

**Please call to verify information before attending.**

## Orange County Cancer Support Groups – May 2017

**Search for Cancer Support Groups Online at the Orange County Cancer Coalition (OC3) Website:** [www.myoc3.org](http://www.myoc3.org)

The mission of OC3 is to improve comprehensive patient-centered cancer prevention and care for all Orange County. Designed for patients, survivors, family members and caregivers, this website will help you find the resources and services you need to access quality, comprehensive cancer care in Orange County. These resources span the cancer lifecycle – from prevention to early diagnosis, treatment, recovery and survivorship.

This monthly List of Support Groups can be downloaded from [here](#).

### Orange County

- **Leukemia & Lymphoma Society SoCal Cancer Connection** – For cancer survivors ages 18-40 who have been diagnosed with any type of cancer at any point in their lives (including long term pediatric cancer survivors). We meet monthly in various areas in OC for socially-inclined activities so participants can share experiences and resources in a relaxed setting which is comfortable for this age group. For more info and to be added to the email mailing list to be notified of events, email [Anjali.Shah@lls.org](mailto:Anjali.Shah@lls.org) or visit [www.facebook.com/LLSoCalCancerConnection](http://www.facebook.com/LLSoCalCancerConnection).

### Brea

- **Kids Konnected** – Meets on the 4<sup>th</sup> Tuesday of every month from 6:30 – 8 p.m. at the Brea United Methodist Church, 480 N College Blvd, 92821. For more information, call (949) 582-5443.

### Costa Mesa

- **"Cancer with Compassion" Faith-Based Support Group** – Held on the 1st and 3rd Thursdays (of most months) from 10 - 11:30 am at 1980 Swan Drive in Costa Mesa 92626. The journey through cancer and treatment is demanding on all levels. A cancer support group can provide practical help and give needed hope and encouragement. To confirm the next group meeting, contact Rev. Cathie Young: (949) 279-1246 or [cyoung@stjamesnb.org](mailto:cyoung@stjamesnb.org).
- **SPANISH Speaking Support Group for Individuals Caring for Loved ones with Cancer** – Please contact Angelica Norman at (949) 764-6591 for meeting day and time. Meets at 1943 Orange Ave. Annex B, Costa Mesa 92627 across from St. Joachim's Church. No child care will be provided. Presented by Hoag Hospital and St. Joachim's Church.

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### Dana Point

- **Sober Sisters Support Group** – Meets on the 3rd Sunday of every month from 6 – 7:30 p.m. in Dana Point. This group is a 12-Step based support group for women who have or have had breast cancer. For more information and meeting address, contact Erin at (949) 863-1031 x254.

### Fountain Valley

- **General Cancer Support Group** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month from 12 – 1:30 p.m. at Fountain Valley Regional Hospital, Cancer Center Conference Room, 11250 Warner Ave., East Tower, 4<sup>th</sup> Floor, Patient Resource Library Room, Fountain Valley 92708. Free. This group is open to those who are newly diagnosed and/or currently undergoing treatment for cancer. Complimentary snacks will be provided. For more information, call (714) 979-1408.
- **Cancer Support Group (Vietnamese)** – Meets on 4<sup>th</sup> Friday of every month from 4:30 – 6:30 p.m. at the Vietnamese American Cancer Foundation, 17150 Newhope Street #203, Fountain Valley 92708. For more information, contact VACF at (714) 751-5805.
- **Helping Hands: Vietnamese blood related illness support group** – Meets on the last Tuesday of every month from 6:30 – 8 p.m. at Fountain Valley Regional Cancer Center, 17100 Euclid St at Warner, Trailer B (behind cancer center), Fountain Valley. Refreshments are served. For more information, call (714) 979-1408.
- **The Journey Cancer Support Group** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 12 – 1:30 p.m. at Orange Coast Memorial Medical Center, Conference Room 1A, 9900 Talbert Ave., Fountain Valley 92708. This is a special group for women at any stage of the cancer experience, as well as their female family members and friends. This group provides educational information, supportive discussion and embraces cancer patient issues and concerns. For more information, call Dani Daniels (714) 378-7950.
- **Prostate Cancer Support Group** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month from 6 – 7:30 p.m. at Orange Coast Memorial Medical Center, 18111 Brookhurst St, Suite 4300, Fountain Valley 92708. This group provides supportive discussion and educational information for prostate cancer patients, family members and friends. For more information, call Dani Daniels, LCSW, at (714) 378-7950.
- **Transitions/Bereavement** – For adults who have recently lost a loved one to cancer. Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of every month from 6 – 7:30 p.m. at Orange Coast Memorial Pavilion, 18111 Brookhurst Ave., Suite 4300, Fountain Valley 92708. A light complimentary meal is provided. For more information, call Dani Daniels at (714) 378-7950.
- **Wig Bank at Orange Coast Memorial Medical Center** – 18111 Brookhurst St, Ste. 4300A, Fountain Valley 92708. Hosted by the American Cancer Society. For information, call (714) 378-7600.

