

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

**Tai Chi Chih**  
11:00AM offsite  
*Call HCRC for details*

**Qigong**  
3:00PM offsite  
*Call HCRC for details*

4

Office Closed




5

Office Closed

8


**Energy Balancing Session**  
11:30AM–1:00PM onsite  
*Call HCRC to RSVP*

9

**Breast Cancer Support Group**   
5:45PM Virtual/Zoom  
*Call HCRC to RSVP*

10

**Tai Chi Chih**  
11:00AM offsite  
*Call HCRC for details*


**All Blood Cancer Support Group**   
1:00–2:00PM Hybrid  
*Call HCRC to RSVP*

11

**Nutritional Counseling**   
by appointment

**Balanced Nutrition and Flavorful Eating for Cancer Prevention**  
5:30PM in person  
*Call HCRC to RSVP*

12

**Nutritional Counseling**   
by appointment

**Intuitive Collage**  
2:00–4:00PM  
*Call HCRC to RSVP*

15

**Acupuncture**  
2:30PM onsite  
*Call HCRC to RSVP*

**Prostate Cancer Support Group**  
6:30PM onsite  
*Call HCRC to RSVP*

16


17

**Tai Chi Chih**  
11:00AM offsite  
*Call HCRC for details*


**Qigong**  
3:00PM offsite  
*Call HCRC for details*

**Thriving with Advanced Cancer**   
5:15PM Virtual/Zoom  
*Call HCRC to RSVP*


18

**Nutritional Counseling**   
by appointment

19

**Nutritional Counseling**   
by appointment

22

**Energy Balancing Session**   
11:00AM  
Virtual/Zoom Meeting  
*Call HCRC to RSVP*

**Floral Arrangement Class**  
1:30–3:00PM onsite  
*Call HCRC to RSVP*

23


**Breast Cancer Support Group**  
5:45PM In Person  
*Call HCRC to RSVP*

24


**Tai Chi Chih**  
11:00AM offsite  
*Call HCRC for details*

**Cancer Patient Support Group**   
1:00PM Virtual/Zoom  
*Call HCRC to RSVP*

25

**Nutritional Counseling**   
by appointment

26

**Nutritional Counseling**   
by appointment

**Intuitive Collage**  
2:00–4:00PM  
*Call HCRC to RSVP*

29

30

31

**Tai Chi Chih**  
11:00AM offsite  
*Call HCRC for details*

**Questions?**  
Please contact us:

**Telephone:**  
805.542.6234

**Email:** HCRC@  
dignityhealth.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Key**



Phone appointment



Zoom/Virtual Meeting

**BLUE**

Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga

**GREEN**

Education

**ORANGE**

Support Group

			<p><b>Nutritional Counseling</b> ☎ by appointment</p>	<p><b>Nutritional Counseling</b> ☎ by appointment</p>
5	6	<p><b>Tai Chi Chih</b> 11:00AM offsite Call HCRC for details</p> <p><b>Qigong</b> 3:00PM offsite Call HCRC for details</p>	<p><b>Nutritional Counseling</b> ☎ by appointment</p>	<p><b>Intuitive Collage</b> 2:00–4:00PM Call HCRC to RSVP</p> <p><b>Nutritional Counseling</b> ☎ by appointment</p>
<p><b>Floral Arrangement Class</b> 2:00–3:30PM onsite Call HCRC to RSVP</p>	<p><b>Breast Cancer Support Group</b> 🖥️ 5:45PM Virtual/Zoom Call HCRC to RSVP</p>	<p><b>Tai Chi Chih</b> 11:00AM offsite</p> <p><b>All Blood Cancer Support Group</b> 🖥️ 1:00–2:00PM Hybrid Call HCRC to RSVP</p>	<p><b>Restorative Yoga</b> 12:00PM onsite Call HCRC to RSVP</p> <p><b>Nutritional Counseling</b> ☎ by appointment</p>	16
<p><b>Acupuncture</b> 2:30PM onsite Call HCRC to RSVP</p> <p><b>Prostate Cancer Support Group</b> 6:30PM onsite Call HCRC to RSVP</p>	20	<p><b>Tai Chi Chih</b> 11:00AM offsite Call HCRC for details</p> <p><b>Qigong</b> 3:00PM offsite Call HCRC for details</p> <p><b>Thriving with Advanced Cancer</b> 🖥️ 5:15PM Virtual/Zoom Call HCRC to RSVP</p>	<p><b>Nutritional Counseling</b> ☎ by appointment</p>	<p><b>Intuitive Collage</b> 2:00–4:00PM Call HCRC to RSVP</p> <p><b>Nutritional Counseling</b> ☎ by appointment</p>
<p><b>Energy Balancing Session</b> 🖥️ 11:00AM Virtual/Zoom Meeting Call HCRC to RSVP</p>	<p><b>Breast Cancer Support Group</b> 5:45PM In Person Call HCRC to RSVP</p> <p><b>Nutritional Counseling</b> ☎ by appointment</p>	<p><b>Tai Chi Chih</b> 11:00AM offsite Call HCRC for details</p> <p><b>Cancer Patient Support Group</b> 🖥️ 1:00PM Virtual/Zoom Call HCRC to RSVP</p>	29	30

