

November Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group: CareMaps Workshop	2 9:00 Massage Therapy 6:00 Cancer Rehab	3 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Journaling
6 10:00 Cancer Rehab 11:30 Guided Meditation 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	7 9:00 Food for Life Class (Spanish) 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle 5:00 Presentation: Lung Cancer	8 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab	9 9:00 Massage Therapy 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	10 8:00 Men's Cancer Discussion Group 1:00 Soul Collage
13 10:00 Cancer Rehab 11:30 Guided Meditation 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	14 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork	15 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:00 Discussion: Managing Grief During the Holidays 6:00 Family Night Group Holiday Celebration	16 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	17 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Journaling
20 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	21 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better	22 9:00 Cancer Rehab 3:00 Cancer Rehab	23  Office closed for Thanksgiving Holiday	24  Office closed for Thanksgiving Holiday
27 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	28 9:00 Lymphedema Prevention Exercise	29 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab	30 9:00 Massage Therapy 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	

December Classes and Programs

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 16-18.

4
10:00 Cancer Rehab
11:30 Guided Meditation
1:00 Walking into Wellness
2:00 Knitting & Crocheting Group
3:30 Community Acupuncture

5
9:00 Food for Life Class (Spanish)
9:00 Lymphedema Prevention Exercise
3:00 Kids Support Circle Holiday Celebration
5:30 Soothing Sounds of Twilight Barbershop Quartet

6
9:00 Cancer Rehab
10:00 Fight Against Falls Class
3:00 Cancer Rehab
5:00 Caregiver Support Group
6:30 Light Up a Life

7
9:00 Massage Therapy
4:00 Bereavement Support Group
6:00 Cancer Rehab

8
8:00 Men's Cancer Discussion Group
1:00 Soul Collage

11
10:00 Cancer Rehab
11:30 Guided Meditation
1:00 Walking into Wellness
2:00 Knitting & Crocheting Group
3:30 Community Acupuncture

12
9:00 Lymphedema Prevention Exercise
10:00 Fighting Cancer with Your Fork

13
9:00 Cancer Rehab
10:00 Fight Against Falls Class
12:45 Learn Golf
3:00 Cancer Rehab

14
9:00 Massage Therapy
2:00 Mindfulness Refresher
6:00 Cancer Rehab

15
8:00 Grupo de Discusión para Hombres con Cáncer
1:00 Coloring Your Stress Away

18
10:00 Cancer Rehab
1:00 Walking into Wellness
2:00 Knitting & Crocheting Group
3:30 Community Acupuncture

19
9:00 Lymphedema Prevention Exercise
9:30 Look Good, Feel Better

20
9:00 Cancer Rehab
10:00 Fight Against Falls Class
3:00 Cancer Rehab

21
9:00 Massage Therapy
2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group
4:00 Bereavement Support Group
6:00 Cancer Rehab

22

Office closed for Christmas Holiday

25

Merry Christmas
Office closed for Christmas Holiday

26


27

28

29

Calendar depicts weekdays only.

Getting Started at Mission Hope

Patient Orientation Class

(For Mission Hope Patients only)

A cancer diagnosis often requires navigating an unfamiliar world. You are invited to get to know us and our services so we can take this journey together. A mandatory meeting for patients, families and caregivers.

Mission Hope Cancer Center, SM

BY APPOINTMENT:

PLEASE CALL 805.346.3402 (ENGLISH)

DISPONIBLE EN ESPAÑOL.

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

Acupuncture Treatments

Schedule a free appointment with a licensed acupuncturist to manage the side effects of cancer treatment.

Hearst Cancer Resource Center, SLO

NOV 27; 1:30 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Community Acupuncture

At an appointed time, each person consults quietly with the practitioner followed by individualized treatment in a reclining chair.

Mission Hope Cancer Center, SM

NOV 6, 13, 20, 27 & DEC 4, 11, 18; 3:30 PM

RESERVATIONS REQUIRED;

PLEASE CALL 805.219.HOPE (4673).

