

# Cancer Care

OUR MISSION    YOUR CENTER    TOGETHER FOR HOPE

## Annual Event Celebrates Fifth Anniversary of Mission Hope Cancer Center

May/June 2017



For this year's anniversary celebration, Carol Dichmann (above left) worked with artist Catherine Panofsky to create the donor recognition artwork shown here. Incorporated into the design are the names of individuals, businesses and organizations who made donations to Mission Hope Cancer Center throughout the past five years. It is currently on display in the lobby at Mission Hope.

It was spring of 2012 when Mission Hope Cancer Center opened its doors to the community. Just five years later, Mission Hope Cancer Center is known as the region's first integrative oncology facility recognized throughout the Central Coast as a beacon of hope for its advanced technology, clinical expertise and compassionate care.

As part of this year's Day of Hope, Mission Hope commemorated its fifth anniversary with two additional events. We were pleased to welcome 200 people to the Eve of Hope Donor Reception and the next day the Survivorship Celebration drew 400 participants.

On April 11, 2017, more than 600 community members throughout Santa Maria, Lompoc, Orcutt, and Nipomo joined together in a united effort to sell

\$1 'special edition' Day of Hope *Santa Maria Times* and *Lompoc Record* newspapers. One hundred percent of all Day of Hope proceeds stay in the community, benefiting local patients and families in need at Mission Hope Cancer Center.

The magnitude of this year's Day of Hope was felt throughout the streets of our community as countless event participants and supporters shared how they have been touched by cancer.

The resounding success of Day of Hope would not be possible without the overwhelming generosity of event sponsors, devoted team leaders and participants, and a compassionate community. On behalf of Mission Hope Cancer Center's physicians, nurses, volunteers—and most importantly, our patients—we thank you for your support of Day of Hope and the fifth anniversary of Mission Hope Cancer Center! You have made a lasting impact in the lives of local cancer patients.



## Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD  
Medical Director  
Marian Cancer Program

Cheryl Decker, MD, FACEP  
Cancer Risk Program/Survivorship  
and Supportive Care Program

Todd M. Erickson, MD  
Medical Oncologist/Hematologist

April Kennedy, MD  
Medical Oncologist/Hematologist

Case H. Ketting, MD  
Radiation Oncologist

Samuel B. Kieley, MD  
Urologic Oncologist

Christopher V. Lutman, MD,  
FACOG  
Gynecologic Oncologist

Monica A. Rocco, MD, FACS  
Breast Surgeon

Stephen J. Vara, MD  
Medical Oncologist/Hematologist

Jeffrey Wu, MD  
Radiation Oncologist

Katherine M. Guthrie  
Senior Regional Director, Cancer  
Services, Central Coast Service Area

## CoastHills Credit Union and Mission Hope Cancer Center:

# Partners in Hope

We make a difference in our neighbors' lives. That is our vision at CoastHills Credit Union, and it transcends what we do every day for our 63,000 members. It truly drives the commitment we have to all of the communities we serve.

Our staff and volunteers log more than 4,000 hours of community service every year, sleeves rolled up, embedded in just about every community activity one can imagine.

When we were originally made aware of Mission Hope's vision to serve our local communities, we felt a kinship. The



CoastHills employees Theresa Binney, Branch Manager, Orcutt, and Lynnsy Hamilton-Obert, Relationship Manager, Crossroads, sell newspapers in Santa Maria in support of Day of Hope 2016.

difference they make for their patients is often in terms of life and death. But what has made such a lasting impression on our employees is the heartfelt caring that their incredible staff demonstrates with every life they touch.

Through the CoastHills Community Foundation's annual fundraising event titled "Rancho Vino," we raised and donated more than \$280,000 to Mission

Hope in just four years. On the April 11th Day of Hope, we set a new CoastHills record by raising more than \$3,500 peddling papers on the street corners of Lompoc, Vandenberg Village, Nipomo, and Santa Maria.

For CoastHills and Mission Hope Cancer Center, every day is a day of hope. We certainly hope that our efforts to make a difference together will last for days to come.



Scott Coe, SVP Marketing and Jeff York, President & CEO for CoastHills Credit Union, present proceeds from the 2011 Rancho Vino.



CoastHills employees at the Vandenberg Village corporate office, ready to sell newspapers in support of Day of Hope, 2017. In total, over \$3,500 was raised!

