

May Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Women's Support Group	2 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	3 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:30 Patient Orientation Class 5:00 Caregiver Support Group	4 9:00 Massage Therapy 6:00 Cancer Rehab	5 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 1:00 Journaling
8 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	9 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork	10 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:30 Patient Orientation Class	11 9:00 Massage Therapy 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	12 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class 1:00 Soul Collage
15 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Women's Support Group	16 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle	17 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:30 Patient Orientation Class 6:00 Family Night Group	18 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	19 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 11:00 iTHRIVE Support Group 1:00 Journaling
22 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	23 9:00 Lymphedema Prevention Exercise	24 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:30 Patient Orientation Class	25 9:00 Massage Therapy 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 4:00 Bereavement Support Group 6:00 Cancer Rehab	26 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class
29 Office closed for Memorial Day Holiday 	30 9:00 Lymphedema Prevention Exercise	31 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:30 Patient Orientation Class 5:00 Scarf Tying Techniques	Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 12-14. Calendar depicts weekdays only.	

June Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Massage Therapy 6:00 Cancer Rehab	2 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 1:00 Coloring Your Stress Away
5 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Women's Support Group	6 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	7 9:00 Cancer Rehab 9:30 Restorative Yoga 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:30 Patient Orientation Class 5:00 Caregiver Support Group	8 9:00 Massage Therapy 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	9 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class 1:00 Soul Collage
12 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	13 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork	14 9:00 Cancer Rehab 9:30 Restorative Yoga 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:30 Patient Orientation Class	15 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	16 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 11:00 iTHRIVE Support Group 1:00 Coloring Your Stress Away
19 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Women's Support Group	20 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better	21 9:00 Cancer Rehab 9:30 Restorative Yoga 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:30 Patient Orientation Class 5:00 Presentation: Strategies for Wellness	22 9:00 Massage Therapy 2:00 Healing Touch 4:00 Bereavement Support Group 6:00 Cancer Rehab	23 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class
26 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	27 9:00 Lymphedema Prevention Exercise	28 9:00 Cancer Rehab 9:30 Restorative Yoga 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:30 Patient Orientation Class	29 9:00 Massage Therapy 10:00 Grocery Store Tour 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	30 10:00 Patient Orientation Class 1:00 Create Your Own Vision Board

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

Getting Started

Patient Orientation Class
(For Mission Hope Patients)

Are you new to the Mission Hope family? 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 cancer patients, families and caregivers.

Mission Hope Cancer Center, SM
WEDNESDAYS: MAY 3, 10, 17, 24, 31 & JUN 7, 14, 21, 28; 3:30 PM

FRIDAYS: MAY 5, 12, 19, 26 & JUN 2, 9, 16, 23, 30; 10:00 AM

FOR MORE INFORMATION, PLEASE CALL 805.219.HOPE (4673).

DISPONIBLE EN ESPAÑOL.
FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

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

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

Hearst Cancer Resource Center, SLO
JUN 26; 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
MAY 1, 8, 15, 22 & JUN 5, 12, 19, 26; 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
MAY 25 & JUN 29; 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
MAY 22 & JUN 19; 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
MAY 11, 25 & JUN 8, 22; 4:00 PM

☪ NEW CLASSES

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

Hearst Cancer Resource Center, SLO
MAY 9 & JUN 6; 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
MAY 4, 18 & JUN 1 & 15; 6:00 PM

Mission Hope Cancer Center, SM
MAY 3 & JUN 7*; 5:00 PM
*Speaker: Shannon Burman, RD

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
MAY 18 & JUN 15; 11:00 AM
RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
JUN 2, 16; 1:00 PM

☪ Create Your Own Vision Board
Join us to build a board to inspire hope and positive thoughts.

Mission Hope Cancer Center, SM
JUN 30; 1:00 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Looking for these?

- Mindfulness Through Coloring has a new name: Coloring Your Stress Away

These programs will resume later:

- Learning Origami with Jane
- Mindfulness Therapy Class

Family Night Support Group
Dinner, activities and information
for children with cancer and their
families (in English and Spanish).
Licensed counselors and social
workers on hand; childcare provided.

Mission Hope Cancer Center, SM
MAY 17; 6:00 PM

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

Fight Against Falls
Exercise Class

Participants work on conditioning
their muscles to help battle muscle
fatigue and reduce the risk of falls.

Marian Health & Wellness Center, SM
MAY 3, 10, 17, 24, 31 & JUN 7, 14,
21, 28; 10:00 AM

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
MAY 9; 10:00 AM Plant Based Diets
JUN 13; 10:00 AM Healthy Hydration
JUN 29; 10:00 AM Vallarta Tour

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

General Support Groups
Informal support groups for all
patients and their loved ones.

Hearst Cancer Resource Center, SLO
MAY 4, 18 & JUN 1, 15; 6:00 PM
BY RESERVATION ONLY; PLEASE CALL
805.542.6234.

