

FREE SERVICES TO SUPPORT YOUR CANCER JOURNEY

The Hearst Cancer Resource Center is pleased to present our

Classes, Groups and Programs



Education

Appearance Center: A special boutique to provide free wigs, scarves and hats for cancer patients in treatment.

Beauty and You: Cancer patients learn beauty techniques to help restore their appearance, self-image and confidence during and after treatment. Patients bring their own make-up and learn to use their favorite cosmetics for use during and after the workshop.

Lymphedema Education: Classes taught by a Certified Lymphedema Specialist who reviews lymphedema signs and symptoms.

Monthly Educational Lecture: Local experts speak on a range of topics from cancer updates to mental wellness and nutrition.

Newly-Diagnosed/New to the Center: An introductory meeting covering basic oncology information, terminology, tips on how to manage, coping strategies and an overview of the resources of the Hearst Cancer Resource Center.

Nurse Navigation: Our Oncology Nurse Navigator can answer your questions and connect you to valuable community resources.

Nutrition/Dietitian: One-on-one consultation available by appointment through the Hearst Cancer Resource Center.

Support Groups

Caregiver Support Group:* This bi-monthly support group is tailored to meet the unique needs of caregivers taking care of a cancer patient.

Diagnosis Specific Support Groups: These groups allow the individual to meet with others facing similar disease challenges. Groups include: All Blood Cancers (Leukemia, Lymphoma, Multiple Myeloma), Breast Cancer and Prostate Cancer.

Living with Cancer–Patient Group:* Open to all cancer types, newly-diagnosed through two years, this bi-monthly support group is specifically designed to help process the challenges of cancer care, treatment and survivorship.

Working toward wellness

Together

Spanish Support Group/Grupo de Apoyo y Educación: Acompáñenos a discutir ideas de cómo combatir y sobrevivir la enfermedad.

Young Survivors Group: This support group makes the most of a challenging situation with a fun attitude and tackles topics for patients ages 25–50ish.

Wellness Classes

Energy Balancing, Guided Meditation, Intuitive Collage: Stress reduction and creative practices available to cancer patients and caregivers.

Pilates, Qigong, Restorative Yoga, Tai Chi: Weekly and monthly classes help reduce stress, improve strength and general well-being. (Medical release and registration required.)

*Living with Cancer patient group and Caregiver Group meet at the same time in different rooms.



Dignity Health

French Hospital Medical Center

Hearst Cancer Resource Center

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**Hearst Cancer Resource Center
San Luis Obispo**

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Dignityhealth.org/HCRC