## Honoring Those Who Make a Difference



■ In recognition of March as Colon Cancer Awareness Month, Santa Maria Digestive Diagnostic Center and Mission Hope Cancer Center collaborated to bring life-saving information and free screenings to our community. This is particularly timely because recent statistics for the Central Coast demonstrate stage 3 and 4 colorectal cancers are higher than the national averages.

Due to this concern, in 2014 we started a local campaign to encourage members of our community to get a colonoscopy. Screening rates rose by 7% with our insured population. However, progress in our uninsured underserved communities did not change. By partnering with Santa Maria Digestive Center—Drs. Benipal, Evans, Jahnke, Nastaskin, Vachhani and Hsia—we have provided 47 colonoscopies to those who are unable to afford them with numerous polyp removals and identified five cancers. On the most recent free colonoscopy screening day there were fourteen people tested with one cancer identified and eight people had large polyps removed. Mission Hope believes that colorectal cancer is preventable, treatable and beatable and strives to bring that lifesaving message to everyone.

What can you do to reduce your risk? Say “YES” to the test! Get screened. It’s that simple. If you knew about a screening test that could reduce your risk of dying from cancer, would you have it done? Most people would say “yes.” This is the very best way to help prevent colorectal cancer. If you or a loved one needs assistance scheduling a colonoscopy, please call our oncology nurse navigator Carol Herrin, RN, OCN, at 346.3463.



On behalf of our cancer committee, we extend our deepest thanks to Santa Maria Gastroenterology Medical Group and their medical team and office staff (pictured on this page) for your commitment to catching this disease at a treatable stage.



Lise Alschuler, ND,  
FABNO



Karolyn Gazella

# The Secrets to Successful Behavior Change

By Lise Alschuler, ND, FABNO and Karolyn A. Gazella,  
creators of the iTHRIVE Cancer Survivorship Plan

Let's face it, changing behaviors is hard—especially if we are trying to turn a short-term behavior into a life-long habit. For years we were led to believe that all we needed to change a behavior was motivation. Without motivation, we were doomed to fail and with the right level of motivation, success was surely ours. We now know that motivation alone will often not lead to sustainable behavior change. New research offers insights into successful strategies for implementing change.

Years ago it was thought that all we needed to change behavior was the ability to change. From a practical standpoint, this merely meant reducing physical barriers to change. For example, if we need to exercise more, we need to make sure we have the physical ability to increase our exercise. Once again, just as with motivation, we have learned that capability is not enough.

What if we combine motivation with ability? Then we are sure to succeed in turning short-term behaviors into life-long habits. Not so, says Stanford researcher BJ Fogg, PhD. We had the opportunity to interview Fogg on our radio show and he said that in addition to motivation and ability, we need a trigger. Without a trigger, motivation and ability just aren't enough. Based on Fogg's research at Stanford, all three of these aspects—motivation, ability, and trigger—must come together at the same time in order to change behavior for good.

“If any one of these things is missing, the behavior won't happen,” said Fogg.

The trigger is a prompt that reminds us to actually do the behavior. This may require some creativity. Fogg told a story on the

Five to Thrive Live radio show about how he wanted to do more pushups throughout his day. He decided his trigger would be going to the bathroom. So, every time he went to the bathroom, he was reminded to do five pushups. He jokes that the number of pushups he would do throughout the day was dependent on his water intake that day.

So, it would seem that the key to making lasting changes is to develop a trigger. Effective triggers, says Fogg, are often associated with an existing routine or something that we can consistently count on, like going to the bathroom. Perhaps the trigger is morning coffee or tea or before the evening news or a part of our bedtime ritual.

“Find a routine or habit that you already have, and have that be the prompt for the new behavior you want,” says Fogg. According to Fogg, post-it notes, alarms, digital notifications, and other technology prompts can actually become irritating and ineffective. Identifying an existing habit or daily task that you can piggyback a new behavior onto will likely create long term success!

Fogg adds in one more secret to successful behavior change. He says that when we

To change behavior for good, you need three things:

- Motivation
- A trigger
- Ability





Help is available to provide the support and structure needed to make positive changes. Your personalized path to wellness awaits! Sign up for the iTHRIVE survivorship online program to help you:

- Heal from treatment
- Reduce risk of recurrence
- Achieve optimal wellness

combine a positive emotion or feeling with the new behavior, we'll change the behavior more quickly, and it will likely last longer.

