutty smoothie mixed in blender with ½ cup plain Greek yogurt, 1/3 cup frozen fruit, 1/2 tablespoon ground flax seeds, 1 tablespoon almond or peanut butter, a little apple juice or water to thin
- ½ can tuna mixed with low-fat mayo eaten with 5-6 whole grain high fiber crackers
- ½ whole grain tortilla spread with 1 tablespoon peanut or almond butter, topped with fruit jam and rolled up
- ½ cup cottage cheese layered with chopped fruit (berries, peaches, mangoes), topped with 1-2 tablespoons of granola
- ½ whole grain tortilla layered with refried black beans, salsa, low-fat shredded cheese and rolled up, heated in microwave for 20-30 seconds
- Snack bars such as Kind (200 calories, 7 gm protein, 10 gm sugar, 3 gm fiber) or Zing (210 calories, 10 gm protein, 12 gm sugar, 4 gm fiber) or one of the lower-sugar protein bars which contain sugar alcohols or stevia or monk fruit
- Handful of nuts and a small piece of fruit
- 1 tablespoon of nut butter on ½ banana or apple slices
- 1 string cheese section and a small piece of fruit
- ½ cup refried beans topped with ¼ cup mozzarella, microwave 30 seconds to melt cheese
- ½ bag of Birdseye frozen protein blends: combo of vegetables, beans, and grains that you microwave for 5 minutes



## Overcoming the Discomfort of Joining a Support Group: Make Connections, Get Help

When you join a new support group, you may be nervous about sharing personal issues with people you don't know. At first, you may benefit from simply listening. Over time, however, contributing your own ideas and experiences may help you get more out of a support group. Also, sharing your story and ideas may be what helps another person through their cancer journey. Try a support group for a few weeks. If it doesn't feel like a good fit for you, consider a different support group or a different support group format.

At Dignity Health Cancer Institute, we realize that individuals may prefer other ways of expressing themselves other than language and talking to others. We also offer workshops in creative ways to express yourself through art, journaling, music, and exercise. It can be of extreme benefit to find a healthy outlet during your cancer journey. Let your doctor know that you're participating in a support group. If you don't think a support group is appropriate for you, but you need help coping with your condition or situation, talk to your local nurse navigator (916.986.4585) about counseling or other types of therapy.

For many people, a health-related support group may fill a gap between medical treatment and the need for emotional support. A person's relationship with a doctor or other medical professional may not provide adequate emotional support, and a person's family and friends may not understand the impact of a disease or treatment. A support group among people with shared experiences may function as a bridge between medical and emotional needs.

## Simple Loaf of Bread Organization

Simple Loaf of Bread, an organization started by Deborah Knoll in 2012, raises money to purchase gas cards for those patients undergoing cancer treatment. The organization kindly assisted some of the patients at the Mercy Cancer Center recently. Deborah originally raised money by selling home-baked bread. "Spreading cheer to cancer patients one fuel card at a time" is her slogan and she now has a nonprofit organization which continues to raise money for those in need and grows cancer awareness as well.



## Woodland Memorial Breast Cancer Community Prevention, Screening and Education Event

On October 11, 2018 Woodland Memorial Hospital held a Breast Cancer Prevention, Screening and Educational event at the Bronze Star Clinic. Woodland Memorial doctors and Dignity Health Cancer Institute supported the event along with Bronze Star Clinic staff. Drs. Win-Vroom, Reichert, Mitchel, and Bir teamed with Dignity Health Cancer Institute's genetic counselor, Colleen Ahern. The panel addressed the following topics to the community members in attendance: screening and prevention, surgical options, diet, nutrition, exercise and lifestyle. Mammograms and

3D imaging options were also discussed. Complementary physical exams and imaging were offered to all community attendees. A total of 8 of the attendees agreed to be screened. Out of the 8 screened:

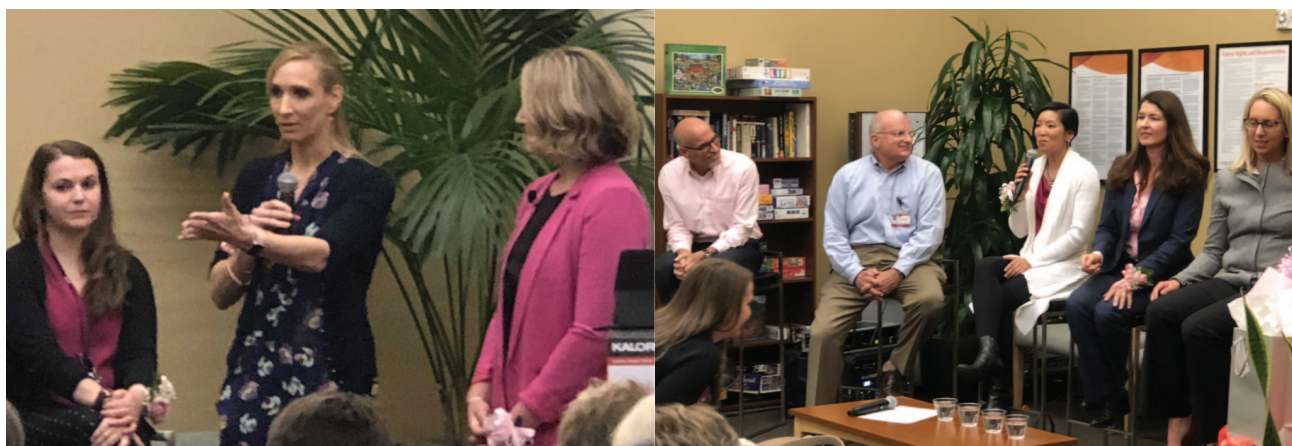
- 2 patients were negative
- 2 patients were asked to return for additional imaging
- 4 patients' final results are pending (prior imaging requested for comparison) -nurse navigator will follow up with these patients

For more information about educational events offered by the Dignity Health Cancer Institute, please contact Angela Gianulias, Community Outreach Coordinator at 916.962.8893.

## Breast Reconstruction Awareness Day

Many women who have undergone a mastectomy or lumpectomy are unaware of reconstruction options available. Breast Reconstruction Awareness Day is an awareness campaign designed to put an end to the unknown by promoting public education, patient care, and research. Breast Reconstruction Awareness Day was first launched in 2011 in Canada and now occurs annually in October. This initiative is a collaborative effort between the American Society of Plastic Surgeons, The Plastic Surgery Foundation, plastic surgeons specializing in breast surgery, nurse navigators, corporate partners, breast cancer support groups, and organizations.

Each year, the Mercy Medical Group Plastic Surgery Center hosts an event. This year's event, held October 17 at the Mercy Cancer Center, saw more than 125 cancer patients, family members and friends. Attendees heard from a panel led by Dignity Health doctors including an imaging radiologist, breast and plastic surgeons, radiation oncologist, oncology breast nurse navigators, and a genetic counselor—all of whom were able to ask questions about their personal story. This panel of doctors mirrors the patient's team of professionals who work together from the onset of a woman's breast cancer diagnosis to develop and implement a treatment plan tailored to each patient. This team approach to care improves patient outcomes and quality of life.



## DHCI hosts Breast Cancer Community Prevention, Screening and Education Events at Woodland, Sacramento and Sierra Nevada

A 2018 report from the American Cancer Society finds that death rates from breast cancer in the U.S. have dropped 39% between 1989 and 2015. This translates to 322,600 deaths avoided during those 26 years. Although, African-American women still have higher breast cancer death rates than white women nationally.

The steep declines in breast cancer death rates since 1989 are attributed to improvements in treatment and early detection by mammography. Unfortunately, not all women have benefited equally from these improvements, including those with racial and economic disparities both in urban and rural communities.

