

# CLASSES, GROUPS, AND PROGRAMS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="margin: 0;">JANUARY 2012</h2>	<p><b>“Warm Yarns” Knitting Circle</b> 3 3–4 PM</p> <p><b>Breast Cancer Support Group</b> 5:30 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Look Good, Feel Better</b> 4 10 AM By Appt.</p> <p><b>Tai Chi Chih</b> 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>General Support Group</b> 5 2 PM</p> <p><b>Caregiver Support Group</b> 2 PM</p>	<p><b>Nutritional Counseling</b> 6 By Appt.</p>
<p>Hearst Cancer Resource Center closed in observance of the New Year on <b>MONDAY the 2<sup>nd</sup></b></p>				
<p><b>Energy Balancing Sessions</b> 9 11 AM–1 PM, By Appt.</p> <p><b>Life After Diagnosis Class</b> 1 PM, By Appt. CANCELLED TODAY</p> <p><b>Laughter Club</b> 1:30–2:15 PM</p>	<p><b>“Warm Yarns” Knitting Circle</b> 10 3–4 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Tai Chi Chih</b> 11 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Leukemia, Lymphoma, Multiple Myeloma Education &amp; Group</b> 1–3 PM</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Guided Meditation Class</b> 12 3:30–4:30 PM</p> <p><b>Healing Bowls</b> 4:30–5:30 PM</p>	<p><b>Nutritional Counseling</b> 13 By Appt.</p>
<p><b>Ovarian Cancer Support Group</b> 16 4 PM</p> <p><b>Prostate Support Group</b> 6:30 PM</p>	<p><b>“Warm Yarns” Knitting Circle</b> 17 3–4 PM</p> <p><b>San Luis Young Survivors Group (SLYS)</b> 6 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Tai Chi Chih</b> 18 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Medicare Questions</b> 19 <b>HCRC Conference Room</b> 10 AM–12 PM</p> <p><b>General Support Group</b> 2 PM</p> <p><b>Caregiver Support Group</b> 2 PM</p>	<p><b>Nutritional Counseling</b> 20 By Appt.</p>
<p><b>Energy Balancing Sessions</b> 23 11 AM–1 PM By Appt.</p> <p><b>Stress Reduction and Relaxation Class</b> 1 PM, By Appt. CANCELLED TODAY</p>	<p><b>Lymphedema Education</b> 24 1–2 PM</p> <p><b>Journaling Workshop</b> 2–3 PM CANCELLED TODAY</p> <p><b>“Warm Yarns” Knitting Circle</b> 3–4 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Tai Chi Chih</b> 25 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Guided Meditation Class</b> 26 3:30–4:30 PM</p> <p><b>Healing Bowls</b> 4:30–5:30 PM</p>	<p><b>Nutritional Counseling</b> 27 By Appt.</p>
<p style="text-align: right;">30</p>	<p><b>“Warm Yarns” Knitting Circle</b> 31 3–4 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="margin: 0;">FEBRUARY 2012</h2>		<p><b>Look Good, Feel Better</b> 1 10 AM By Appt.</p> <p><b>Tai Chi Chih</b> 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>General Support Group</b> 2 2 PM</p> <p><b>Caregiver Support Group</b> 2 PM</p>	<p><b>Nutritional Counseling</b> 3 By Appt.</p>
<p>6</p>	<p><b>“Warm Yarns” Knitting Circle</b> 7 3–4 PM</p> <p><b>Breast Cancer Support Group</b> 5:30 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Tai Chi Chih</b> 8 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Leukemia, Lymphoma, Multiple Myeloma Education &amp; Group</b> 1–3 PM</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Guided Meditation Class</b> 9 3:30–4:30 PM</p> <p><b>Healing Bowls</b> 4:30–5:30 PM</p>	<p><b>Nutritional Counseling</b> 10 By Appt.</p>
<p><b>Energy Balancing Sessions</b> 13 11 AM–1 PM, By Appt.</p> <p><b>Life After Diagnosis Class</b> 1 PM, By Appt. CANCELLED TODAY</p> <p><b>Laughter Club</b> 1:30–2:15 PM CANCELLED TODAY</p>	<p><b>“Warm Yarns” Knitting Circle</b> 14 3–4 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Tai Chi Chih</b> 15 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>General Support Group</b> 16 2 PM</p> <p><b>Caregiver Support Group</b> 2 PM</p>	<p><b>Nutritional Counseling</b> 17 By Appt.</p>
<p>Hearst Cancer Resource Center closed in observance of Presidents’ Day</p> <p><b>Ovarian Cancer Support Group</b> 4–5 PM CANCELLED TODAY</p> <p><b>Prostate Cancer Support Group</b> 6:30 PM (Will meet)</p>	<p><b>“Warm Yarns” Knitting Circle</b> 21 3–4 PM</p> <p><b>San Luis Young Survivors Group (SLYS)</b> 6 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Tai Chi Chih</b> 22 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Guided Meditation Class</b> 23 3:30–4:30 PM</p> <p><b>Healing Bowls</b> 4:30–5:30 PM</p>	<p><b>Nutritional Counseling</b> 24 By Appt.</p>
<p><b>Energy Balancing Sessions</b> 27 11 AM–1 PM, By Appt</p> <p><b>Stress Reduction and Relaxation Class</b> 1 PM, By Appt. CANCELLED TODAY</p>	<p><b>Lymphedema Education</b> 28 1–2 PM</p> <p><b>Journaling Workshop</b> 2–3 PM CANCELLED TODAY</p> <p><b>“Warm Yarns” Knitting Circle</b> 3–4 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>	<p><b>Tai Chi Chih</b> 29 10:30–11 AM, Beginners by Appt. 11 AM–12 PM, Advanced</p> <p><b>Yoga @ Vet’s Building-SLO</b> 4–5 PM</p> <p><b>Nutritional Counseling</b> By Appt.</p>		

# 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.*

**Energy Balancing:** Certified 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.*

**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 a Registered Dietitian. *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 Leslyn Keith (805) 782-9300 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 ~ Breast Cancer ~ Ovarian ~ Prostate Cancer. *Programs of The Wellness Community, American Cancer Society and The Hearst Cancer Resource Center.*

**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.*

**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.*

**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.*

**Journaling Workshop:** Learn how to give a voice to your emotions and experiences by putting thoughts to paper. Journaling can help you cope with life’s challenging events. Everyone is welcome. No writing skills are necessary. *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.*

**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.*

**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.*

**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) 782-9300.

**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.