

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

January/February 2024

GIVE YOURSELF A BOOST!

Look Good Feel Better

Look Good Feel Better workshops provide live instruction, tips and tricks for dealing with visible side effects of cancer treatment. Join our facilitators Yolanda and Renée as they demonstrate helpful strategies for skin care, cosmetic application and alternatives for managing hair loss, including the use of wigs, hats and scarf tying.

These workshops consist of two parts: one focusing on make-up techniques and the other dealing with hair loss. For the first part of the workshop, each participant receives a free make-up kit with all the essentials needed in her shade. (Shades are chosen at registration.) For the second part of the workshop, instruction will be given on how to style a wig or use a scarf and other helpful tips for making yourself feel glamorous. Please feel free to bring your own wig and head scarfs if you have them. Priority will be given to participants under active treatment.

Thursday, February 1, 2024 • 1:00 to 3:00 p.m.

Mission Hope Cancer Center, Conference Center

1325 East Church Street, Santa Maria

Seating is limited and reservations are required; please call 805.219.HOPE (4673)

*Look Good
Feel Better
workshops
are back
in person at
Mission Hope
Cancer Center,
Santa Maria!*

**Virtual workshops
still available**

MEET OUR FACILITATORS:



Yolanda Ramos has been a cosmetologist for many years. She instructs the students on how to properly put on makeup. In addition, the class has fun experimenting with different color wigs and hair styles as they chat with other women

who are going through the same thing—in a comfortable and safe environment. Yolanda has observed, “Just a little makeup and a smile helps make their day and mine.”



Renée Swan is a licensed cosmetologist and daughter of a two-time breast cancer survivor and a cancer survivor herself. She is passionate about helping women with their hair care and skin care needs. She is a firm believer that when

you look good, you feel better! Renée remarks, “I feel blessed and honored to have a small impact on changing the way someone looks and feels when they walk out of the workshop.”



Mission Hope Cancer Center Leadership

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

K. April Kennedy, MD
Medical Oncology/Hematology

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

Kevin Kim, MD
Medical Oncology/Hematology

Constantine Melitas, MD
Advanced Gastroenterology

Jonathan E. Tammela, MD,
FACOG
Gynecologic Oncology

Sikandra Tank, MD, MPH
Palliative Care

Jonathan Van Wickle, MD
Radiation Oncology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Katherine M. Guthrie
Senior Director, Cancer Services,
California Central Coast



To make a donation, scan the QR
code or give us a call.

805.739.3595
www.SupportMarianMedical.org

 **Marian Regional
Medical Center Foundation.**
A Dignity Health Member

Gift of Hope

During Breast Cancer Awareness Month

The Santa Maria Valley community gave back in a significant way during the 2023 season of giving.

Throughout last year's season of gratitude, the entire Santa Maria valley and surrounding communities supported patients at Mission Hope Cancer Center in extraordinary ways. The Marian Foundation extends heartfelt appreciation to the companies and organizations shown here who made significant efforts to raise crucial dollars to help local cancer patients and their family members in need!



▲ Toyota Santa Maria's Pinktober: \$7,140

Throughout the month of October, Toyota Santa Maria hosted its Pinktober Pumpkin Patch where the car dealership sold painted pumpkins and raised a total of **\$7,140** in support of local cancer patients.



► Community Bank of Santa Maria: \$4,000

Community Bank of Santa Maria hosted a fundraiser in the month of October for Mission Hope Cancer Center in memory of an employee who passed away from cancer, **Judy Zavala**. This meaningful fundraiser brought in **\$4,000** in support of local breast cancer patients at Mission Hope Cancer Center.



◀ Main Street Shell Gas Station: \$2,775

Main Street Shell Gas Station hosted its annual National Breast Cancer Awareness Month fundraiser on October 28, 2023. Throughout the month, the gas and service station also donated one cent per gallon, collecting a grand total of **\$2,775**.

Thank You to Recent Community Fundraisers for Supporting Local Patients at Mission Hope Cancer Center

▼ InSPArations Salon & Spa: \$2,280

InSPArations Full Service Salon hosted its 20th anniversary raffle which included gift certificates to InSPArations and several local businesses. This year's raffle was in memory of an InSPArations team member who passed away from cancer.



◀ Soul Kool Fundraiser: \$1,900

A portion of proceeds from the Soul Kool Band's second annual fundraiser supported Mission Hope Cancer Center. In addition to live music, the band sold raffle tickets and 50/50 tickets, raising a total of \$1,900.



▶ Santa Maria Police Department: \$1,885

The Santa Maria Police Department promoted its pink cruiser throughout the community in celebration of National Breast Cancer Awareness Month and sold pink police patches. The police department's 2023 campaign raised \$1,885 for Mission Hope Cancer Center.



◀ Orcutt Youth Softball: \$1,206

Orcutt Youth Softball Association hosted a Pink Sunday Bake sale in support of Breast Cancer Awareness Month, raising \$1,206 in support of Mission Hope Cancer Center.



▼ St. Joseph High School Students at SJHS ditched their uniform collars on October 17, 2023, to raise funds for local breast cancer patients in need. Every student who participated donated \$5 to Mission Hope Cancer Center, raising \$450 for the cancer center.



▲ Santa Maria Valley YMCA: \$1,111

During the month of October, the Santa Maria Valley YMCA hosted a fundraiser selling flowers donated by Back Porch Florals, raising \$1,111 in support of Mission Hope Cancer Center.