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Locations

- **SAN LUIS OBISPO (SLO)**  
*Hearst Cancer Resource Center (HCRC)*  
1941 Johnson Avenue, Suite 201
- **SANTA MARIA (SM)**  
*Mission Hope Cancer Center (MHCC)*  
1325 East Church Street  
*Marian Health & Wellness Center*  
1207 East Main Street
- **ARROYO GRANDE (AG)**  
*Mission Hope Cancer Center*  
850 Fair Oaks Avenue
- **PASO ROBLES (PR)**  
*Oak Park 3 Community Room*  
3120 Pine Street
- **VIRTUAL/ZOOM SESSION**  
*Call for phone consultation*
- **COMMUNITY PARTNER OFFERING**
- **EN ESPAÑOL**

## GETTING STARTED

### Patient Orientation

Get to know us and the services we provide so we can better support your journey. Please call our office to get oriented with our services prior to attending support groups or classes.

- **HCRC, SLO**  
*By appointment:*  
805.542.6234 English  
805.786.6130 Español
- **MHCC, SM**  
*By appointment: English/Español*  
805.219.HOPE (4673)
- **MHCC, AG**  
*By appointment: English/Español*  
805.474.5303

## SUPPORT GROUPS

### All Blood Cancer Support Group

Helping individuals and families cope with diagnosis and treatment of Leukemia, Lymphoma, Myeloma and Myelodysplastic syndrome (MDS).

- **HCRC, SLO (Zoom available)**  
2<sup>nd</sup> Wednesday 1:00PM  
*Call 805.542.6234 to RSVP*

### Breast Cancer Support Groups

Support groups focusing on breast cancer, the journey and sharing valuable information and resources.

- **HCRC, SLO (Zoom)**  
2<sup>nd</sup> Tuesday; 5:45PM
- **HCRC, SLO (In Person)**  
4<sup>th</sup> Tuesday; 5:45PM  
*Call 805.542.6234 to RSVP*
- **MHCC, SM (Zoom)**  
1<sup>st</sup> and 3<sup>rd</sup> Tuesdays; 4:00PM  
*Call 805.474.5302 to RSVP*

### Breast Cancer Support Group for Young Women

This group addresses the unique challenges young women face as we gather to learn and share in some lighthearted fun together.

- **MHCC, SM**  
Monday, July 29; 4:00PM  
*Treatment Symptom Management*
- Monday, August 26; 4:00PM  
*Nutritional Needs During and After Cancer*  
*Call 805.219.HOPE to register*

### Cancer Patient Support Group

For newly-diagnosed patients or recently out of treatment to encourage a sense of family with those in a similar place in their care.

- **HCRC, SLO (Zoom)**  
4<sup>th</sup> Wednesday; 1:00PM  
*Call 805.542.6234 for link*

### Family Caregiver Support

Support for the special needs of caregivers and people taking care of a loved one with cancer.

- **HCRC, SLO**  
*Call 805.542.6234 for support*

### Pediatric Oncology Patient and Family Support

Support in English and Spanish for children, teens and parents.

- **HCRC, SLO**  
805.542.6234 English  
805.786.6130 Español
- **MHCC, SM (Zoom)**  
805.219.HOPE (4673)

### Prostate Cancer Support Group

Information, encouragement and support for patients and survivors.

- **HCRC, SLO**  
3<sup>rd</sup> Monday; 6:30PM  
*Call 805.542.6234 to RSVP*

### Support for People with Oral, Head, and Neck Cancer (SPOHNC)

SPOHNC offers encouragement and support for the challenges of oral, head and neck cancer. Meetings include helpful suggestions and up-to-date information by qualified professionals as well as time to brainstorm with patients who have successfully coped with issues specific to these cancers.

