

## WELLNESS CLASSES AND ACTIVITIES

# Recommit to self-care in 2022

We can help you develop your personal fitness, nutrition and wellness goals and provide you with the knowledge, guidance, and motivation to reach them.

## Auricular Acupuncture

The ear has over 200 acupuncture points on it! Auricular acupuncture has been used to relieve a wide variety of symptoms associated with cancer treatment, including cancer-related fatigue, chemotherapy-induced nausea, pain, depression and anxiety. Many participants enjoy the meditative calmness and find the treatment to be effective and relaxing.

**MISSION HOPE CANCER CENTER, SANTA MARIA**

**Mondays, January 24 & February 28; 3:00 p.m.**

Reservation required; please call 805.219.HOPE (4673)

**MISSION HOPE CANCER CENTER, ARROYO GRANDE**

**Mondays, January 24 & February 28; 1:00 p.m.**

Reservation required; call 805.474.5334

## Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50% and the properties of water allow you to do more than you can on land. Benefits include more range of motion, joint flexibility and pain reduction. As part of an exercise regimen, the water fitness program works to decrease body fat, increase lean body mass, increase cardiovascular fitness, providing a whole body workout.

**ALLAN HANCOCK COLLEGE, SANTA MARIA**

**Fridays, January 21, 28 & February 4, 18, 25**

Reservation and assessment required; please call John Malinowski at 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

## Capacitar Classes (Mindfulness)

Capacitar teaches simple practices to help manage stress, boost your immune system, and minimize fear and anxiety. Learn techniques such as acupressure, breath work, tai chi, emotional freedom technique, hand mudras, and much more.

**VIRTUAL/ZOOM MEETING**

**Wednesdays, January 12 & February 9; 3:00 p.m.**

Reservation required; please call 805.219.HOPE (4673)

■ Reservations are required; some activities require an assessment first. Please call the phone number under each class you are interested in.

## HEAL: Healthy Eating and Activity for Living

Because nutrition and exercise go hand in hand with preventing and fighting cancer as well as leading an overall healthy life, Mission Hope is pleased to offer this class that features interesting topics related to nutrition and fitness.

**MISSION HOPE CANCER CENTER, SANTA MARIA**

**Tuesday, February 8; 2:00 p.m.**

**Topic: Preventing Cancer through a Plant Based Diet and Exercise**

Reservation required; please call 805.219.HOPE (4673)

## Lymphedema Prevention Exercise

Systematic exercise can play a major role in avoiding the onset of lymphedema. This therapeutic exercise class is designed for breast cancer survivors and those battling chronic conditions.

**MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA**

**Tuesdays, January 4, 11, 18, 25 & February 1, 8, 15, 22**

Reservation and assessment required; call John Malinowski at 805.346.3413

**MISSION HOPE CANCER CENTER, ARROYO GRANDE**

**Thursdays, January 6, 13, 20, 27 & February 3, 10, 17, 24**

Reservation and assessment required; call John Malinowski at 805.474.5334



Keep up with all our classes and programs at both locations at our website:  
[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)



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