▲ St. Mary of the Assumption School hosted a Pinktober free dress day and bake sale with 50% of the proceeds directed in support of Mission Hope Cancer Center. Recently, St. Mary's teachers and students proudly donated a total of \$436.

◀ C&E Fine Jewelry hosted a day of pink at the newly opened jewelry store with 10% of all proceeds supporting patients in need at Mission Hope Cancer Center, raising \$375.



▲ The Patch Santa Maria: \$900

The Patch Santa Maria hosted its Pink Saturday event on October 14, 2023, raising \$900 in support of patients.



As a not-for-profit hospital, we rely on the support of people like you to keep our doctors, nurses, and clinical staff equipped with the tools they need to heal and save lives.

No one ever wants to hear the words, “You have cancer.”

Unfortunately, this is a reality for many people and their loved ones. Receiving an early diagnosis, more quickly and closer to home, can have a tremendous impact on a family’s ability to overcome cancer. That’s why Arroyo Grande Community Hospital Foundation is raising funds to bring more advanced imaging technology and private patient rooms to our community through the Excellence Campaign.

Make a Difference Through the Excellence Campaign

According to the American Cancer Society, the five-year survival rate for many forms of cancer is above 90% when detected early. The best tool for early detection and diagnosis is more advanced imaging technology.

Last year, thanks to the generosity of our community, we purchased a new 3-D mammography and biopsy machine to screen patients for breast cancer more quickly and comfortably. Since the installation of our new machine, we have helped detect cancer early in over 60 patients.

This year, we need your help fundraising for even more lifesaving technology:

- **Radiology-Fluoroscopy Room:** This all-inclusive imaging suite will serve the needs of most patients who come through our doors.
- **Portable Digital X-Ray:** This machine captures incredibly detailed X-rays in ways that are more accessible and comfortable for patients.
- **MRI:** High-quality Magnetic Resonance Imaging in a dedicated space to provide better diagnosis and more patient comfort.
- **New Private Patient Rooms:** Studies show that having privacy helps patients heal more quickly and comfortably.

As a not-for-profit hospital, we rely on the support of people like you to keep our doctors, nurses, and clinical staff equipped with the tools they need to heal and save lives. When planning your end-of-year giving, please consider joining our family of supporters by sending a gift today.

You can donate online at supportarroyogrande.org or give us a call at **805.994.5421**. We are so grateful for this incredibly big-hearted community. Thank you for being so supportive!



Kevin Wilkinson, Foundation Board Member and Excellence Campaign Chair

“I was diagnosed with a rare brain tumor in 2019, and although we have world class doctors at Arroyo Grande Community Hospital, I was told to go elsewhere for the advanced imaging needed for my diagnosis.

We’ve made sure our doctors and staff are at the level that they’re being recognized nationally. Now it’s up to the community, through the Excellence Campaign, to get our imaging equipment and patient rooms up to the same level.”

Do you ever feel restless? On edge? Uneasy? Consumed with worried thoughts? Maybe even a little panicky? These are all signs of anxiety. Anxiety is a distressing emotional state that arises when we are faced with stressful, potentially dangerous, or unfamiliar situations. When we feel anxious, we often experience rapid-fire worried thoughts combined with feelings of unease. This can cause you to have trouble sleeping or make it difficult for you to cope with everyday stressors, not to mention the stress of cancer.

Getting a Handle on Your Anxiety

Some anxiety is common—even normal—after a cancer diagnosis. In fact, many cancer survivors when asked if they're experiencing any signs of anxiety would answer, "Yes, who wouldn't be?" After all, being diagnosed with cancer and undergoing cancer treatment can definitely be considered a stressful, potentially dangerous, and unfamiliar situation for most people.

However, just because something is common, that doesn't mean you have to merely live with it. Uncontrolled anxiety can have a negative impact on your health and your quality of life. Here are some tips to help you get a handle on your anxiety while coping with cancer.

Schedule your worry. Set aside some time each day for you to worry—either one large block or several smaller chunks spread throughout the day, whatever works for you. During this time, think about all your worries and log them for your healthcare provider or oncology nurse navigator. Then, at the end of the worry period, stop and do something else.

Set limits on web-surfing. Take notice of how you feel after a long consultation with "Dr. Google," or after scrolling online peer forums. If you find you feel more anxious, cut back.

Remember that this too shall pass. Certain points along the cancer journey are uniquely stressful, but you will get through them. Once you have a treatment plan in place, and particularly once treatment begins, these initial fears will begin to subside. It's a good idea to have some tools you can use to help you cope during those times when anxiety is likely to spike.

Practice self-compassion. Be kind to yourself, even when you're feeling anxious—*especially* when you're feeling anxious. Some people think

feeling fear or anxiety means you are weak or there is something wrong with you. Labeling fear or anxiety as just what it is and not judging yourself for having those feelings goes a long way toward restoring calm to your body and mind.

Uncover your underlying fears. Find someone you can talk with about your fears. This can be your doctor, a counselor or therapist, social worker or a trusted friend.

Focus on what you can control. Exercise, eat a healthy diet, go to bed at a suitable time or make plans with friends. So many things are out of your hands during cancer treatment; therefore, focusing on those things you do have some control over will give you a feeling of purpose and bring about a sense of calm.

