

## **Dignity Health Cancer Institute Complementary Classes & Support Groups**

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

### **BREAST CANCER SUPPORT GROUP**

**1st Thursday of every month 6:00p - 7:30p**

**Dignity Health Mercy Cancer Center  
3301 C Street – Sacramento 95816**

**3rd Thursday of every month 4:30p - 6:00p**

**Dignity Health Mercy San Juan Medical Center  
6555 Coyle Avenue, Ste 140 – Carmichael 95608**

### **CANCER SUPPORT GROUP**

**Every Tuesday 11:00a-12:30p & 4:00p - 5:30p**

**Dignity Health Mercy Hospital of Folsom  
1650 Creekside Drive – Folsom 95630**

Call 390.2661 for location

### **CARE GIVER'S SUPPORT GROUP**

**3rd Friday of every month 11:00a - 12:30p**

**Dignity Health Mercy Cancer Center  
3301 C Street – Sacramento 95816**

### **GYNECOLOGIC CANCER SUPPORT GROUP**

**3<sup>rd</sup> Wednesday of every month 11:00a - 12:30p**

**Dignity Health Mercy Cancer Center  
3301 C Street – Sacramento 95816**

### **LEGACY SUPPORT GROUP (Lung Cancer)**

**1st Wednesday of every month 11:00a - 12:30p**

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

Dignity Health Mercy San Juan: call 1855.637.2962 for  
location

### **MEDITATION GROUP**

**Every Tuesday 1:00p-1:45p**

**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 10:00a - 12:00p**

**Dignity Health Mercy San Juan Medical Center  
6501 Coyle Avenue – Carmichael 95608**

### **NUTRITION CLASSES**

**Every other Tuesday 2:00p – 3:00p**

**(February, May, August, November)**

**Dignity Health Mercy Cancer Center  
3301 C Street – Sacramento 95816**

Individual appointments are available at Mercy San Juan

For more information please contact 916-983-7598

### **OSTOMY SUPPORT GROUP**

**1st Saturday of every month 10:00a - 12:00p**

**Dignity Health Mercy San Juan Medical Center  
6501 Coyle Avenue – Carmichael 95608**

### **PROSTATE SUPPORT GROUP**

**3rd Thursday of every month 1:30a - 3:30p**

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

### **WOODLAND CANCER SUPPORT GROUP**

**2<sup>nd</sup> Wednesday of every month 2:00p-3:30p**

**Woodland Healthcare Cancer Center Conference Room  
515 Fairchild Ct. - Woodland 95695**

For more information please contact 530-669-5353

### **YOGA CLASSES**

**Every Monday & Wednesday 5:00p - 6:00p**

**1st Thursday of every month 5:00p - 6:00p**

**Dignity Health Mercy Cancer Center  
3301 C Street – Sacramento 95816**

**3rd Thursday of every month 3:30p - 4:30p**

**Dignity Health Mercy San Juan Medical Center  
6501 Coyle Avenue – Carmichael 95608**