DONATIONS SUGGESTED

Spanish Group • En Español:

Apoyo y Educación para Personas con Cáncer

Si usted o alguien de su familia sufre de cáncer acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

Los Adobes de Maria II, SM

NOV 30; 2:00 PM

Aquatic Therapy Class

Water exercise reduces the impact on the joints by 50% and boosts physical and mental health.

Allan Hancock College, SM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Art Therapy Class

Art workshop using varied materials and techniques to help boost creative expression.

Hearst Cancer Resource Center, SLO

NOV 20 & DEC 18; 11:00 AM

Bereavement Support Group

Providing a safe place to express your feelings and begin working through the grieving process.

Mission Hope Cancer Center, SM

NOV 9 & DEC 7, 21; 4:00 PM

Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources.

Hearst Cancer Resource Center, SLO

NOV 7 & DEC 5; 5:30 PM

Caregiver Support Group

A forum for people to get together with those who understand their concerns, share helpful strategies, lend support and encouragement.

Hearst Cancer Resource Center, SLO

NOV 2, 16 & DEC 7, 21; 6:00 PM

Mission Hope Cancer Center, SM

NOV 1* & DEC 6; 5:00 PM

*Atlas CareMaps Workshop

Cancer Rehabilitation

An individualized 12-week program that includes group, strengthening and aquatic exercise with our Certified Exercise Trainer.

Marian Health & Wellness Center, SM

RESERVATIONS REQUIRED; SCHEDULE AN ASSESSMENT AT 805.346.3413.

Coloring Your Stress Away

Coloring offers complete absorption for creativity, mindfulness and, in the end, offers a beautiful result. Materials provided.

Hearst Cancer Resource Center, SLO

NOV 16 & DEC 21; 11:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM

DEC 1, 15; 1:00 PM

NEW CLASSES

Family Night Support Group

Children with cancer and their families are invited to join us for dinner, followed by age appropriate activities. Licensed counselors and social workers on hand. Information in English and Spanish; childcare for children under 4 years provided.

Mission Hope Cancer Center, SM

NOV 15; 6:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3402 (ENGLISH) OR 805.346.3406 (SPANISH).

Fight Against Falls

Exercise Class

This class provides participants with the knowledge to reduce the risk of falls in addition to working on conditioning the muscles to help battle muscle fatigue and gain strength.

Marian Health & Wellness Center, SM

NOV 1, 8, 15, 29 & DEC 6, 13, 20; 10:00 AM

LOCATIONS

PISMO BEACH (PB)

Coastal Cancer Care & Diagnostic Center
921 Oak Park Blvd.

SAN LUIS OBISPO (SLO)

HCRC
Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

Veterans' Memorial Building
801 Grand Avenue

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

Los Adobes de Maria II
1148 West Boone Street

Fighting Cancer with Your Fork:
Separating Fact from Fiction
Registered dietitian shares topics
related to nutrition and coping with
the side effects of treatment.

Mission Hope Cancer Center, SM
NOV 14; 10:00 AM
Navigating the Holidays without
Sacrificing Your Waistline
DEC 12; 10:00 AM
Winter Foods that Fight Cancer
RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Nueva clase en Español:

🌱 Food for Life:
Spanish Nutrition Class
Join our dietitian and promotor
de salud as they explore the
fundamentals of food.

Mission Hope Cancer Center, SM
NOV 7 & DEC 5; 9:00 AM
FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406.

General Support Groups

Informal support groups for all
patients and their loved ones.

Hearst Cancer Resource Center, SLO
NOV 2, 16 & DEC 7, 21; 6:00 PM
BY RESERVATION ONLY; PLEASE CALL
805.542.6234.