- **MHCC, AG (Zoom available)**  
Tuesday, August 20; 3:30PM  
*Call 805.219.HOPE to register*

### Thriving with Advanced Cancer Support Group

This group is designed to create a safe haven for patients to find comfort and support in navigating an advanced cancer diagnosis. The specific needs and concerns of patients with advanced, metastatic or recurrent cancer are addressed.

- **HCRC, SLO (Zoom)**  
3<sup>rd</sup> Wednesday; 5:15PM  
*Call 805.542.6234 to RSVP*

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## EDUCATIONAL LECTURES

— JULY —

### Balanced Nutrition and Flavorful Eating for Cancer Prevention

with Angela Fissell, RD

Our Registered Dietitian will review the specifics of a balanced diet and how to incorporate this approach into your daily routine. Food demonstration with samples provided.

● **HCRC, SLO (onsite)**

Thursday, July 11; 5:30PM

Wacker Family Auditorium  
(Copeland Health Education Pavilion  
at French Hospital/Third floor)

Call 805.542.6234 to register

## SELF-HELP PROGRAMS

### Acupuncture Class

Acupuncture is a popular treatment for health complaints, including anxiety, pain and insomnia.

● **HCRC, SLO**

3<sup>rd</sup> Monday; 2:30PM

Held in person, seating is limited.

Call 805.542.6234 to register

### Aquatic Therapy Class

Benefits include increased joint flexibility and range of motion while decreasing pain and swelling.

● **Allan Hancock College, SM**

Selected Fridays: August 23, 30

RSVP and assessment required;

please call John Malinowski

at 805.346.3413 (SM) or

805.474.5334 (AG)

### Art Therapy

Art workshops employing a variety of techniques to help boost creative expression. Classes offered include Watercolor Color Pencil Painting and Neurographic Art. Materials are provided. Please call for class details.

●● **MHCC, SM/AG**

Held in-person, seating is limited.

SM: Call 805.219.HOPE

AG: Call 805.474.5303

### Barre Class

Combining classic ballet dance movement with yoga and Pilates, Barre exercise is low impact and suitable for all ages and abilities.

● **MHCC, AG**

Most Thursdays

Reservation and assessment

required; call 805.474.5334

### Beauty and You

Schedule an appointment in our center to regain a renewed sense of self, strength and confidence. Learn skin care tips, how to wear hats and wigs and the art of applying make-up.

● **HCRC, SLO**

Call 805.542.6234 to register

### Cancer Rehabilitation

A 12-week group program including strengthening and aquatic exercise offered in both Santa Maria and Arroyo Grande.

Assessment required

SM: call 805.346.3413 to RSVP

AG: call 805.474.5334 to RSVP

### Cancer Well-Fit

A supervised 10-week exercise program for first year survivors and those within two years post treatment. Physician medical release required.

● **Avila Bay Athletic Club & Spa**

Call 805.595.7600 x122

● **Paso Robles Sports Club**

Call Kathy at 805.610.6486

### Counseling

Patient, family and caregiver counseling offered by Cancer Support Community—CA Central Coast.

● Call 805.238.4411

### Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being.

● **HCRC, SLO (onsite by appt.)**

Monday, July 8; 11:30AM–1:00PM

●● **HCRC, SLO (Zoom)**

4<sup>th</sup> Monday; 11:00AM

Call 805.542.6234 to RSVP

### Fight Against Falls Exercise Class

Learn to reduce the risk of falls and how to condition your muscles to battle muscle fatigue.

● **MHCC, AG**

Most Thursdays

Reservation and assessment

required, please call 805.474.5334

### Floral Arrangement Class

Learn this beautiful art with Linda and take home your own creation. Flowers provided.

● **HCRC, SLO**

Monday, July 22; 1:30PM

Monday, August 12; 2:00PM

Call 805.542.6234 to RSVP

### Gentle Stretching

Gently move your body through range of motion exercises that cause a slight pull on the targeted muscle group resulting in reduced pain.

● **MHCC, AG**

Most Thursdays

Reservation and assessment

required, please call 805.474.5334

### Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the basics of golf.

● **Monarch Dunes, Nipomo**

Selected Wednesdays:

July 24 & August 14, 28

Call 805.346.3413 for details

### Intuitive Collage

Explore ideas using colorful pictures, meaningful words and phrases that appeal to you in a personal way.

● **HCRC, SLO**

Selected Fridays; 2:00PM

July 12, 26 & August 9, 23

Call 805.440.8834 to register

## WIGS ACCEPTED

If you have a wig to donate,  
please call 805.542.6234.

Wigs will be professionally cleaned.