Dignity Health Cancer Institute hosted three events to the general public in urban and rural areas in the Sacramento region that included the uninsured, underinsured, and those with limited access to healthcare. Dignity Health Cancer Institute and its doctors supported the event along with clinic staff, a genetic counselor, an oncology navigator therapist and registered dietician. The panel at each facility addressed the following topics to the community members in attendance: screening and prevention, surgical options, diet, nutrition, exercise and lifestyle. Mammograms and 3D imaging options were also discussed. Complementary physical exams and imaging were offered to all community attendees.

Out of the 21 patients screened, 3 patients were recommended to return for additional imaging and further review. All were benign after further review.



## In Appreciation: Award Banquet Ceremony for Beverly Nicholson

A luncheon in honor of Beverly Nicholson, RN, CNS, AOCN, MSN for her devoted 25 years of leadership with the Prostate Cancer Support Group in the Greater Sacramento Region was held at Mercy San Juan Medical Center. In addition to devoting much of her life to nursing, Beverly has dedicated her professional life to helping others. For more than 33 years, she has been helping cancer patients as a certified oncology nurse. She was a clinical nurse specialist at Mercy San Juan until her retirement. Beverly is the facilitator of the prostate cancer support group that alternates their monthly meetings between the Mercy San Juan Medical Center in Carmichael and the UC Davis Cancer Center in Sacramento.

Beverly started her first prostate cancer support group in Sacramento on November 11, 1992 with four attendees. The next month she had ten. In the months and years that followed, she witnessed the enthusiasm and membership of her support group continue to grow. During the past 15 years, the list of attendees has grown to where she currently has an active roster of over 300 people. Of all her endeavors, her prostate cancer support group is one of her first loves, to which she has devoted countless hours of her time and talent, counseling and inspiring hundreds of prostate cancer patients and their families with her wisdom, compassion and understanding. Over the years, Beverly has received many awards throughout the state for her hard work, and compassion, and dedication. Some of them include “2008 Nursing Excellence Award” from her peer group and State Pain Initiative Champion Award from the Alliance of State Pain Initiatives.





## Making Strides

Making Strides Against Breast Cancer is the largest network of breast cancer awareness events in the nation, uniting nearly 300 communities to finish the fight against breast cancer. Every breast cancer walk and event is an incredible and inspiring opportunity to honor those who have battled breast cancer, raise awareness about what we can do to reduce our breast cancer risk, and raise money to help the American Cancer Society fight the disease with research, information and services, and access to mammograms for women who need them.

Team Dignity Health had over 40 team members including patients and their families participating this year in the walk with Dr.'s Joelle Jakobsen of Mercy San Juan Medical Center and Dr. Hasan of Mercy General Hospital and other Dignity Health employees. Dignity Health in their efforts helped American Cancer Society raise a total of nearly \$450,000. If you would like to participate as a team member for Team Dignity Health for Making Strides 2019 please contact Angela Gianulias at 916.962.8893.



## DHCI Hosts Shine a Light on Lung Cancer

It is important that our Lung Cancer Community stays updated on treatment advances, advocacy, survivorship and support. Recently, Dignity Health Cancer Institute hosted a Shine a Light on Lung Cancer event to educate the community and those who have helped other touched by lung cancer know that they are not alone. Our oncology nurse navigators work on transforming lung cancer from a disease that no one talks about into one that receives increased attention and compassion.

We strive to navigate patients and loved ones along the path of early detection, diagnosis, treatment and management to increase survival. These educational forums we offer provide focus on discussion about this. Our physicians and nurse navigators are able to update on cancer treatment advances, advocacy, survivorship and support as well as

educate patients and interested members about options and ways to integrate follow-up care into their lives and maintain wellness after cancer treatment is completed. For additional information, please contact Angela Gianulias, Community Outreach at 916.962.8893.



## Welcome Mindi Soares, Oncology Nurse Navigator

Dignity Health Cancer Institute and Sierra Nevada Memorial Hospital are pleased to welcome Mindi Soares, oncology nurse navigator to their cancer program. Mindi has been with Dignity Health for more than 13 years; over the last eight years she's worked in the surgical unit at Mercy San Juan Medical Center where she cared for patients undergoing surgery. Mindi has a progressive and

holistic nursing style and is greatly admired by both patients and co-workers for her warm, caring and calm personality. We feel truly honored to have her join our team. Mindi was able to spend some time with Laurie Ells prior to starting this position. And while Dignity Health will miss Laurie, we wish her well in her exciting new chapter in Santa Rosa.