**Coastal Cancer Care & Diagnostic
Center, Pismo Beach**
NOV 6, 20* & DEC 4, 18‡; 5:30 PM

*Cultivating Thankfulness

‡Dealing with Depression and the
Holidays

RESERVATIONS REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

Guided Meditation Class

Learn to live life more peacefully
in order to handle challenges with
calmness and compassion.

Hearst Cancer Resource Center, SLO
NOV 1, 15 & DEC 6, 20; 5:00 PM

🌱 Beginners as well as experienced
meditators are welcome to join us
as Tom Steffora, LMFT, leads a 20
minute meditation.

Mission Hope Cancer Center, SM
NOV 6, 13 & DEC 4, 11; 11:30 AM

Healing Touch (Energy Balancing)
Certified practitioners help to
promote relaxation, ease muscle
tension and decrease stress in cancer
patients which can lead to reduced
pain and improved sleep.

Hearst Cancer Resource Center, SLO
NOV 13, 27 & DEC 11; 11:00 AM
RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Journaling Group

Many people find expressing their
feelings in a journal to be healing—
especially when coping with a
challenge like cancer. Join us!

Mission Hope Cancer Center, SM
NOV 3, 17; 1:00 PM

Kids Support Circle

An activity group for the kids of
parents/grandparents with cancer
to make friends and learn coping
skills for living with cancer in the
family. Provides a safe, enjoyable
place where children can express
themselves using art and games.

Mission Hope Cancer Center, SM
NOV 7 & DEC 5; 3:00 PM
RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Learn Golf

Golf professionals use three holes of
the golf course to teach the game in
an enjoyable, stress free manner.

Monarch Dunes, Nipomo
NOV 8 & DEC 13; 12:45 PM
BY APPOINTMENT; PLEASE CALL
805.346.3413.

Look Good, Feel Better

Free program teaches skincare and
make-up techniques to mitigate
appearance-related side effects of
cancer treatments. Complimentary
cosmetic kit included.

Hearst Cancer Resource Center, SLO
NOV 1 & DEC 6; 10:00 AM
RESERVATIONS REQUIRED; PLEASE
CALL: 805.542.6234.

Mission Hope Cancer Center, SM
NOV 21 & DEC 19; 9:30 AM
RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Lymphedema Education

A certified lymphedema specialist
reviews lymphedema symptoms and
how to manage them.

Hearst Cancer Resource Center, SLO
NOV 21 & DEC 19; 1:00 PM

**Lymphedema Prevention
Exercise**

Therapeutic exercise class designed
for breast cancer survivors and
those battling chronic conditions.

Marian Health & Wellness Center, SM
NOV 7, 14, 21, 28 & DEC 5, 12, 19;
9:00 AM

**Lymphoma, Leukemia &
Multiple Myeloma (LL&MM)**

(All Blood Cancer Support Group)
Established to help individuals and
their families cope with diagnosis,
before, during and after treatment.

Hearst Cancer Resource Center, SLO
NOV 8 & DEC 13; 1:00 PM

Mission Hope Cancer Center, SM
NOV 16 & DEC 21; 2:00 PM

Massage Therapy

Certified massage therapists
provide 15 minute chair massages,
helping to reduce stress, bolster the
immune system and restore energy.

Mission Hope Cancer Center, SM
NOV 2, 9, 16, 30 & DEC 7, 14, 21;
9:00–11:00 AM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Men's Cancer Discussion Group

Facilitated by Sean Hunt, RN, BSN,
OCN, this meeting provides a
relaxed forum to discuss issues,
exchange information, share
concerns and get answers. The
group is designed to benefit men
at any stage of the cancer journey:
newly-diagnosed, currently under-
going treatment and those finished
with treatment.

Mission Hope Cancer Center, SM
NOV 10 & DEC 8; 8:00 AM

Classes continue

CLASSES, GROUPS & PROGRAMS

Men's Spanish Group • En Español:

Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer

Hombres encargados del cuidado de pacientes con cancer y familiares (hombres) son bienvenidos. Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y asi como el cuidado de su salud.

