

CLASSES, GROUPS, AND PROGRAMS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
JULY 2010			General Support Group 2 PM 1 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 2
5 Hearst Cancer Resource Center Closed in observance of Independence Day	Nutritional Counseling 6 By Appt. "Warm Yarns" Knitting Circle 3-4 PM Healing Bowls 4:30-5:30 PM Breast Cancer Support Group 5:30 PM	Look Good, Feel Better By Appt. 7 Tai Chi Chih 10:30-11 AM, Beginner by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	Guided Meditation Class 3:30-4:30 PM 8	Nutritional Counseling By Appt. 9
Relaxation Therapy 11 AM-1 PM 12 Life After Diagnosis Class 1 PM Laughter Club 1:30-2:15 PM	Nutritional Counseling 13 By Appt. "Warm Yarns" Knitting Circle 3-4 PM Enhancement, Inc. Breast Cancer Workshop, "Collage Yourself As a SuperHero" 7-9 PM	Tai Chi Chih 10:30-11 AM, Beginner by Appt. 11 AM-12 PM, Advanced 14 Leukemia, Lymphoma, Multiple Myeloma Education & Group 1-3 PM Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 15 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 16
Ovarian Cancer Support Group 4-5 PM 19 Prostate Support Group 6:30 PM	Nutritional Counseling 20 By Appt. "Warm Yarns" Knitting Circle 3-4 PM Healing Bowls **Cancelled Today** SLO Young Survivors Group (SLYS) 6 PM	Tai Chi Chih 10:30-11 AM, Beginner by Appt. 11 AM-12 PM, Advanced 21 Yoga @ Vet's Building 4-5 PM	Guided Meditation Class 3:30-4:30 PM 22 Finding Your Life's Work Workshop 6:30-8 PM	Nutritional Counseling 23 **Cancelled Today**
Relaxation Therapy 11 AM-1 PM 26 Stress Reduction and Relaxation Class 1 PM	Nutritional Counseling 27 **Cancelled Today** Journaling Workshop 11 AM-12 PM Lymphedema Education 1-2 PM "Warm Yarns" Knitting Circle 3-4 PM Finding Your Life's Work Workshop 6:30-8 PM	Tai Chi Chih 10:30-11 AM, Beginner by Appt. 11 AM-12 PM, Advanced 28 Yoga @ Vet's Building 4-5 PM	29	Nutritional Counseling By Appt. 30

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST 2010			General Support Group 2 PM 5 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 6
9 Relaxation Therapy 11 AM-1 PM Life After Diagnosis Class 1 PM Laughter Club 1:30-2:15 PM	Nutritional Counseling 10 By Appt. "Nutrition Matters" 11 AM-12 PM "Warm Yarns" Knitting Circle 3-4 PM Healing Bowls 4:30-5:30 PM Breast Cancer Support Group 5:30 PM	Look Good, Feel Better By Appt. 4 Tai Chi Chih 10:30-11 AM, Beginner by Appt. 11 AM-12 PM, Advanced Yoga @ Vet's Building 4-5 PM	Guided Meditation Class 3:30-4:30 PM 12	Nutritional Counseling By Appt. 13
Ovarian Cancer Support Group 4-5 PM 16 Prostate Support Group 6:30 PM	Nutritional Counseling 17 By Appt. "Nutrition Matters" 11 AM-12 PM "Warm Yarns" Knitting Circle 3-4 PM Healing Bowls 4:30-5:30 PM SLO Young Survivors Group (SLYS) 6 PM	Tai Chi Chih 10:30-11 AM, Beginner by Appt. 11 AM-12 PM, Advanced 18 Yoga @ Vet's Building 4-5 PM	General Support Group 2 PM 19 Caregiver Support Group 2 PM	Nutritional Counseling By Appt. 20
Relaxation Therapy 11 AM-1 PM 23 Stress Reduction and Relaxation Class 1 PM	Nutritional Counseling 24 By Appt. Journaling Workshop 11 AM-12 PM Lymphedema Education 1-2 PM "Warm Yarns" Knitting Circle 3-4 PM	Tai Chi Chih 10:30-11 AM, Beginner by Appt. 11 AM-12 PM, Advanced 25 Yoga @ Vet's Building 4-5 PM	Guided Meditation Class 3:30-4:30 PM 26	Nutritional Counseling By Appt. 27
30	Nutritional Counseling 31 By Appt. "Nutrition Matters" 11 AM-12 PM "Warm Yarns" Knitting Circle 3-4 PM			

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.*

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.*

Nutritional Counseling: One-on-one consultations with the French Hospital Medical Center nutritional team. *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.*

DROP-IN CLASSES, GROUPS AND PROGRAMS

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: Informal support groups for all patients and their loved ones. *A program of The Hearst Cancer Resource Center.*

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.*

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

Guided Meditation Class: 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 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.*

San Luis Young Survivors (SLYS): This self directed group of survivors celebrate life and find new ways to support, nurture and laugh with each other. It is for the young and young at heart (our members are women and men whose age ranges from 20 – 85+). All cancer survivors are welcome. *A program of The Hearst Cancer Resource Center.*

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.

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 Veterans’ 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 is a nationwide, community-based volunteer health organization dedicated to eliminating cancer. Call (805) 473-2719.

Cancer Connections offers one-on-one support to those diagnosed with cancer and their care providers by volunteers who have personally dealt with a variety of cancer diagnoses. All services are free and confidential. Call (805) 235-2997.

Enhancement, Inc. is a non-profit foundation whose purpose is to teach and disseminate material relating to health and/or wellness, through videos, publications, lectures, etc. Main focus is quality of life issues for breast cancer survivors. Call (805) 771-8640.

Jack’s Helping Hand is a non-profit organization that assists children with illnesses and disabilities, providing special medical and social needs. Call (805) 547-1914.

Team Survivor San Luis Obispo sponsors a dragon boat racing team for women cancer survivors of all ages and fitness levels. Call (805) 546-1010.

Wellness Community California Central Coast provides free programs of hope, education, and emotional support to adults with cancer, as well as their families and friends. Call (805) 238-4411.