Remember your strengths. Your strengths might include perseverance, faith, flexibility, self-discipline, an optimistic outlook, or maybe a dark sense of humor that helps you laugh through the hardest times. Write down your strengths on a piece of paper and pull out your list any time you need a reminder.

Be open to medication. Your doctor can help you decide if anxiety medication is right for you.

Breathe. Finally, learn to calm your body through grounding techniques, breathing exercises, or meditation. These strategies can also help you keep anxiety at bay while you're waiting for procedures, or getting chemo or radiation.

A small amount of worry or stress is normal (and even sometimes helpful), as long as it's proportionate to the situation. However, too much exacts a toll. Instead of letting your worry rule the day, try these strategies to reduce your anxiety and bring more calm, purpose, and peace of mind to your life during cancer treatment and beyond.

Learn to calm your body through grounding techniques, breathing exercises, or meditation.



Ruth Farrell, MPH, RDN
Registered Dietitian
Nutritionist

Ruth is honored and excited to utilize her expertise to support cancer patients throughout their journey.

Welcoming our New Registered Dietitian Ruth Farrell, MPH, RDN

Ruth is a Registered Dietitian who is passionate about nutritious foods and the important role they play in supporting health and wellness. She fell in love with nutrition after taking an introductory college course on the subject. She realized that food provides much more than just energy: food creates culture, promotes social connection, allows for creativity in the kitchen, and provides the nutrients that can help us heal and thrive. After six years of formal education, Ruth obtained a BS in Nutrition Science from Cal Poly San Luis Obispo and an MPH in Nutrition from Loma Linda University (LLU).

During her master's program, she worked at LLU's Nutrition Research Center and enjoyed guiding participants through the stages of various research studies. The studies focused on examining the connection between plant-based foods and cognition/immunity. She also completed three professional practicums that exposed her to community, food service, and clinical nutrition work settings. In her free time, Ruth enjoys cozying up with a good book, hiking, and spending time with her fiancé Joey and her dog Max.

Diarrhea can result from some chemotherapy drugs, certain surgical procedures, and radiation treatment to the pelvic area.

Note: *If you are experiencing more than three episodes of diarrhea in one day, contact your healthcare team. Diarrhea can lead to dehydration or changes in the levels of potassium and sodium in your body. Changes in these levels can be dangerous if not corrected.*

The apples and oats in our Apple Cinnamon Muffin recipe provide soluble fiber, which can help minimize diarrhea. The best part? Delicately sweet, these muffins are made with pure maple syrup, giving them a touch of natural sweetness. For variety, you can also substitute peaches or berries for the apples in this recipe.



Apple Cinnamon Muffins

INGREDIENTS:

1 cup all-purpose flour	1/2 tsp salt	1 tsp vanilla extract
2/3 cup whole wheat flour	1 egg	2 small thinly diced apples
1 tsp baking powder	1/2 cup pure maple syrup	1/3 cup old fashioned oats
1 tsp baking soda	1/2 cup milk	
1 tsp cinnamon	1/3 cup applesauce	

INSTRUCTIONS:

1. Preheat oven to 325 degrees F. Grease muffin tin.
2. Combine flours, baking powder, baking soda, cinnamon, and salt in small bowl.
3. In a larger bowl, combine egg, syrup, milk, applesauce, and vanilla extract.
4. Add dry ingredients to wet ingredients and mix until combined.
5. Mix in apples and oats.
6. Spoon batter into prepared muffin tin. Place in preheated oven.
7. Bake for 23-25 minutes until lightly browned and center cooked.

The Power of Protein

What is protein?

Along with fat and carbohydrates, protein is a macronutrient. This means that our body needs a relatively large amount of this nutrient. Protein has a small role in calorie provision for energy production in our diet but has many important roles.

Why is protein important?

Protein is necessary for body maintenance, growth and repair. Protein is present in almost all body cells and has many functions including:

- Formation and maintenance of muscles, connective tissues, red blood cells, enzymes, and hormones
- Transporting many body compounds as well as medications
- Maintaining the balance of body fluids
- Fighting infections and strengthening our immune system

How much protein do I need?

Each individual's calorie and protein requirements will vary. An estimate of your protein needs is 0.8-1.0 grams per kilogram of

body weight (or 0.36 to 0.45 grams per pound of bodyweight). If undergoing chemotherapy, radiation, or surgery, protein needs generally increase, and estimated needs are typically 1.0 to 1.5 grams per kilogram of bodyweight (or 0.45 to 0.68 grams per pound of bodyweight). It is important to discuss your individual caloric intake and protein needs with your physician and registered dietitian. Depending on the type of cancer and other medical conditions, metabolic processes can change how the body uses proteins, fats, and carbohydrates.

If you have any questions how protein fits into your daily nutritional plan or the role protein plays in an exercise routine, please come join us for our upcoming Nutrition and Exercise Support classes. Upcoming meetings will be held on Tuesday, January 9 discussing the Power of Protein and on Tuesday, February 13 we will present the topic of Helping Prevent Cancer through Exercise and Nutrition. Both begin at 2:00 pm in the Mission Hope first floor conference room. Please call John Malinowski at 805.346.3413 to reserve your spot today!

For those undergoing chemotherapy, radiation, or surgery, protein needs generally increase.