**Coastal Cancer Care & Diagnostic
Center, Pismo Beach**
MAY 8, 22* & JUN 12, 26†; 5:30 PM

Speaker: Tom Steffora, MA, LMFT
*Anxiety and Depression

†Facing the Loss of Pieces of Us
RESERVATIONS REQUIRED; PLEASE
CALL 805.481.7245.

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

Hearst Cancer Resource Center, SLO
MAY 3, 17 & JUN 7, 21; 5:00 PM

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
MAY 15 & JUN 12, 26; 11:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
MAY 25 & JUN 22; 2:00 PM

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

iTHRIVE® Support Group
An opportunity for our iTHRIVE
users to share experiences, tips,
information and thoughts about our
online wellness program.

Mission Hope Cancer Center, SM
MAY 19 & JUN 16; 11:00 AM
BY RESERVATION ONLY; PLEASE CALL
805.346.3469.

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
MAY 5, 19; 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
MAY 2, 16 & JUN 6; 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
MAY 10, 24 & JUN 14, 28; 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
MAY 3 & JUN 7; 10:00 AM

RESERVATIONS REQUIRED; PLEASE
CALL: 805.542.6234.

Now meeting third Tuesday:
Mission Hope Cancer Center, SM
MAY 16 & JUN 20; 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
MAY 30 & JUN 20; 1:00 PM

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

Marian Health & Wellness Center, SM
MAY 2, 9, 16, 23, 30 & JUN 6, 13,
20, 27; 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
MAY 10 & JUN 14; 1:00 PM

Mission Hope Cancer Center, SM
MAY 18 & JUN 15; 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
MAY 4, 11, 18, 25 & JUN 1, 8, 15,
22, 29; 9:00–11:00 AM
RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Classes continue

CLASSES, GROUPS & PROGRAMS

Men's Cancer Discussion Group

An opportunity to discuss issues, share concerns and exchange information on topics related to all cancers, as well as general health care concerns and trends.

Mission Hope Cancer Center, SM
MAY 12*, 26 & JUN 9, 23; 8:00 AM

*Guest Speaker: John Marin, LMFT

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
MAY 5*, 19 & JUN 2, 16; 8:00 AM

*Guest Speaker: John Marin, LMFT
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
MAY 11 & JUN 8; 2:00 PM

RESERVATIONS REQUIRED; 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
MAY 22 & JUN 19; 6:30 PM

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
MAY 8, 22 & JUN 5, 19; 5:00 PM

☯ Scarf Tying Techniques

A fun demonstration on how to tie head scarves with style and confidence. All materials provided.

Mission Hope Cancer Center, SM
MAY 31; 5:00 PM

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

☯ Silk Scarf Painting Class

Express yourself by wearing a silk scarf that you designed and created! Learn how to produce vibrant colorful imagery on your silk with just water and dye. All tools and materials provided.

Mission Hope Cancer Center, SM
JUN 5, 12, 19, 26; 9:00 AM

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

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
MAY 12 & JUN 9; 11:00 AM

Mission Hope Cancer Center, SM
MAY 12 & JUN 9; 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
MAY 8 & JUN 12; 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
MAY 3, 10, 17, 24, 31 & JUN 7, 14, 21, 28; 11:00 AM

☯ NEW CLASSES

Walking Into Wellness

Regular walking improves overall health including reduced symptoms of fatigue, weakness and nausea.

Mission Hope Cancer Center, SM
MAY 1, 8, 15, 22 & JUN 5, 12, 19, 26; 1:00 PM

Warm Yarns Knitting and Crocheting Support Group

All levels are welcome to join. Instructions, needles and yarn are provided for beginners.

Hearst Cancer Resource Center, SLO
MAY 9, 16, 23, 30 & JUN 6, 13, 20, 27; 3:00 PM

Mission Hope Cancer Center, SM
MAY 1, 8, 15, 22 & JUN 5, 12, 19, 26; 2:00 PM

☯ Women's Support Group

Cancer patients and/or survivors gather together to share their experiences and support each other throughout their cancer journey.

Mission Hope Cancer Center, SM
MAY 1*, 15 & JUN 5, 19; 4:00 PM

*Guest Speaker: Tianna Sheehan, RD
BY RESERVATION ONLY; PLEASE CALL 805.346.3469.

Yoga for Cancer Patients and Survivors

Yoga combines physical postures, breathing techniques, and/or relaxation to support the body, mind and spirit. Discover the healing power of yoga! All levels welcome.

Basic Yoga

Veterans' Memorial Building, SLO
WEDNESDAYS; 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
MAY 15 & JUN 12, 26 5:00 PM

Vicki Foreman's Restorative Yoga

Mission Hope Cancer Center, SM
JUN 7, 14, 21, 28; 9:30 AM

SPACE LIMITED; PLEASE CALL TO RESERVE A SPOT 805.219.HOPE (4673).