

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


1

2

3


4


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

**Mindfulness Session**   
4:30PM  
Virtual/Zoom Meeting  
Call HCRC to RSVP


5


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

**Nutritional Counseling**   
by appointment


**Nutritional Counseling**   
by appointment

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

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

**Tai Chi Chih**  
11:00AM offsite  
Call HCRC for details  
**All Blood Cancer Support Group**   
1:00–2:00PM Hybrid  
Call HCRC to RSVP


**Confident Caregiving with Nell Bennett, MSW, LCSW**  
11:00AM in person  
Call HCRC to RSVP


**Intuitive Collage**  
2:00–4:00PM  
Call HCRC to RSVP  
**Nutritional Counseling**   
by appointment


**Acupuncture**  
2:30PM onsite  
Call HCRC to RSVP  
**Prostate Cancer Support Group**  
6:30PM onsite  
Call HCRC to RSVP

19

**Tai Chi Chih**  
11:00AM offsite  
Call HCRC for details  
**Cancer Patient Support Group**   
1:00PM Virtual/Zoom  
Call HCRC to RSVP  
**Thriving with Advanced Cancer**   
5:15PM Virtual/Zoom  
Call HCRC to RSVP

**Nutritional Counseling**   
by appointment

**Nutritional Counseling**   
by appointment

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

26

**Office closes at 1:00 p.m. for Thanksgiving Holiday**

*Happy Thanksgiving*

**Office closed for Thanksgiving Holiday**

**Office closed for Thanksgiving Holiday**




MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

**Mindfulness Session**  2  
 4:30PM  
 Virtual/Zoom Meeting  
 Call HCRC to RSVP


3

**Tai Chi Chih** 4  
 11:00AM offsite  
 Call HCRC for details


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

**Nutritional Counseling**  5  
 by appointment


**Intuitive Collage** 6  
 2:00–4:00PM  
 Call HCRC to RSVP


**Nutritional Counseling**   
 by appointment


**Energy Balancing Session** 9  
 11:00AM–1:00PM onsite  
 Call HCRC to RSVP

**Breast Cancer Support Group**  10  
 5:45PM Virtual/Zoom  
 Call HCRC to RSVP

**Tai Chi Chih** 11  
 11:00AM offsite

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

**Nutritional Counseling**  12  
 by appointment

**Nutritional Counseling**  13  
 by appointment

**Acupuncture** 16  
 2:30PM onsite  
 Call HCRC to RSVP

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


17

**Tai Chi Chih** 18  
 11:00AM offsite


**Qigong**  
 3:00PM offsite


**Cancer Patient Support Group**   
 1:00PM Virtual/Zoom

**Thriving with Advanced Cancer**   
 5:15PM Virtual/Zoom

**Nutritional Counseling**  19  
 by appointment


**Intuitive Collage** 20  
 2:00–4:00PM  
 Call HCRC to RSVP

**Nutritional Counseling**   
 by appointment


**Energy Balancing Session**  23  
 11:00AM  
 Virtual/Zoom Meeting  
 Call HCRC to RSVP


**Office Closed for Christmas Holiday** 24

*Merry Christmas*



**Office Closed for Christmas Holiday** 25

**Nutritional Counseling**  26  
 by appointment

**Nutritional Counseling**  27  
 by appointment

30

**Office closes at 12:00 noon for New Year's Day** 31

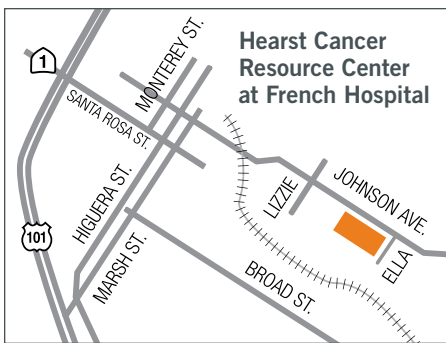
**Key**

-  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

# HCRC CLASSES, GROUPS & PROGRAMS

## Color Key:

- **SAN LUIS OBISPO (SLO)**  
*Hearst Cancer Resource Center (HCRC)*  
1941 Johnson Avenue, Suite 201
- **VIRTUAL/ZOOM SESSION**  
*Call for phone consultation*
- **COMMUNITY PARTNER OFFERING**



## GETTING STARTED

### Patient Orientation

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

- **HCRC, SLO**  
*By appointment:*  
805.542.6234 English  
805.786.6130 Español

## 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 to help manage the physical, emotional and practical issues a breast cancer diagnosis can bring.

- **HCRC, SLO (Zoom)**  
2<sup>nd</sup> Tuesday; 5:45PM  
Call 805.542.6234 to RSVP

### 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)**  
3<sup>rd</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 referrals

### 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

### 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

### 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

### 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

## EDUCATIONAL LECTURES

### — NOVEMBER —

### Confident Caregiving Workshop

Speaker: Nell Bennett, LCSW

Join us for an informative and supportive presentation regarding caregiver resources and self-care opportunities. Learn about local community resources designed to support family caregivers and participate in a creative activity that helps increase understanding of one's support system. (See page 2 for more information.)