For foods with a high protein content, please see chart below

Food	Serving Size	Protein Grams	Food	Serving Size	Protein Grams
Meat: Beef, Lamb, Pork	3 Oz.	21	Hard Cheese	1 Oz	8
Poultry: Chicken, Turkey	3 Oz	21	Dried Beans & Legumes	½ cup	8
Fish	3 Oz.	21	Tofu	½ cup	14
Egg	1	7	Soybeans	½ cup	14
Milk	1 cup	8	Textured Soy	½ cup	11
Yogurt	1 cup	10	Soy Milk	1 cup	6.5
Cottage Cheese	½ cup	12	Edamame	½ cup	11
Hard Cheese	1 Oz	8	Tempeh	½ cup	15.5
Dried Beans & Legumes	½ cup	8	Nuts	¼ cup	7
Tofu	½ cup	14	PeanutButter	2 Tbsp	7

MAKE ART...MELT STRESS

Mindful meditation is a practice that helps you focus on the present moment without judgment or distraction. It can improve your mental and emotional well-being, as well as your creativity and productivity. Join us to dive deeper into the splendid world of neurographic drawing and Zen doodling which is a fun way to practice mindful meditation. These artistic techniques allow you to express yourself freely without worrying about the outcome or expectations. You can use them to relax, release stress, and explore your inner self by drawing neurographic lines, shapes, and enhancements.



Join us for a delightful and relaxing art class in February, where we will explore the techniques of neurographic drawing and Zen doodling. In this class, we will use these methods to create artwork inspired by the holiday theme of Valentine's Day. You will learn how to draw a Zen doodle heart and a neurographic rose and add colors and details to make them your own. No prior experience or artistic skills are required, just a willingness to try something new and enjoy the process. Come and discover the joy and benefits of neurographic drawing and Zen doodling with us!

Wednesday, February 21

9:00 a.m. to 12:00 noon

**FREE
HANDS ON WORKSHOPS
OPEN TO EVERYONE**

Neurographic Art

Led by Cheryl Kelly

One of the highlights of January's class is a new project that involves watercolors or markers. Are you ready for an exciting project with geometric abstract art? You will be taping off with masking tape a geometric abstract layout. This art form will let you experiment with shapes, colors, and patterns in a fun way. Using watercolors or markers, fill it with your own Zen doodle designs. These activities can help you calm down, clear your mind, and connect with yourself. No experience is needed. This will be an artistic adventure.

Wednesday, January 17

9:00 a.m. to 12:00 noon



BOTH CLASSES IN SANTA MARIA

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Seating is limited and reservations are required.

Please call Mission Hope Cancer Center at 805.219.HOPE (4673)

EXPLORE THE INTUITIVE PROCESS

Mission Hope Cancer Center offers a variety of classes to assist in the process of healing—physically, emotionally and mentally. You are invited to join Terrie at her classes and experience the benefits for yourself.



Explore what this time of life is trying to teach you and how to move forward with grace and ease.

Vision Board Workshop

with Terrie Miley

We will gather at the beginning of the New Year to contemplate what each of us would like to manifest into our life in the coming year. We have in the past chosen a “word” to inform our intention for the coming year. You can do the same practice by surrounding your word with images that support the desires of your heart, whether it is vibrant health, a life of peace and tranquility, more self-care, greater connection with family, friends and community or stepping into the unknown. Come explore what your vision will be for the year to come. No fee; all materials are provided.

Friday, January 5 • 1:30 to 3:30 p.m.

CLASSES IN SANTA MARIA

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

Seating is limited and reservations are required.

Please call Mission Hope Cancer Center at 805.219.HOPE (4673)



Jewelry Making Class

with Terrie Miley

Take a moment to relax and connect with others while creating something beautiful for Valentine's Day. Participants will receive guidance from Terrie to hand make two pairs of earrings. You'll have one to wear out and another to take home or gift. Share the love and join the fun. Materials will be provided.

**Selected Fridays:
February 2, 16
1:30 to 3:30 p.m.**

“Art enables us to find ourselves and lose ourselves at the same time.”

—Thomas Merton



Silk Scarf Painting

with Linda Denton

In this popular workshop, Linda shows how silk dyes are used to create beautiful works of art. Using water to move the dyes, the results produce a soft line and blended colors similar to water coloring. Participants have a choice of creating either a 30' x 30' square scarf or an 11' x 60' rectangular scarf. Wear clothing that you do not mind getting soiled and get ready for a morning of creative, hands-on fun!

Tuesday, January 2 • 1:00 to 4:00 p.m.

Mission Hope Cancer Center, Arroyo Grande

1325 East Church Street, Conference Room

Seating is limited; reservations are required. Please call 805.474.5302 to register

Wednesday, January 3 • 9:00 a.m. to 12:00 noon

Mission Hope Cancer Center, Santa Maria

1325 East Church Street, Conference Room

Seating is limited; reservations are required. Please call 805.219.HOPE (4673) to register

Experience the Art of Origami

with Jane Abela

A cancer survivor herself, Jane leads the group in the creative and relaxing pastime of origami. This practice immerses one in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction. Many of the origami designs are symbols of hope and new beginning.

Tuesdays, January 9 and February 13 • 10:00 a.m.

Mission Hope Cancer Center, Santa Maria

1325 East Church Street, Conference Room

Seating is limited; reservations are required. Please call 805.219.HOPE (4673) to register



You are invited to roll up your sleeves and try your hand at a relaxing artistic experience with our talented facilitators. Join us to learn a fun new skill and make friends with those facing similar concerns.

Motivated to Move!



Exercise and movement during and after cancer treatment work to improve your quality of life and how you function physically by strengthening balance, improving blood flow, and reducing anxiety.

