

Groups available
in person in Santa Maria
or online

Mission Hope Cancer Center is pleased to invite you to our

Breast Cancer Support Groups

■ Research has shown that actively engaging in a support group helps people cope more successfully with a cancer diagnosis and its effect on everyday life. We invite you to attend a support group that resonates with your individual needs to forge friendships and find needed strength from others.

Young Women Breast Cancer Support Group

Facilitator: Melissa Garcia, RN, BSN, Breast Care Oncology Nurse Navigator

This breast cancer support group addresses the unique challenges young women face by providing resources, support and education to address every phase of a young woman's breast cancer experience.



Yoga with Meghan Wells, RN

Monday, July 31 • 5:15 p.m.

Learn how yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. Class will focus on alignment, strength, and flexibility. Experience not required; please bring a yoga mat. **Call 805.346.3405 to register.**



Succulent Workshop with Melissa James, LVN student

Monday, August 28 • 5:15 p.m.

Explore the fascinating world of succulents! Succulent garden specialist Melissa will lead a hands-on

succulent planting arrangement. Participants will learn the basics of how to plant and care for a garden of their own. **Call 805.346.3405 to register.**



Breast Cancer Support Group (General)

Facilitator: Lindsey Hughes, RN, BSN, Oncology Nurse Navigator

Women gather online to share valuable information and resources to help manage the challenges a breast cancer diagnosis can bring and gain valuable strength from others who understand.

 **Tuesdays: July 18 and August 1, 15 • 4:00 p.m.**

Please call Mission Hope at 805.346.3402 to register.

In person classes held at:
Mission Hope Cancer Center
1325 East Church Street
Santa Maria