“As you do the new behavior, fire off a positive emotion. Tell yourself you are doing a great job. Smile. High five. Do something to make yourself feel happy and positive about the behavior,” says Fogg. He calls this “the celebration.”

“The celebration makes your brain want to do the behavior again,” says Fogg. “If you are good at firing off that positive emotion, you can make a new habit stick in just a few days, rather than weeks or months.”

The next time you want to change a behavior, be your best cheerleader! Be sure to pat yourself on the back, Thriver, because that's one of the secrets to long-lasting behavior change. You can do it!

**You don't have to struggle on your own; join us!**

## **iTHRIVE® Support Group**

Many patients are on their way to optimal health using the new iTHRIVE online program. Are you getting the most from your experience? Do you have questions? Get together with other iTHRIVE users to share tips, information and thoughts about using and benefitting fully from the iTHRIVE wellness program.

**Friday mornings: May 19 and June 16 • 11:00 a.m.**

**Group facilitated by Oncology Nurse Navigator Kim Neace, RN, OCN**

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

**Reservations required; please call to reserve a seat at 346.3469.**



Shannon Burman, RD  
Clinical Registered Dietitian

**What's Coming Up?  
Fighting Cancer with  
Your Fork Nutrition  
Classes:**

**Plant Based Diets**  
May 9 • 10:00 a.m.

**Healthy Hydration**  
June 13 • 10:00 a.m.

Mission Hope Cancer  
Center

To make sure you get plenty of antioxidants in your diet: “Eat the rainbow.”

# Integrating Antioxidants into Your Diet

You’ve likely heard or seen the terms, “superfood,” “power food,” or “cancer-fighting ingredients.” But what do these all mean? While some of these terms may be marketing gimmicks, they are likely describing the health benefits that antioxidant-containing foods possess. But what exactly are antioxidants?

Antioxidants are chemicals that protect and prevent damage that occurs as part of normal oxidative metabolism. They interact with and stop free radicals from causing damage to cells throughout the body. So then what are “free radicals”? Free radicals are highly reactive chemicals that have the potential to harm cells. At high concentrations in the body, free radicals can damage a cell’s DNA (genetic makeup), proteins or cell membranes. This damage can play a role in the development of cancer. Therefore, antioxidants (also known as “free-radical scavengers”) help to prevent the damage that free radicals cause.

While the body produces some of its own antioxidants, we rely on dietary sources to get all that we need. Dietary sources include and vitamins C, E and carotenoids which include beta-carotene, lycopene and lutein which can be found in many fruits and vegetables.

## Vitamin C

Perhaps the best-known antioxidant, vitamin C is found in citrus fruits (oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.

## Vitamin E

Vitamin E is found in vegetable oils, wheat germ, whole-grain products, seeds, nuts and peanut butter.

## Carotenoids

Carotenoids (including beta-carotene, lycopene and lutein) are found in red, orange, deep-yellow and some dark-green leafy vegetables. Examples would be tomatoes, carrots, spinach, brussels sprouts, sweet potatoes, winter squash and broccoli.

## What about Antioxidant Supplements?

The National Cancer Institute states, that despite many research studies, they have not found enough evidence to say that antioxidant supplements are beneficial in preventing cancer. They even report that supplementation may increase risk of certain cancers. Rather, it is believed that the synergistic effect of whole fruits and vegetables is more preventative than individual supplements.

**For those undergoing treatment it is not recommended to take any antioxidant supplements because of possible drug-nutrient interactions.** Supplements can contain high doses of antioxidants which are not normally found in food. Because of this, it is recommended to have a balanced diet rich in antioxidants from fruits, vegetables, legumes and whole grains.

The bottom line is that an antioxidant-rich diet—along with maintaining a healthy weight and being physically active—has been shown to be protective against cancer and beneficial during treatment. As a rule of thumb, remember to “eat the rainbow”—meaning choose fruits and vegetables in all different colors. Different foods have varying types and concentrations of antioxidants; in an effort to get a variety and achieve balance, choose from as wide a selection as you can. If you need more guidance in choosing appropriate foods, you can make an appointment with the dietitian by calling 805.219.HOPE (4673).