Aquatic Therapy

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.

ALLAN HANCOCK COLLEGE, SANTA MARIA

Selected Fridays: Jan. 26 & Feb. 2, 9, 23

Reservation and assessment required; please call 805.346.3413 (SM) or 805.474.5334 (AG)

Barre Exercise Class

Barre is a low impact fitness practice that is suitable for all ages. Combining classic ballet dance movement with yoga and Pilates, it increases strength and flexibility through a series of stretching and micro movements.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays: Jan. 4, 11, 18, 25 & Feb. 1, 8, 15, 22, 29

Reservation and assessment required; call 805.474.5334

Circuit Training

This form of exercise involves both aerobic and anaerobic exercises done in a circuit, one exercise after another which targets strength building and endurance. Classes consist of 6-10 different exercises done three or more times per workout. The intensity level is modified to fit your needs.

MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA

Wednesdays: Jan. 3, 10, 17, 24, 31 & Feb. 7, 14, 21, 28

Reservation and assessment required; call 805.346.3413

Fight Against Falls Exercise Class

Those with neuropathy or muscle fatigue may benefit from this exercise class that emphasizes safety and balance. Participants learn to reduce the risk of falls in addition to conditioning the muscles to battle fatigue and gain strength.

MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA

Fridays: Jan. 5, 12, 19, 26 & Feb. 2, 9, 16, 23

Reservation and assessment required; call 805.346.3413

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays: Jan. 4, 11, 18, 25 & Feb. 1, 8, 15, 22, 29

Reservation and assessment required; call 805.474.5334

Gentle Stretching for Beginners

In this class we perform static stretching which means we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting—no pain involved.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays: Jan. 4, 11, 18, 25 & Feb. 1, 8, 15, 22, 29

Reservation and assessment required; call 805.346.3413

TRX Workouts

Simple and versatile, TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The benefits from training with TRX are innumerable from getting stronger, having better balance, increased stamina and many more. It is a wonderful recovery tool, whether from an injury, starting a fitness routine or just wanting to try something new.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays: Jan. 4, 11, 18, 25 & Feb. 1, 8, 15, 22, 29

Reservation and assessment required; call 805.474.5334

Yoga for Cancer Patients and Survivors

Our gentle yoga class is geared specifically for those new to yoga or who prefer a gentle practice. This program incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. Many patients discover yoga helps them gain a greater sense of well-being by strengthening their bodies, combating uncomfortable side effects of treatment and reducing anxiety and stress. No experience required; please bring a yoga mat.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Mondays: Jan. 8, 15, 22, 29 & Feb. 5, 12, 19, 26

Reservation and assessment required; call 805.474.5334

Ready to get started?

Schedule your health and fitness assessment to start on your personal path to wellness.

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div> <div>Office Closed</div>	<div>2</div> <div> Breast Cancer Support Group 4:00 pm Art Therapy–Silk Scarf Painting (AG) 1:00 pm</div>	<div>3</div> <div>Circuit Training (MHW) Art Therapy–Silk Scarf Painting (SM) 9:00 am  Guided Meditation 5:00 pm  Advanced Cancer Support Group 6:00 pm</div>	<div>4</div> <div>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</div>	<div>5</div> <div>Fight Against Falls Class (MHW) Vision Board (SM) 1:30 pm</div>
<div>8</div> <div>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</div>	<div>9</div> <div>Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am</div>	<div>10</div> <div>Circuit Training (MHW)</div>	<div>11</div> <div>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Comida para la Vida</i></div>	<div>12</div> <div>Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</div>
<div>15</div> <div>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates with Hailey (AG) Knitting Group (SM) 2:00 pm</div>	<div>16</div> <div>Lymphedema Prevention Exercise (MHW) Empowering Minds Support Group (SM) 9:00 am Nutrition and Exercise Support (SM) 2:00 pm <i>The Power of Protein</i>  Breast Cancer Support Group 4:00 pm Young Women Breast Cancer Group 5:15 pm <i>Galentine's</i></div>	<div>17</div> <div>Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am  Advanced Cancer Support Group 6:00 pm</div>	<div>18</div> <div>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</div>	<div>19</div> <div>Fight Against Falls Class (MHW)</div>
<div>22</div> <div>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Relajamos la Mente</i>  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm</div>	<div>23</div> <div>Lymphedema Prevention Exercise (MHW)</div>	<div>24</div> <div>Circuit Training (MHW)  Cancer Patient Support Group 1:00 pm</div>	<div>25</div> <div>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</div>	<div>26</div> <div>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</div>
<div>29</div> <div>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)</div>	<div>30</div> <div>Lymphedema Prevention Exercise (MHW)</div>	<div>31</div> <div>Circuit Training (MHW)</div>		