## Grass Valley Cancer Center Resources

A Cancer diagnosis impacts not only the patient but loved ones as well. Families and other interested patients are welcome to utilize these resources. Services are offered at no cost to cancer patients, family members, and caregivers. For information on any of the groups or classes below (where another number is not given) call Rebecca Parsons at **530.274.6656**.

### CANCER CENTER LENDING LIBRARY

#### CANCER SUPPORT GROUP WITH LINDA MEYERS, LCSW

**Wednesdays**, 3 – 4:30 p.m.  
Contact: 530.478.1273

#### CARE SUPPORT GROUP WITH JEANINE BRYANT, MS FOR FAMILY AND FRIENDS OF CANCER PATIENTS

**Wednesdays**, 3 – 4:30 p.m.  
Contact: 530.274.6654

### COMFORT CUISINE MEALS

Delicious, nutritious, homemade meals for patients and caregivers. Frozen, individual portions, ready to reheat.  
Pick up in the Cancer Center

#### G.A.T.E.: GRIEVING AND TRANSITIONING EMOTIONAL SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE TO CANCER WITH JEANINE BRYANT, MS

**Tuesdays**, 3:30 – 5 p.m.  
Contact: 530.274.6654

### HARP CLASSES WITH LISA STINE

**Fridays**, weekly for 12 weeks  
Contact: Lisa Stine, 530.632.6226

#### HEAD AND NECK CANCER HELP GROUP WITH JIM VARDON

**First Saturday** of each month, 10:30 – 11:30 a.m.  
Contact: 530.432.3022

#### KIDSCOPE: FOR CHILDREN IMPACTED BY CANCER WITH JEANINE BRYANT, MS

Contact: 530.274.6654

#### NUTRITIONAL CONSULTATIONS KELLEY KULL, RD, CDE

Available for appointment  
Contact: 530.274.6600

### ONCOLOGY NURSE NAVIGATORS

Laurie Ells RN, BSN, OCN  
Contact: 530.274.6179

Linda Aeschliman, RN  
(Breast Cancer Patients)  
Contact: 530.274.6657

### ONCOLOGY SOCIAL WORKER REBECCA PARSONS LCSW, OSW-C

Referrals to community resources,  
individual and family counseling  
Contact: 530.274.6656

### OVARIAN CANCER GROUP

**Third Sunday** of each month, 1 – 3 p.m.  
Contact: Rebecca Parsons, 530.274.6656

### PROSTATE DISCUSSION GROUP WITH MARY PETERSON, LMFT

**Fourth Thursday** of each month 4:30 – 6 p.m.  
Contact: 530.478.1880

### TRANSFORMATIONAL WHOLENESS WITH NANCI SHANDERA, PHD

**Tuesdays**, 10 a.m. – 12:30 p.m.  
Contact: 530.265.9097  
drnanci@earthspiritcenter.com  
EarthSpiritCenter.com

### WOMAN TO WOMAN: SHARING THE CANCER EXPERIENCE WITH JEANINE BRYANT, MS

**Wednesdays**, 9:30 – 11 a.m.  
Contact: 530.274.6654

### WRITING TO HEAL WITH MOLLY FISK CREATIVE WRITING CLASS

8 weekly classes  
**Thursdays**, 2:30 – 4:30 p.m.  
Contact: 530.265.8751

### YOGA FOR CANCER SURVIVORS WEEKLY, GRASS VALLEY YOGA

Contact: Janet Rankin, 530.401.0484

## COMMUNITY RESOURCES

### CANCER AID THRIFT SHOP

Provides financial assistance, equipment, etc.  
Contact: 530.273.2365

### HOPE BEARERS

Christ-centered cancer and chronic illness support group  
**Third Saturday** of the month  
11 a.m. Foothill Church  
Contact: Amy & Wayne, 530.518.0519  
or Sally, 530.273.1468



# Dignity Health Cancer Institute Complementary Classes & Support Groups

For more information on any of the listings below, call **916.962.8892**.