# Cooking for a Chemotherapy Patient

The scariest thing I've ever had to do in my life was be the caregiver for my mother while she went through cancer treatments. But I found there are many things that can be done to make a loved one's battle with cancer easier for both of you and even improve the quality of life in the process. Here are a few tips to help get you started:

## Tip #1: Hydration

Water regulates many functions of the body including digestion, muscle movement, and taste. There are many ways to get water into your body: sports drinks, soup, vegetables, fruits, food in general, or even drinking plain old water. As a caregiver, it is our responsibility to oversee and regulate fluid intake. Keeping a food and water log is helpful. I frequently encouraged my mom by saying, "Just one more bite. Just one more sip."

## Tip #2: Roundness of Flavor

When eating food, you experience it with all of your senses not just your mouth. Roundness of flavor teaches you to find all five flavors (salty, savory, spicy, sour and sweet) and sensory experiences (touch, taste, smell, sight, and hearing) and bring them into balance. As the caregiver, you can monitor what flavors work for your loved one and what flavors do not and adjust accordingly. This will enable the patient to eat more and benefit from better nutrition.

## Tip #3: Palate Cleansing

Palate cleansing is a technique where you utilize a subtle and almost imperceptible sour note in your cooking to create the illusion of lightness inside of a dish. Simply add 1-2 tablespoons of red wine vinegar to the meal during cooking; sour flavors should always be followed by equal parts sugar. Adding sugar after sour masks the actual sour flavor and the smell of the vinegar while still allowing it to work its magic to rid the mouth of metallic tastes. You can also cleanse your palate with fresh palate-cleansing herbs like flat-leaf parsley, basil, and cilantro.

## Tip #4: Sanitation

Sanitation is the act of keeping your house, home, kitchen, and work space clean and

**The Caregiver Support Group** meets once a month for caregivers to exchange ideas and share helpful strategies. Join us to listen to guest speaker **Shannon Burman**, Clinical Registered Dietitian, as she expands on the topic of cooking for chemotherapy.

**Wednesday, June 7 • 5:00 to 7:00 p.m.**

Mission Hope Cancer Center, 1325 East Church Street

**Light dinner served • No reservations needed**

disinfected from hazardous bacteria, viruses, and chemical contaminants. This can be done by creating a bleach and water sanitizing solution. Make it a habit to spray and wipe down every kitchen surface with this sanitizing solution before and after cooking.

The two other things worthy of notice when cooking for a chemotherapy patient are food temperature and cross-contamination. The refrigerator should be at 40 degrees or lower and the freezer at 0 degrees to ensure minimal bacterial growth. The temperature of the food served is important, too. Use a kitchen thermometer to make sure the food is cooked to the proper temperature. This does two things: It kills harmful bacteria in the food and it makes the food much easier to digest. Cross-contamination is the most common (but easiest to prevent) cause of food poisoning. A classic example of cross-contamination would be cutting chicken on a cutting board, not sanitizing the board, then chopping a salad on that same cutting board. This is a common cause of food-borne illness.

While being a caregiver can be scary, it truly is a rewarding experience. Successful caregivers know that learning new skills and being open to acquiring additional information is invaluable. The most important of these skills is learning the difference between cooking and cooking for chemotherapy.



### Did you know?

Food cooked to the proper temperature is easier to digest and is free from harmful bacteria.

Mission Hope invites ladies currently in treatment to...

## An Enchanting Evening of Scarf Tying

**Wednesday, May 31 • 5:00 p.m.**

Mission Hope Cancer Center, Conference Center  
1325 East Church Street, Santa Maria

Mission Hope Cancer Center celebrates our chemo champions! If you are currently undergoing treatment and have experienced hair loss you know how dispiriting that is. You are invited to bring your own scarf as we learn how to tie head scarves with style and fashion in mind. Special guest presenter Rosalia Mendoza-Hill, MA, MFT, is a breast cancer survivor who has developed the knack of creative scarf tying which she will be demonstrating. As you learn these

techniques you will gain a new confidence to express yourself with flair.

**Please register right away by calling: 805.219.HOPE (4673).**



Do you have scarves you don't know what to do with? Bring one in and learn some fun ways to add pizzazz to your wardrobe.

**Back by popular demand!**

## Explore the Exotic Art of Silk Scarf Painting

**Monday mornings: June 5, 12, 19, 26 • 9:00 a.m.**

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

Reservations are required; space is limited and classes fill up fast!

