

CLASSES, GROUPS, AND PROGRAMS SCHEDULE

JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hearst Cancer Resource Center closed in observance of New Year's Day
Laughter Club 2-2:45 PM 4	"Warm Yarns" Knitting Circle 3-4 PM 5 Healing Bowls 4:30-5:30 PM Breast Cancer Support Group 5:30 PM	Nutritional Counseling By Appt. 6 Look Good, Feel Better 10 AM, By Appt. Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 7 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 8
Stamina Building By Appt. 11 Relaxation Therapy (Formerly Reiki) 11 AM-1 PM Life After Diagnosis Class 1 PM	"Warm Yarns" Knitting Circle 3-4 PM 12 Enhancement Breast Cancer Workshop "2010 Resolve to Eat Well" 7-9 PM	Nutritional Counseling By Appt. 13 Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Leukemia, Lymphoma, Multiple Myeloma Education & Group 1-3 PM Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 14 Meditation 3:30-4:30 PM	Nutritional Counseling By Appt. 15 Walk & Talk, Slow Pace with Team Survivor 12 PM
Stress Reduction and Relaxation Class 1 PM 18 Ovarian Cancer Support Group Please pre-register 4-5 PM Prostate Support Group 6:30 PM	"Warm Yarns" Knitting Circle 3-4 PM 19 Healing Bowls 4:30-5:30 PM San Luis Young Survivors Group (SLYS) 6 PM	Nutritional Counseling By Appt. 20 Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 21 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 22
Relaxation Therapy (Formerly Reiki) 11 AM-1 PM 25	Creative Candle Making Please pre-register 10:30 AM-12:30 PM 26 Lymphedema Education 1-2 PM "Warm Yarns" Knitting Circle 3-4 PM	Nutritional Counseling By Appt. 27 Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 28 Meditation 3:30-4:30 PM	Nutritional Counseling By Appt. 29

FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Laughter Club 2-2:45 PM 1	"Warm Yarns" Knitting Circle 3-4 PM 2 Healing Bowls 4:30-5:30 PM Breast Cancer Support Group 5:30 PM	Nutritional Counseling By Appt. 3 Look Good, Feel Better 10 AM, By Appt. Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 4 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 5 Walk & Talk, Slow Pace with Team Survivor 12 PM
Stamina Building By Appt. 8 Relaxation Therapy (Formerly Reiki) 11 AM-1 PM Life After Diagnosis Class 1 PM	"Warm Yarns" Knitting Circle 3-4 PM 9 Enhancement Breast Cancer Workshop "Love Starts Here" 7-9 PM	Nutritional Counseling By Appt. 10 Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Leukemia, Lymphoma, Multiple Myeloma Education & Group 1-3 PM Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 11 Meditation 3:30-4:30 PM	Nutritional Counseling By Appt. 12
Ovarian Cancer Support Group Please pre-register 4-5 PM 15 Prostate Support Group 6:30 PM	"Warm Yarns" Knitting Circle 3-4 PM 16 Healing Bowls 4:30-5:30 PM San Luis Young Survivors Group (SLYS) 6 PM	Nutritional Counseling By Appt. 17 Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 18 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 19 Walk & Talk, Slow Pace with Team Survivor 12 PM
Hearst Cancer Resource Center closed in observance of Washington's Birthday 22	Lymphedema Education 1-2 PM 23 "Warm Yarns" Knitting Circle 3-4 PM	Nutritional Counseling By Appt. 24 Tai Chi Chih 10:30-11 AM, Beginners by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 25 Meditation 3:30-4:30 PM	Nutritional Counseling By Appt. 26

REGISTER FOR CLASSES THROUGH THE HEARST CANCER RESOURCE CENTER AT (805) 542-6234

PRE-REGISTRATION CLASSES, GROUPS AND PROGRAMS

Nurse Navigator: Our nurse navigator helps patients understand and better coordinate their cancer care. From early stages of diagnosis through completion of treatment, she can help you “navigate” all aspects of the health care system. Services are designed to ensure timely delivery of quality cancer care and guidance for patients, survivors and families. Please call (805) 542-6234 for an appointment. *A program of The Hearst Cancer Resource Center.*

Central Coast SurviveOARS: A dragon boating team for female cancer survivors of all ages and fitness levels. Join the fun in an active cancer support group! Call Rita Colonell at (805) 546-1010 for information. *A program of Team Survivor.*