## BREAST CANCER SUPPORT GROUP

**3rd Thursday** of every month, 4:30 – 6 p.m.

Mercy San Juan Medical Center

6555 Coyle Avenue, Ste. 140, Carmichael, 95608

## CAREGIVER SUPPORT GROUP

**3rd Friday** of every month, 11 a.m. – 12:30 p.m.

Mercy Cancer Center

3301 C Street, Sacramento, 95816

For more information please contact 916.990.8454

## FOLSOM CANCER SUPPORT GROUP

**Every Tuesday**, 4 – 5:30 p.m.

1580 Creekside Dr., first floor conference room

Folsom, 95630

For more information please call 916.986.4585

## GYNECOLOGIC CANCER SUPPORT GROUP

**3rd Wednesday** of every month, 11 a.m. – 12:30 p.m.

Mercy Cancer Center

3301 C Street, Sacramento, 95816

## LUNG AND ESOPHAGEAL CANCER SUPPORT GROUP

**1st Wednesday** of every month, 11 a.m. – 12:30 p.m.

Alternates every other month between Mercy Cancer Center & Mercy San Juan Medical Center

(MCC = Jan, Mar, May, Jul, Sep, Nov)

(MSJ = Feb, Apr, Jun, Aug, Oct, Dec)

Call 855.637.2962 for location

## LOOK GOOD, FEEL BETTER

**2nd Tuesday** of every other month, 6 – 8 p.m.

(Jan 9, Mar 13, May 8, Jul 10, Sep 11, Nov 13)

Mercy Cancer Center

3301 C Street, Sacramento, 95816

**4th Monday** of every other month, 2 – 4 p.m.

(Jan 22, Mar 26, May 28, Jul 25, Sep 24, Nov 26)

Woodland Healthcare

515 Fairchild Ct, Woodland, 95695

To make an appointment to attend, call the American Cancer Society 800.227.2345

## MEDITATION GROUP

**Every Tuesday**, 1 – 1:45 p.m.

Dignity Health Cancer Institute

6403 Coyle Avenue, Carmichael, 95608

For more information, please contact 916.990.8454

## MULTIPLE MYELOMA SUPPORT GROUP

**1st Saturday** of every month, 10 a.m. – noon

Mercy San Juan Medical Center

6555 Coyle Avenue, Ste. 140, Carmichael, 95608

## NUTRITION CLASSES

**Quarterly, Tuesdays**, 2 – 3 p.m.

(Feb 6, May 15, Aug 7, Nov 13)

Mercy Cancer Center

3301 C Street, Sacramento, 95816

Individual appointments available at Mercy San Juan

For more information please contact 916.983.7598

## ONCOLOGY NURSE NAVIGATORS

1-833-DHCINAV

DHCINAV@dignityhealth.org

## OSTOMY SUPPORT GROUP

**1st Saturday** of every month, 10 a.m. – noon

Mercy San Juan Medical Center

6501 Coyle Avenue, Carmichael, 95608

## PROSTATE SUPPORT GROUP

**3rd Thursday** of every month, 1:30 – 3:30 p.m.

Alternates every other month between Mercy San Juan Medical Center & UC Davis

(MSJ = Jan 18, Mar 15, May 17, Jul 19, Sep 20, Nov 15)

(UCD = Feb 15, Apr 19, Jun 21, Aug 16, Oct 18, Dec 20)

## YOGA CLASSES

**Every Monday & Wednesday**, 5 – 6 p.m.

Mercy Cancer Center

3301 C Street, Sacramento, 95816

**3rd Thursday** of every month, 3:30 – 4:30 p.m.

Mercy San Juan Medical Center

6555 Coyle Avenue, Ste. 140, Carmichael, 95608

If you're looking for support from our Oncology Nurse Navigators, please call **833.DHCINAV** or email **DHCINAV@dignityhealth.org**.