**Please call Mission Hope to register: 805.219.HOPE (4673).**

Join us as we consider the exciting world of silk painting and create your own silk scarf. We will start with the very basics in this step-by-step workshop. Linda will explain how silk dyes offer even the beginner the opportunity to create one-of-a-kind works of art that are sure to please. Beginning with water you will learn how you can produce vibrant colorful imagery on your silk with just water and dye. Allowing the water to move the dyes, the results are a watery effect that produces a soft line and blended colors similar to water coloring. Everyone in the workshop will create his or her own scarf; all of the tools and materials will be supplied. It is recommended you wear clothing that you do not mind getting soiled. Participants have a choice of creating either a 30' x 30' square scarf or an 11' x 60' rectangular scarf. Join us for a morning of exploration and creative, hands-on FUN!

Instructor Linda Denton earned her BA degree in Art from California State University, Fullerton. Linda is an Artist-in-Residence for the schools in the Santa Ynez Valley and is currently working in the areas of photography, watercolor, and silk painting. Join us to learn from a master and take home a beautiful souvenir.

## STRENGTHEN THE BODY, MIND AND SPIRIT

Class series returns in June

### Restorative Yoga and Meditation

**Wednesdays: June 7, 14, 21, 28 • 9:30 a.m.**

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

We are pleased to welcome Vicki Foreman back to Mission Hope to lead this popular yoga class. Restorative yoga is a therapeutic style of yoga which utilizes props—such as blocks, bolsters, blankets and straps—to make it easier for the body to get into certain poses. Practicing poses using props provides a completely supportive environment for total relaxation; this yoga class is all about releasing tension. The pace in this class is slow and gentle allowing the body and the mind to reach a calm state. This is the perfect class to unwind, rejuvenate and to get rid of stress in the body. Meditation practice will be at the beginning and end of class. All levels are welcome.

**Registration is required; class size is limited. Please call Mission Hope to reserve your spot: 805.219.HOPE (4673).**



Learn the secrets of savvy shopping!

### Guided Grocery Store Tour

**Thursday, June 29 • 10:00 a.m.**

**Led by Shannon Burman, RD, and Hector Rodriguez, Promotor de Salud**  
Vallarta Supermarket, 1875 North Broadway, Santa Maria

For those living with cancer, it's apparent that proper nutrition plays an important role in the overall health and well-being of the patient as well as the caregiver. Many, however, feel overwhelmed at navigating the grocery store to select from the infinite array of foods on display. You're invited to join Shannon and Hector as they explain how to shop wisely for groceries by reading and understanding labels and choosing the foods that contribute to optimal health without breaking the bank.

**Tour is open to all cancer patients and caregivers; information in English and Spanish.**

Reservations are required. Please call Mission Hope to register:  
**805.219.HOPE (4673) (English) or 346.3406 (Spanish)**

#### TIPS FOR SUCCESSFUL GROCERY SHOPPING:

- **Shop the perimeter:** The outside aisles contain fresh fruits, vegetables, dairy, seafood and meats. Fresh foods are generally healthier than the ready-to-eat foods found in the middle aisles.
- **Make a list:** Creating a shopping list can help prevent impulse buying. It also makes navigating around the store easier thereby reducing the amount of time spent shopping
- **Buy seasonal:** Purchasing fruits and vegetables in season can be the freshest and healthiest choice and are often the best buys!

# May Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Women's Support Group	<b>2</b> 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	<b>3</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:30 Patient Orientation Class 5:00 Caregiver Support Group	<b>4</b> 9:00 Massage Therapy 6:00 Cancer Rehab	<b>5</b> 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 1:00 Journaling
<b>8</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	<b>9</b> 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork	<b>10</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:30 Patient Orientation Class	<b>11</b> 9:00 Massage Therapy 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	<b>12</b> 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class 1:00 Soul Collage
<b>15</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Women's Support Group	<b>16</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle	<b>17</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:30 Patient Orientation Class 6:00 Family Night Group	<b>18</b> 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	<b>19</b> 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 11:00 iTHRIVE Support Group 1:00 Journaling
<b>22</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>23</b> 9:00 Lymphedema Prevention Exercise	<b>24</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab 3:30 Patient Orientation Class	<b>25</b> 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	<b>26</b> 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class
<b>29</b> Office closed for Memorial Day Holiday 	<b>30</b> 9:00 Lymphedema Prevention Exercise	<b>31</b> 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
			<b>1</b> 9:00 Massage Therapy 6:00 Cancer Rehab	<b>2</b> 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 1:00 Coloring Your Stress Away
<b>5</b> 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	<b>6</b> 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	<b>7</b> 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	<b>8</b> 9:00 Massage Therapy 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	<b>9</b> 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class 1:00 Soul Collage
<b>12</b> 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	<b>13</b> 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork	<b>14</b> 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	<b>15</b> 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	<b>16</b> 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
<b>19</b> 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	<b>20</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better	<b>21</b> 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	<b>22</b> 9:00 Massage Therapy 2:00 Healing Touch 4:00 Bereavement Support Group 6:00 Cancer Rehab	<b>23</b> 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class
<b>26</b> 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>27</b> 9:00 Lymphedema Prevention Exercise	<b>28</b> 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	<b>29</b> 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	<b>30</b> 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 Certi-  
fied 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).