Diagnosis Specific Support Groups: Meet with others facing similar disease challenges. Groups include Leukemia, Lymphoma and Multiple Myeloma ~ Melanoma ~ Breast Cancer ~ Ovarian ~ Prostate Cancer. *Programs of The Wellness Community and American Cancer Society.*

General Support Group and Caregiver Support Group: Weekly informal support groups for all patients and their loved ones. *A program of The Hearst Cancer Resource Center.*

Life After Diagnosis: Understand what life will be like from now on, what to expect and what to do. Your cancer does not define you! *A program of The Wellness Community.*

Look Good, Feel Better: Learn beauty techniques to help restore your appearance, self-image and confidence during treatment. Patients are provided kits containing brand-name cosmetics for use during and after the workshop. *A program of the American Cancer Society.*

Lymphedema Education: A Certified Lymphedema Specialist reviews lymphedema signs and symptoms. *A program of Enhancement, Inc.*

Melanoma Education & Group: A support group in collaboration with the American Melanoma Foundation for patients facing melanoma. *A program of The Wellness Community.*

Nutritional Counseling: One-on-one consultations with the French Hospital Medical Center nutritional team. *A program of The Hearst Cancer Resource Center.*

San Luis Young Survivors (SLYS): This self-directed group of survivors and significant others meets challenges with a fun attitude. *A program of The Hearst Cancer Resource Center.*

Stamina Building: Meet with a Physical Therapist to learn to set goals, assess individual fitness levels, identify lifestyle and know when to seek professional help. Develop a flexible personal plan for changing goals during and after cancer treatment. Medical release required. *A program of The Hearst Cancer Resource Center.*

Stress Reduction and Relaxation: Learn to identify contributing stressors and reduce stress to improve health and well-being. *A program of The Wellness Community.*

Support Group for Parents of Children with Cancer: Sponsored by Jack’s Helping Hand, this group is facilitated by a professional therapist to lend support to the parents and caregivers of children with cancer. Child-care is provided by counselors from the Cancer Society Family Camp.

DROP-IN CLASSES, GROUPS AND PROGRAMS

Healing Bowls: Experience the joy and deep relaxation of pure quartz Crystal Singing Bowls. Their vibrations and harmonic tones fill the room with serenity. *A program of the Hearst Cancer Resource Center.*

Laughter Club: Laughter is the best medicine. This RN believes it and invites you to give it a try. Guaranteed to make you smile. *A program of The Hearst Cancer Resource Center.*

Meditation Program: Learn to live life more fully and peacefully in order to handle challenges with calmness and compassion. *A program of the Hearst Cancer Resource Center.*

Relaxation Therapy: Certified Reiki practitioners help you promote relaxation, decrease stress and enhance well-being. Offered to cancer patients and their caregivers; first-come, first-served basis. *A program of The Hearst Cancer Resource Center.*

Tai Chi Chih: The gentle movements of Tai Chi Chih, can increase physical energy and improve health, well-being, balance, flexibility, and stamina. *A program of The Wellness Community.*

Walk & Talk with Team Survivor: Enjoy the beauty of the Central Coast weather and take an outdoor walk at a moderate pace with Rita! Medical release required. *A program of Team Survivor.*

Warm Yarns Knitting Circle: Experienced knitters, novices at all levels, friends and caregivers are welcome to join. We’ll share stories while starting or completing a knitting project. Instructions, needles and yarn will be provided for beginners. *A program of The Hearst Cancer Resource Center.*

Yoga for Cancer Patients and Survivors: Free yoga at the Veteran’s Memorial Building in San Luis Obispo. Participants should check with their doctors if undergoing treatment or under medical care. *A program of Enhancement, Inc.*

The Hearst Cancer Resource Center has partnered with these organizations to bring these groups and activities to the community:

American Cancer Society
(805) 473-1748

Cancer Connections
(805) 235-2997

Enhancement, Inc.
(805) 771-8640

Jack’s Helping Hand
(805) 547-1914

Team Survivor San Luis Obispo
(805) 546-1010

Wellness Community
(805) 238-4411



The Center is open daily
Monday through Friday
9 AM – 4:30 PM.

All classes are free to Cancer patients, survivors, and caregivers.

All classes are held at The Hearst Cancer Resource Center, except Yoga.

Yoga is held at the SLO Vet’s Memorial Bldg.
801 Grand Ave.
San Luis Obispo, CA

All levels welcome. Mats provided. Bring own mat or a towel if concerned about bacteria.

All participants will be asked to sign a medical release on site.