- **HCRC, SLO (onsite)**  
Thursday, November 14; 11:00AM  
Wacker Family Auditorium  
(Copeland Health Education Pavilion at French Hospital/Third floor)  
Call 805.542.6234 to register

### 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**

# HCRC CLASSES, GROUPS & PROGRAMS

## 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*

### 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*

*Scan the QR code below to learn more about HCRC programs and services*



### *Time for a refresh?*

Please make an appointment to check out our appearance center for access to hats and wigs free of charge.

### 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.)**

2<sup>nd</sup> Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

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

*Call 805.542.6234 to RSVP*

### Intuitive Collage

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

- **HCRC, SLO**

Select Fridays; 2:00PM

*Call 805.440.8834 to register*

### Lymphedema Evaluation

- **HCRC, SLO**

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

### Mindfulness

Experience the healing energy and calmness a gentle guided mindfulness session can bring.

- **HCRC, SLO (Zoom)**

1<sup>st</sup> Monday; 4:30PM

*Call 805.542.6234 to RSVP*

### Nutritional Counseling

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

- **HCRC, SLO call 805.542.6234**

### 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  
(No classes in November)

*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*

### Yoga (Restorative) *In-person*

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

- **HCRC, SLO**

Dates to be determined

*Call 805.542.6234 for details and to RSVP*

## WIGS ACCEPTED

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

*Wigs will be professionally cleaned.*

# ADDITIONAL DIGNITY HEALTH CLASSES, GROUPS, & PROGRAMS

## SUPPORT GROUPS

### Breast Cancer Support Groups

Support group focusing on breast cancer, the journey and sharing valuable information and resources to help manage the physical, emotional and practical issues a breast cancer diagnosis can bring.

- **MHCC, SM (Zoom only)**  
Call 805.474.5302 to RSVP

### Breast Cancer Support Group

Meet other women to establish a new support system with those who are facing the same experiences. Our support group provides a variety of topics and activities to help cope with this stage of life.

- **MHCC, SM**  
Call 805.219.HOPE for specific details and to register

**Support for People with Oral, Head, and Neck Cancer (SPOHNC)**  
SPOHNC offers support for dealing with the unique challenges of oral, head and neck cancer.

- **MHCC, AG (Zoom available)**  
Call 805.219.HOPE to register

## SELF-HELP PROGRAMS

### Aquatic Therapy Class

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

- **Allan Hancock College, SM**  
RSVP and assessment required; please call John Malinowski at 805.346.3413 (SM) or 805.474.5334 (AG)

### Art Therapy

A variety of creative classes offered; instruction and 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

A low impact class that combines ballet, yoga and Pilates; suitable for all ages and abilities.

- **MHCC, AG**  
Reservation and assessment required; call 805.474.5334

### Fight Against Falls Exercise Class

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

- **MHCC, AG**  
Reservation and assessment required, please call 805.474.5334

### Gentle Stretching

Gentle range of motion exercises to target muscle groups resulting in reduced pain.

- **MHCC, AG**  
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**  
Call 805.346.3413 for details

### Lymphedema Prevention Exercise

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

- **MHCC, AG**  
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**  
Reservations required:  
805.219.HOPE (4673)

## OUTSIDE THE AREA

**Please note:** the classes on this page are held in nearby towns, not in San Luis Obispo. Please call the numbers listed for more information.

### Pelvic Floor Strengthening Class for Prostate Cancer Survivors

This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

- **Marian Health & Wellness, SM**  
Call 805.346.3413 to RSVP

### Pilates with Hailey Farrar

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

- **MHCC, AG**  
Reservation and assessment required; call 805.474.5334

### TRX

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

- **MHCC, AG**  
Assessment required  
Call 805.474.5334 to RSVP

### Yoga (Restorative) *In-person*

Classes feature slower paced movements focusing on balance and flexibility. Please bring a yoga mat.

- **MHCC, AG**  
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**  
Favor de llamar a 805.219.HOPE (4673) para registrarse

### Viviendo con Cáncer

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

- **MHCC, SM**  
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](mailto: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, MBA**  
*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**  
[17strong.org](http://17strong.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**  
[dreammakerslo.com](http://dreammakerslo.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

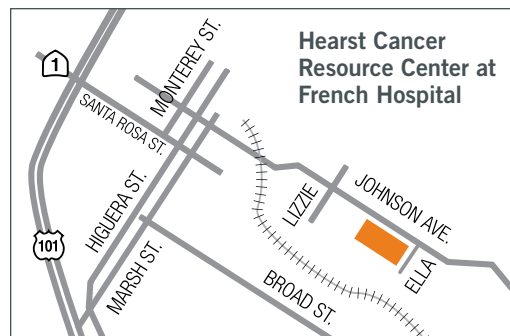
*French Hospital Medical Center*

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

#### *Committee Members*

<b>Sandy Dunn</b> — CHAIR	<b>Susan Minker, MD</b> <b>Debbie Nicklas</b>
<b>Gayle Cekada, MD</b>	<b>Don Oberhelman</b>
<b>Leslie Coe</b>	<b>Lauren Rava</b>
<b>Edwin Hayashi, MD</b>	<b>Colleen Russell, DPT</b>
<b>Jack Hearst</b>	<b>Thomas Spillane, MD</b>
<b>Stephen Hearst</b>	<b>Jackie Starr</b>
<b>Stephen Hilty, MD</b>	<b>Christine Williams</b>
<b>Cathy Johnson</b>	
<b>Robert Johnson, MD</b>	
<b>Noreen Martin</b>	

## 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