## TURN TO US FOR ANSWERS ABOUT CANCER

### Marian Regional Medical Center at Mission Hope Cancer Center

1325 East Church Street, Suite 102  
Santa Maria, California

**805.219.HOPE (4673)**

**Se habla español: 805.346.3406**

[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)

**Shannon Burman, RD**

CLINICAL REGISTERED DIETITIAN

346.3403

[Shannon.Burman@dignityhealth.org](mailto:Shannon.Burman@dignityhealth.org)

**Jenni Davis**

ONCOLOGY COUNSELOR/PATIENT ADVOCATE

346.3402

[Jennifer.Davis005@dignityhealth.org](mailto:Jennifer.Davis005@dignityhealth.org)

**Liz Elliott, RN, OCN, CBCN, CBPN-IC**

BREAST CANCER NURSE NAVIGATOR

346.3405

[Elizabeth.Elliott@dignityhealth.org](mailto:Elizabeth.Elliott@dignityhealth.org)

**Alison Fernandez, RN, MPH, OCN**

UCLA CLINICAL RESEARCH COORDINATOR

346.3461

[Alison.Fernandez@dignityhealth.org](mailto:Alison.Fernandez@dignityhealth.org)

**Sean Hunt, RN, BSN, OCN**

ONCOLOGY NURSE NAVIGATOR/  
SURVIVORSHIP PROGRAM

346.3401

[Sean.Hunt003@dignityhealth.org](mailto:Sean.Hunt003@dignityhealth.org)

**Michelle Lamarche, RN, OCN**

NURSE MANAGER, INFUSION CENTER

346.3421

[Michelle.Lamarche@dignityhealth.org](mailto:Michelle.Lamarche@dignityhealth.org)

**Carol Lowe, RN, OCN**

ONCOLOGY NURSE NAVIGATOR/  
LUNG CANCER SCREENING PROGRAM

346.3463

[Carol.Lowe@dignityhealth.org](mailto:Carol.Lowe@dignityhealth.org)

**Chris Magana**

CANCER CENTER TRANSPORT COORDINATOR

346.3444

[Chris.Magana@dignityhealth.org](mailto:Chris.Magana@dignityhealth.org)

**John Malinowski, ATC, CET**

CANCER REHABILITATION PROGRAM

346.3413

[John.Malinowski@dignityhealth.org](mailto:John.Malinowski@dignityhealth.org)

**Kim Neace, RN, OCN**

ONCOLOGY NURSE NAVIGATOR

346.3469

[Kimberly.Neace@dignityhealth.org](mailto:Kimberly.Neace@dignityhealth.org)

**Hector Rodriguez**

PROMOTOR DE SALUD  
ESPECIALIZADO EN ONCOLOGÍA

346.3406

[Hector.Rodriguez2@dignityhealth.org](mailto:Hector.Rodriguez2@dignityhealth.org)

### Arroyo Grande Community Hospital

Coastal Cancer Care  
& Diagnostic Center

921 Oak Park Blvd., Pismo Beach, CA

**Mary Fedel, RN, OCN**

CANCER CARE NAVIGATOR

481.7245

[Mary.Fedel@dignityhealth.org](mailto:Mary.Fedel@dignityhealth.org)

### French Hospital Medical Center

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201

San Luis Obispo, CA

**Gloria Caine, RN, BSN, OCN**

NURSE NAVIGATOR, HCRC

542.6234

[Gloria.Caine@dignityhealth.org](mailto:Gloria.Caine@dignityhealth.org)

**Beverly Kirkhart**

DIRECTOR, HCRC

542.6269

[Beverly.Kirkhart@dignityhealth.org](mailto:Beverly.Kirkhart@dignityhealth.org)