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Lymphedema Evaluation

- **HCRC, SLO**

Call Jamie Cinotto, DPT, CWS, CLT-LANA, ONC, for an evaluation: 805.782.9300

## Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors and those battling chronic conditions.

- **MHCC, AG**

Every Monday (Except Aug. 5)  
Reservation and assessment required; call 805.474.5334

## Nutrition and Exercise Support

An exciting class which combines delicious recipes and nutrition advice with practical exercise tips.

- **MHCC, SM**

Tuesday, July 9; 2:00PM  
*Building Block for Healthy Bones*  
Tuesday, August 13; 2:00PM  
*Beat the Heat*

Reservations required:  
805.219.HOPE (4673)

## Nutritional Counseling

One-on-one phone or in-person consultation with a Registered Dietitian. Appointment required.

- **HCRC, SLO** call 805.542.6234

- **MHCC, SM & AG**  
SM: call 805.346.3413  
AG: call 805.474.5334

## You Can Learn at Home!

Previous HCRC education events are available for online viewing. Various topics available.

- Go to our website main page: **DignityHealth.org/HCRC**
- Left side see **Cancer Resources**  
Click the link
- **Virtual Resource Library Educations**

## Pelvic Floor Strengthening Class for Prostate Cancer Survivors

There are ways to manage the side effects of prostate cancer and strengthen your pelvic floor. This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

- **Marian Health & Wellness, SM**

Selected Fridays:  
July 26 & August 9, 23  
Call 805.346.3413 to RSVP

## Pilates with Hailey Farrar

Therapeutic exercise program for cancer survivors and those battling chronic conditions.

- **MHCC, AG**

Call for dates and times  
Reservation and assessment required; call 805.474.5334

## Qigong

Involves flowing movements coordinated with deep-breathing to increase energy, improve health, balance, flexibility and stamina.  
*In-person and outside*

- **HCRC, SLO (hosted offsite)**

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays; 3:00PM  
Call 805.542.6234 to RSVP

## T'ai Chi Chih

This exercise uses slow, rhythmic movements which helps to promote circulation and stimulate the lymphatic system, as well as improve energy, balance and flexibility.

*In-person and outside*

- **HCRC, SLO (hosted offsite)**

Every Wednesday; 11:00AM  
Call 805.542.6234 to RSVP

## TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

- **MHCC, AG**

Most Thursdays  
Assessment required  
Call 805.474.5334 to RSVP

## Yoga (Restorative) *In-person*

Gentle yoga classes feature slower paced movements focusing on strength, balance, and flexibility. Please bring a yoga mat.

- **HCRC, SLO**

3<sup>rd</sup> Thursday; 12:00PM  
Call 805.542.6234 to RSVP

- **MHCC, AG**

Every Monday (Except Aug. 5)  
Reservation and assessment required, please call 805.474.5334

## SPANISH • ESPAÑOL

### Clases de Arte

En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos ánimo.

- **MHCC, SM**

10:00AM–12:00PM

22 de Julio: *Manualidad de Conchas del Mar*

19 de Agosto: *Manualidad de Mandallas*

Favor de llamar a 805.219.HOPE (4673) para registrarse

### Grupo de Apoyo de Cáncer

Si usted o alguien de su familia sufren de cáncer, acompañenos para discutir temas de cómo combatir y sobrevivir la enfermedad.

Llame a Eloisa al 805.786.6130

### Viviendo con Cáncer

Acompañanos para conectarse con otras personas que viven con cáncer y hablar de temas de cómo combatir la enfermedad.

- **MHCC, SM**

Jueves seleccionados; 4:00PM

11 de Julio: *Nuestro nuevo programa de alimentación junto al Banco de Comida del condado de Santa Bárbara*

8 de Agosto: *Platica con el Ben Wilkinson, MD, FACRO*

Por favor llame para reservar 805.219.HOPE (4673)

# Turn to us for answers

## HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201  
San Luis Obispo, CA 93401  
805.542.6234  
Monday–Friday  
9AM–4:30PM  
[dignityhealth.org/hcrc](http://dignityhealth.org/hcrc)  
Please call for an appointment

**Thomas Spillane, MD**  
*Medical Director*

**Shannon D’Acquisto**  
*Director, Cancer Survivor*  
HCRC@dignityhealth.org

**Julie Neiggemann, RN, MSN, OCN**  
*Nurse Navigator*

**Ashley Hahn, MSW, LCSW**  
*Social Worker*

**Eloisa Medina**  
*Patient Navigator*  
805.786.6130—en español

**Angela Fissell, RD**  
*Registered Dietitian*

**Ramie Castilleja**  
*Program Coordinator*

**Lisa Steinbeck**  
*Cancer Registrar*

## IMAGING CENTERS

FHMC San Luis Diagnostic Center  
1100 Monterey Street, #210  
San Luis Obispo, CA 93401  
805.542.9700