Mission Hope Cancer Center, SM
NOV 3, 17 & DEC 1, 15; 8:00 AM

FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

Mindfulness Refresher Class

Participants who took the eight week course can practice together.

Mission Hope Cancer Center, SM
NOV 9 & DEC 14; 2:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Music Therapy

Soothing Sounds of Twilight

Come to relax and enjoy the benefits of this interactive music program.

Mission Hope Cancer Center, SM
DEC 5; 5:30 PM

Special Event: Barbershop Quartet Holiday Performance

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Nutritional Counseling

Learn how nutrition can support your healthcare goals. Schedule a one-on-one consultation with a Registered Dietitian.

Hearst Cancer Resource Center, SLO

BY APPOINTMENT; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM

BY APPOINTMENT; PLEASE CALL 805.219.HOPE (4673).

Prostate Cancer Support Group

Open discussions about a prostate cancer diagnosis and treatment options as well as objective information and solutions shared.

Hearst Cancer Resource Center, SLO
NOV 20 & DEC 18; 6:30 PM

Wishing you and yours a happy and healthy 2018!



Qigong Class

Gigong is a Chinese health and spiritual development system that lowers stress, increases vitality, and aids healing. It consists of slow flowing movements and deep breathing.

Hearst Cancer Resource Center, SLO
NOV 6, 20 & DEC 4, 18; 5:00 PM

SoulCollage® Art Therapy

Creative process for accessing your intuition and creating an incredible deck of cards with deep personal meaning. Walk-ins welcome.

Hearst Cancer Resource Center, SLO
NOV 10 & DEC 8; 11:00 AM

Mission Hope Cancer Center, SM
NOV 10 & DEC 8; 1:00 PM

SPOHNC, Santa Maria

(Support for People with Oral, Head, and Neck Cancer, Inc.)

These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer. Newly-diagnosed patients, survivors and their loved ones are welcome.

Mission Hope Cancer Center, SM
NOV 13; 5:00 PM

Tai Chi Chih

The slow gentle movements of Tai Chi Chih along with deep breathing help to improve well-being, balance, flexibility and stamina.

Hearst Cancer Resource Center, SLO
NOV 1, 8, 15, 22, 29 & DEC 6, 13, 20; 11:00 AM

NEW CLASSES

Walking Into Wellness

Regular walking improves overall health and wellness. Even more, it can help reduce the cancer-related symptoms of fatigue, weakness and nausea. Join fellow walkers at Mission Hope and reap the many benefits of taking a walk.

Mission Hope Cancer Center, SM
NOV 6, 13, 20, 27 & DEC 4, 11, 18; 1:00 PM

Warm Yarns Knitting and Crocheting Support Group

All levels are welcome; instructions, needles and yarn are provided.

Hearst Cancer Resource Center, SLO
NOV 7, 14, 21, 28 & DEC 5, 12, 19; 3:00 PM

Mission Hope Cancer Center, SM
NOV 6, 13, 20, 27 & DEC 4, 11, 18; 2:00 PM

Yoga for Cancer Patients and Survivors

Yoga combines physical postures, breathing techniques, and/or relaxation to support the body, mind and spirit. All levels welcome.

Basic Yoga

Veterans' Memorial Building, SLO
NOV 1, 8, 15, 22, 29 & DEC 6, 13, 20; 4:30 PM

Restorative Yoga

Deep passive stretching resulting in therapeutic relaxation achieved by using bolsters and blankets. Please bring a yoga mat.

Hearst Cancer Resource Center, SLO
NOV 13, 27 & DEC 11; 5:00 PM

BY APPOINTMENT; PLEASE CALL 805.542.6234.

Please note: During the Holiday season some classes have adjusted schedules. The following programs are on hiatus and will return next year:

- Create Your Own Vision Board
- Healing Touch (Energy Balancing)
- Mindfulness Therapy Class
- Yoga for Cancer Patients