### Infusion Center of San Luis Obispo

715 Tank Farm Road, Suite B  
San Luis Obispo, CA

**Susan L. Diaz, RN, OCN**

CLINICAL SUPERVISOR

786.6144

[Susan.Diaz@dignityhealth.org](mailto:Susan.Diaz@dignityhealth.org)

### Dignity Health Central Coast

**Katherine M. Guthrie**

SENIOR REGIONAL DIRECTOR, CANCER  
SERVICES, CENTRAL COAST SERVICE AREA

346.3434

[Katherine.Guthrie@dignityhealth.org](mailto:Katherine.Guthrie@dignityhealth.org)

**Laura Deppen, RN**

HOSPICE DIRECTOR

739.3829

[Laura.Deppen@dignityhealth.org](mailto:Laura.Deppen@dignityhealth.org)

### Medical Directors

**MARIAN REGIONAL MEDICAL CENTER**

Robert A. Dichmann, MD

**ARROYO GRANDE COMMUNITY HOSPITAL**

Edwin Hayashi, MD, FACS

**FRENCH HOSPITAL MEDICAL CENTER**

Thomas Spillane, MD

### Mission Hope Cancer Center Phone Numbers

#### FIRST FLOOR:

Marian Cancer Care ..... 219.HOPE (4673)

Marian PET/CT Center ..... 346.3470

Radiation Oncology ..... 925.2529

#### SECOND FLOOR:

Marian Breast Imaging Center ..... 346.3490

Mission Hope Health Center ..... 346.3456

Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist

Monica A. Rocco, MD, FACS, Breast Surgeon

Cheryl Decker, MD, FACEP

Cancer Risk Program/Survivorship and Supportive Care Program

#### THIRD FLOOR:

Medical Oncology ..... 349.9393

Mission Hope Infusion Center ..... 346.3419

Mission Hope Lab (*Office hours: 7:30 a.m. to 4:30 p.m.*) ..... 346.3480

1325 East Church Street, Suite 102  
Santa Maria, CA 93454

INFORMATIONAL TALK TO ENCOURAGE AND EDUCATE

## Strategies for Wellness

Guest speaker Jerry Sanger, MA, will address the topic of balancing all the aspects of life that promote wellness.

**Wednesday, June 21 • 5:00 p.m.**

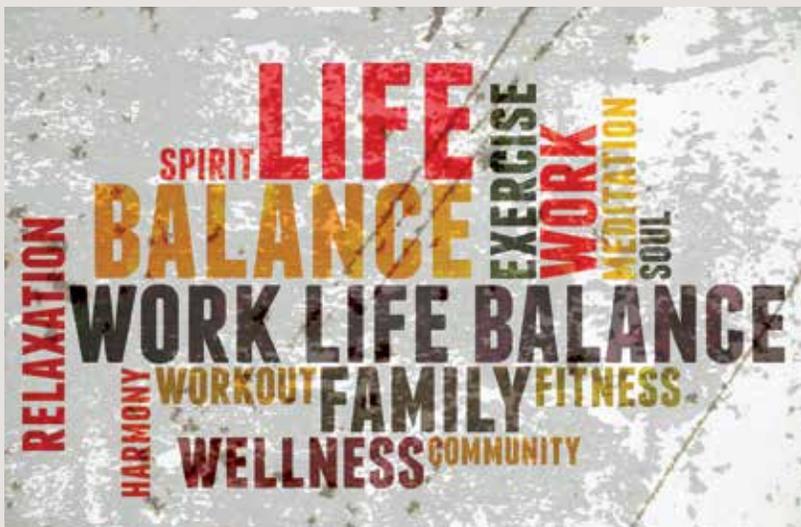
Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

Refreshments will be served.

Seating is limited for this free presentation.

Please call Mission Hope at 805.219.HOPE to reserve your seat.

■ Maintaining your best possible quality of life can be an overwhelming challenge when living with cancer. Pain, as well as distressing physical and emotional symptoms, may affect your quality of life in profound ways. The stress can have a big impact on you as well as your family. Please join us for an evening filled with practical information on how to successfully manage common challenges faced by people living with cancer and those who care for them. Bring home tools to help you live comfortably and achieve the best possible quality of life.



### Your Ticket to Wellness:

- Take care of your body
- Eat well
- Manage pain and other symptoms
- Exercise
- Have a good mental outlook
- Take care of your spirit
- Find meaning and strength through faith, religion or spirituality
- Seek comfort through human connections