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key to locations of activities: Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully; please call with questions.  =Zoom presentation AG=Mission Hope, Arroyo Grande • AHC=Allan Hancock College GB=Grover Beach • MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria			1 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Look Good Feel Better (SM) 1:00 pm	2 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Make Jewelry Class (SM) 1:30 pm
5 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates with Hailey (AG) Knitting Group (SM) 2:00 pm	6 Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group (in person) 4:00 pm Location TBA	7 Circuit Training (MHW)  Guided Meditation 5:00 pm	8 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Noche de Familia</i>	9 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
12 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	13 Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am Nutrition and Exercise Support (SM) 2:00 pm <i>Helping Cancer Prevention through Physical Activity and Nutrition</i>	14 Circuit Training (MHW)  All Blood Cancers Support Group 1:00 pm	15 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	16 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Make Jewelry Class (SM) 1:30 pm
19 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates with Hailey (AG) Knitting Group (SM) 2:00 pm	20 Lymphedema Prevention Exercise (MHW) Empowering Minds Support Group (SM) 9:00 am SPOHNC, AG/Zoom 3:30 pm <i>Jamie Powell, Head and Neck Cancer Survivor</i>  Breast Cancer Support Group 4:00 pm	21 Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am  Advanced Cancer Support Group 6:00 pm	22 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	23 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
26 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Bienvenida a la Primavera</i>  Energy Balancing 11:00 am Young Women Breast Cancer Group (SM) 5:15 pm <i>Creating a Good Luck Charm</i>	27 Lymphedema Prevention Exercise (MHW)	28 Circuit Training (MHW)	29 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	

Questions? Give us a call! SM: 805.219.HOPE (4673) • AG: 805.474.5300 • HCRC: 805.542.6234

EVENT LOCATIONS

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC–SM

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

ARROYO GRANDE (AG)

MHCC–AG

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Third Floor

SAN LUIS OBISPO (SLO)

HCRC

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

As events open up after recent closures, more classes are being held in person while some remain virtual. For each class, please note either the location or the icon:



Virtual/Zoom Meeting

Getting Started at Mission Hope

Patient Orientation Class

Get to know us and the services we provide, so we can support your journey.

Mission Hope Cancer Center, SM

By appointment; 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

By appointment; 805.474.5303
English/Español

Hearst Cancer Resource Center, SLO

Please call for details: 805.542.6234
English or 805.786.6130 Español

Spanish Language • En Español:

Apoyo de Cáncer:

Viviendo con Cáncer (Nuevo)

Acompáñanos para conectarse con otras personas que viven con cáncer y hablar de temas de cómo combatir la enfermedad. Esta oportunidad puede ayudarle a sentirse menos solo(a).

Mission Hope Cancer Center, SM

11 ENERO; 4:00 PM

Comida para la Vida

8 FEB; 4:00 PM

Noche de Familia

Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse

Apoyo y Educación para Personas con Cáncer



Virtual/Zoom Meeting

Llame a Eloisa al 805.786.6130

Aquatic Therapy Class

Allan Hancock College, SM

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.

JAN 26 & FEB 2, 9, 23

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

Art Therapy Classes

It's important to carve out time for self expression and creativity to add balance and fun to your life. Mission Hope offers art workshops that use varied art materials and techniques to help boost self expression and promote relaxation. Materials supplied; no experience necessary.

Mission Hope Cancer Center, SM

JAN 3; 9:00 AM–12:00 PM

Silk Scarf Painting with Linda Denton

JAN 5; 1:30-3:30 PM

Vision Board with Terrie Miley

JAN 9 & FEB 13; 10:00 AM

Origami Class with Jane Abela

Art classes continue next column

Mission Hope Cancer Center, SM, continued

JAN 17 & FEB 21;
9:00 AM–12:00 PM

Neurographic Art with Cheryl Kelly

FEB 2, 16; 1:30-3:30 PM

Make Jewelry with Terrie Miley

Held onsite, class seatings are limited.

Reservations required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

JAN 2; 1:00-4:00 PM

Silk Scarf Painting with Linda Denton

Held onsite, class seatings are limited.

Reservations required; please call 805.474.5302

Spanish Language • En Español:

Clases de Arte (Nuevo)

En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos animo. ¡Todos los materiales son pródidos y experiencia no es requerida!

Mission Hope Cancer Center, SM

22 ENERO; 10:00 AM–12:00 PM

Relajamos la Mente

26 FEB; 10:00 AM–12:00 PM

Bienvenida a la Primavera

Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse

Barre Exercise Class

Barre is a low impact fitness practice that is suitable for all ages. Combining classic ballet dance movement with yoga and Pilates, it increases strength and flexibility through a series of stretching and micro movements.

Mission Hope Cancer Center, AG

JAN 4, 11, 18, 25 &

FEB 1, 8, 15, 22 29

Reservation and assessment required; please call 805.474.5334

NEW CLASSES

Support Groups for Women: Breast Cancer Support Group

Women gather to share valuable information and resources to manage the challenges a breast cancer diagnosis can bring. Find a support group that resonates with your individual needs to forge friendships and gain valuable strength from others.

Location to be announced

FEB 6; 4:00 PM (in person)

JAN 2, 16 & FEB 20; 4:00 PM



Virtual/Zoom Meeting

Reservations required; please call 805.346.3402 to register

SECOND & FOURTH TUESDAY;
5:45 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

✪Breast Cancer Support Group for Young Women

Young women can and do get breast cancer and the impact of the disease can be significant. This group addresses the unique challenges young women face as we gather to learn and share in some lighthearted fun together.

Mission Hope Cancer Center, SM

JAN 16; 5:15 PM Galantine's

FEB 26; 5:15 PM

Creating a Good Luck Charm

Reservations required; call 805.346.3405

Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise. Each participant meets one-on-one with our Certified Exercise Trainer to develop personal fitness goals which are tailored to your specific needs and abilities for an individualized program.