FHMC Women’s Health and  
Imaging Center  
1941 Johnson Ave., Suite 104  
San Luis Obispo, CA 93401  
805.597.6700

## SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.543.5577

*Care Providers:*  
**Thomas Spillane, MD**  
*Medical Oncology Director of  
Clinical Trials*

**Gorgun Akpek, MD, MHS**  
**Robin DiBiase, NP, OCN**  
**Daniel Lewis, MD**  
**James Malone III, MD**  
**Lin Soe, MD**  
**Tim Souchek, PA**

## SLO INFUSION CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.786.6140  
Nurse Line: 805.786.6144

**Susan Diaz, RN, OCN**  
*Director*

## DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center  
1325 East Church Street, Suite 102  
Santa Maria, CA 93454  
805.219.HOPE (4673)

850 Fair Oaks Avenue  
Arroyo Grande, CA 93420  
805.474.5300

**Kathleen Sullivan, PhD, RN**  
*Vice President, Post Acute Care and  
Health Services Operations*

## ADDITIONAL SERVICES

Dignity Health Home Health  
& Hospice  
800.549.9609

Palliative Care  
805.739.3950

## COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

**17 Strong**  
[seventeenstrong.org](http://seventeenstrong.org)

**American Cancer Society**  
[cancer.org](http://cancer.org)

**Camp Kesem Cal Poly**  
[campkesem.org](http://campkesem.org)

**Cancer Connections**  
[cancerconnectionslo.org](http://cancerconnectionslo.org)

**Cancer Support Community**  
[cscslo.org](http://cscslo.org)

**Cancer Well-Fit Program**  
[cancerwell-fit.com](http://cancerwell-fit.com)

**Central Coast Dragon Boat Association—Central Coast SurviveOars**  
[ccdba.org](http://ccdba.org)

**DreamMakers SLO**  
[dreammakersslo.com](http://dreammakersslo.com)

**Hats for Hope**  
[hatsforhope.com](http://hatsforhope.com)

**Jack’s Helping Hand**  
[jackshelpinghand.org](http://jackshelpinghand.org)

**Leukemia and Lymphoma Society**  
[lls.org](http://lls.org)

**SabesWings**  
[SabesWings.org](http://SabesWings.org)

**Surfing for Hope**  
[surfingforhope.org](http://surfingforhope.org)

**Teddy Bear Foundation**  
[teddybearcancerfoundation.org](http://teddybearcancerfoundation.org)

## Hearst Cancer Resource Center

Mailing address:  
1911 Johnson Avenue,  
San Luis Obispo, CA 93401

Street address:  
1941 Johnson Avenue, Suite 201,  
San Luis Obispo, CA 93401

## HCRC Advisory Committee

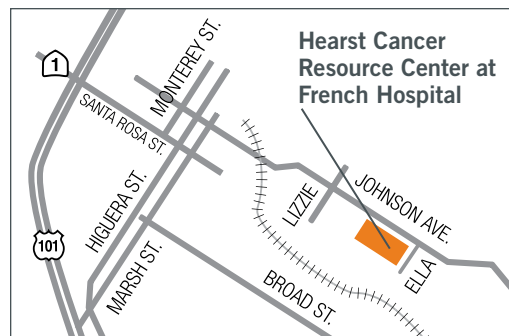
*French Hospital Medical Center*

**Sue Anderson**—  
INTERIM PRESIDENT AND CEO  
**Julia Fogelson, MSN, RN**—CNE  
**Tessa Espinoza**—CPO  
**Thomas Vendegna, MD**—CMO

### *Committee Members*

**Sandy Dunn**—CHAIR  
**Gayle Cekada, MD**  
**Edwin Hayashi, MD**  
**Jack Hearst**  
**Stephen Hearst**  
**Stephen Hilty, MD**  
**Robert Johnson, MD**  
**Noreen Martin**  
**Susan Minker, MD**  
**Don Oberhelman**  
**Colleen Russell, DPT**  
**Thomas Spillane, MD**  
**Jackie Starr**  
**Christine Williams**

## Hearst Cancer Resource Center



### Hearst Cancer Resource Center

*Commission on Cancer Community Cancer Program*

1911 Johnson Avenue  
San Luis Obispo, CA, 93401  
805.542.6234