Marian Health & Wellness Center, SM

Mission Hope Cancer Center, AG

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

Circuit Training

Circuit training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit, one exercise after another which targets strength building and muscular endurance. A typical class will consist of 6-10 different exercises done three or more times per workout. The intensity level will be modified to fit your needs.

Marian Health & Wellness Center, SM

JAN 3, 10, 17, 24, 31 &
FEB 7, 14, 21, 28

Reservation and assessment required;
please call 805.346.3413

■ **Please note:** Many classes have transitioned back to our buildings but with reduced capacity.
Reserve your spot early!

✪Empowering Minds Support Group

This group is a forum for men and women facing cancer to get together for some laughs and fun activities. Share your experiences with those who understand as you establish a new support system.

Mission Hope Cancer Center, SM

JAN 16 & FEB 20; 9:00 AM

Reservations required; call 805.346.3441

Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being.

JAN 22 & FEB 26; 11:00 AM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

JOIN BULLDOG NATION IN THE FIGHT AGAINST CANCER

CARNEY'S

COACHES VS CANCER[®]

NIGHT

Wednesday, February 7, 2024

Allan Hancock College Basketball
hosts the Oxnard College Condors

Men's game 5:00 pm • Women's game 7:00 pm

Joe White Memorial Gymnasium, Santa Maria Campus

All event sales will stay in the community and go to the Mission Hope Cancer Center's efforts to help local residents fight cancer. Tickets and concessions are cashless.

Purchase your tickets at
ahcbulldogs.com/ticketing

Marian Regional Medical Center Foundation
A Dignity Health Member

MISSION HOPE
CANCER CENTER

ALLAN HANCOCK
COLLEGE
Start here. Go anywhere.

Classes and
support groups,
continues
next page

Fight Against Falls Exercise Class

If you are experiencing symptoms such as peripheral neuropathy in the feet or generalized muscle weakness don't wait until you have fallen to do something about it. Participants gain the knowledge to reduce the risk of falls in addition to conditioning the muscles to battle muscle fatigue and gain strength.

Marian Health & Wellness Center, SM

JAN 5, 12, 19, 26 &
FEB 2, 9, 16, 23

Reservation and assessment required;
please call 805.346.3413

Mission Hope Cancer Center, AG

JAN 4, 11, 18, 25 &
FEB 1, 8, 15, 22, 29

Reservation and assessment required;
please call 805.474.5334

Gentle Stretching for Beginners

In this relaxing class we perform static stretching which means we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting—no pain involved. With a consistent stretching routine you should feel less stiffness and enjoy a greater range of motion without pain.

Mission Hope Cancer Center, AG

JAN 4, 11, 18, 25 &
FEB 1, 8, 15, 22, 29

Reservation and assessment required;
please call 805.346.3413

Guided Meditation

Experience healing energy and calmness with a gentle guided meditation session.

JAN 3 & FEB 7; 5:00 PM



Virtual/Zoom Meeting

Reservations required; please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the basics of golf.

Monarch Dunes, Nipomo

RESUMES IN MARCH

Please call 805.346.3413 for details

Returning in person!

Look Good Feel Better

Join facilitators Yolanda Ramos and Renée Swan for these free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include makeup (cosmetic kit included), wig styling and head coverings. (See page 1)

Mission Hope Cancer Center, SM

FEB 1; 1:00–3:00 PM

Seating is limited and reservations are required; call 805.219.HOPE (4673)

¡DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a 805.346.3410

Lymphedema Evaluation

Hearst Cancer Resource Center, SLO

Contact Jamie Cinotto, DPT, CWS, CLT-LANA, ONC, for an evaluation: 805.782.9300

Lymphedema Prevention Exercise

Designed for breast cancer survivors and those with chronic conditions, these therapeutic exercises can play a role in helping to avoid the onset of lymphedema.

Marian Health & Wellness Center, SM

JAN 9, 16, 23, 30 &
FEB 6, 13, 20, 27

Reservation and assessment required;
please call 805.346.3413

Mission Hope Cancer Center, AG

JAN 8, 15, 22, 29 &
FEB 5, 12, 19, 26

Reservation and assessment required;
please call 805.474.5334

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.

FEB 14; 1:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Pelvic Floor Strengthening for Men with Prostate Cancer

There are ways to reduce or manage the side effects of prostate cancer. This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

Marian Health & Wellness Center, SM

JAN 12, 26 & FEB 9, 23

Reservations required; please call 805.346.3413

Nutrition and Exercise Support

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines nutrition advice with practical exercise tips. Join us to learn tools to support your health throughout your treatment.

Mission Hope Cancer Center, SM

JAN 9; 2:00 PM

Topic: The Power of Protein

FEB 13; 2:00 PM

Topic: Helping Cancer Prevention through Physical Activity and Nutrition

Reservations required, please call 805.219.HOPE (4673)

Nutritional Counseling with a Registered Dietitian

Mission Hope Cancer Center,
Santa Maria/Arroyo Grande

By appointment; 805.346.3403

Hearst Cancer Resource Center,
San Luis Obispo

By appointment; 805.542.6234

☼ Pilates with Hailey Farrar

Therapeutic exercise program for cancer survivors and those battling chronic conditions. (See page 20)

Mission Hope Cancer Center, AG

JAN 15 & FEB 5, 19

Reservation and assessment required; please call 805.474.5334

Qigong Class

Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves balance and flexibility.

(Hosted offsite)

Hearst Cancer Resource Center, SLO

SELECTED WEDNESDAYS; 3:00 PM

Call for times: HCRC at 805.542.6234 or email HCRC@dignityhealth.org

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.

Mission Hope Cancer Center, AG with Zoom option

FEB 20; 3:30 PM

Guest Speaker: Jamie Powell, Head and Neck Cancer Survivor, and Ambassador from Head and Neck Cancer Alliance

To register, call 805.219.HOPE (4673)

Support for Pediatric Oncology Patients and their Families

Virtual support groups are available in English and Spanish for children, teens and parents.



Virtual/Zoom Meeting

Please call 805.219.HOPE (4673) or 805.786.6130 (Español) for details

Tai Chi Chih

Increase energy and improve health, balance, flexibility and stamina.

(Hosted offsite)

Hearst Cancer Resource Center, SLO

EVERY WEDNESDAY; 11:00 AM

Please call 805.542.6234 for details

Thriving with Advanced Cancer Support Group

Support for the specific needs and concerns of patients with advanced and metastatic cancer.

JAN 17 & FEB 21; 6:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

TRX Workouts

Simple and versatile, TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It is a wonderful tool to start a fitness routine or to try something new.

Mission Hope Cancer Center, AG

JAN 4, 11, 18, 25 &

FEB 1, 8, 15, 22, 29

Reservation and assessment required; please call 805.474.5334

Warm Yarns Knitting and Crocheting Support Group

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

Mission Hope Cancer Center, SM

JAN 8, 15, 22 & FEB 5, 12, 19; 2:00 PM

Call 805.219.HOPE (4673) to register

Yoga for Cancer Patients and Survivors

These classes features slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG

JAN 8, 15, 22, 29 &

FEB 5, 12, 19, 26

Reservation and assessment required; please call 805.474.5334

Hearst Cancer Resource Center, SLO

JAN 18 & FEB 15; 4:00 PM

Reservations required; please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

A Tongue Cancer Survivor Shares Her Story...

SPOHNC, Santa Maria

(Support for People with Oral, Head, and Neck Cancer, Inc.)
hybrid in-person and online meeting



Jamie Powell
Cancer Survivor

At this month's meeting we're pleased to feature Jamie Powell, a cancer survivor, and ambassador from the Head and Neck Cancer Alliance.

Guest Speaker: Jamie Powell



Tuesday, February 20, 2024
3:30 to 4:30 p.m.

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue

Third Floor of Matthew Will Building

To register to attend the meeting onsite or connect by Zoom, please call Mission Hope at 805.219.HOPE (4673)

Support group facilitated by Gina Rotondo, MS, CCC-SLP, Speech Language Pathologist

REACH OUT TO US; WE'RE HERE TO HELP

Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM
1325 East Church Street, Suite 102, Santa Maria, California

805.219.HOPE (4673) • Se habla español: 805.346.3410

www.missionhopecancercenter.com

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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:

Marian Cancer Care805.219.HOPE (4673)
Marian PET/CT Center 805.346.3470
Radiation Oncology 805.925.2529

SECOND FLOOR:

Breast Imaging and Bone Densitometry Center 805.346.3490
Cancer Rehabilitation Program..... 805.346.3413
Mission Hope Surgical Oncology 805.346.3456
Jonathan Tammela, MD, FACOG, Gynecologic Oncologist
Constantine Melitas, MD, Advanced Gastroenterology 805.434.5530
Sikandra Tank, MD, MPH, Palliative Care 805.346.3456

THIRD FLOOR:

Medical Oncology805.349.9393
Mission Hope Infusion Center 805.346.3419
Mission Hope Lab (Office hours: 8:00 a.m. to 4:30 p.m.) 805.346.3480





Mission Hope Cancer Center, Arroyo Grande

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Tina McEvoy, RN
HOSPICE AND PALLIATIVE CARE DIRECTOR
805.332.8595

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

- FIRST FLOOR:
Arroyo Grande Lab and Imaging.805.473.7677
(Imaging Scheduling ONLY: 8:00 a.m. to 5:00 p.m.)
- THIRD FLOOR:
Cancer Rehabilitation Program.805.474.5334
Cancer Resource Center 805.474.5300
Medical Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326



Like us on Facebook:
Mission Hope Cancer Center

TOTAL BODY WORKOUT

Pilates Class

*New
exercise class!*



Pilates is a type of strength training exercise that encourages you to identify and work within the limits of your body. The mindfulness and breath work it employs can help relieve tension and stress.

Pilates is a corrective exercise method designed to connect you towards your core musculature and posture. You will develop strength, flexibility, and body awareness. With an emphasis on breath, movement, coordination, stabilization, and rehabilitation, attendees will develop muscular strength in a non-threatening, safe environment. The practice of pilates can help to combat fatigue, strengthen core muscles, and create a firm foundation.



Hailey Farrar

Hailey has been practicing pilates since 2015 when she stumbled into a class at her local gym. She was immediately hooked! After several years of attending pilates classes, Hailey decided to expand her passion by becoming a pilates instructor. She was comprehensively certified through Function Pilates in Tempe, Arizona, in 2022. Once her training was complete, she moved to the Central Coast and now teaches reformer pilates at Pure Pilates in Arroyo Grande and mat pilates at the Pismo Beach Athletic Club. She enjoys sharing her passion with her students and watching them build strength and confidence.

Selected Mondays: January 15 and February 5, 19

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Third Floor of Matthew Will Building

Reservation and assessment required: please call 805.474.5334