### Fullerton

- **Brain Tumor Patient and Family Support Group** – Meets on the 1<sup>st</sup> Monday of every month from 6:30 – 8 p.m. at St. Jude Medical Center, 2151 N. Harbor, Room 3138, Fullerton 92835. The facilitator is Dr. Merlino. For more information, call (714) 446-5847.
- **Head and Neck Cancer Support Group** – Meets on the 2<sup>nd</sup> Tuesday of every month from 6 – 7:30 p.m. at St. Jude Medical Center, 2151 N. Harbor, 1<sup>st</sup> Floor Conference Room, Fullerton 92835. For patients who have been diagnosed with head and neck cancer, and their support person. Facilitated by Shannon Lindop, RN, BSN, OCN and Karen Godinez, RD, CSO. For information, call (714) 446-5355 or (714) 446-5982.

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- **HOPE Cancer Patient and Family Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month from 6:30 – 8:30 p.m. at St. Jude Medical Center, 2151 N. Harbor, Room 3138, Fullerton 92835. The facilitator is Kathy Pearson. This group is for patients with any type of cancer and features a special breakout group for friends and family. For more information, call (714) 446-5847.
- **Ladies Night Cancer Support Group** – Meets on the 1<sup>st</sup> Tuesday of every month from 6:30 – 8 p.m. at St. Jude Medical Center, 2151 N. Harbor Blvd., 1<sup>st</sup> Floor Conference Room 3138, Fullerton 92835. This meeting will be open to all women in treatment or who have completed cancer treatment. The facilitator is Denise Yoshihara, LCSW. For more information, call (714) 992-3000 x2299.
- **Lymphedema Awareness Class** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 9 – 10 a.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton 92835. This class is designed to provide information about lymphedema for persons who have had lymph nodes removed and/or radiation to the axilla, groin, or neck. Facilitated by lymphedema specialists. For reservations, call (714) 992-3000, ext. 2985.
- **Prostate Cancer Discussion Group** – Meets on the 4<sup>th</sup> Wednesday of every month from 6 – 7:30 p.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., 1<sup>st</sup> Floor Conference Room, Fullerton 92835. Facilitated by Gianna Laiola, RN. For men living with advanced prostate cancer and their guest. Living with prostate cancer and being on long-term treatment can have an impact on daily life. This group meets bi-monthly to provide education on prostate cancer and its treatments, as well as solutions, tips and resources for symptom management. For more information, please call (714) 446-5771.
- **NEW! Thrive Not Survive General Caregiver Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month 10 – 11:30 a.m. at St Jude Community Services Bldg., 130 W Bastanchury Road, Fullerton 92835. Family Caregivers are encouraged to call to confirm dates, times and locations by calling (714) 446-5030 or 800-543-8312 or by checking their website: [www.caregiveroc.org](http://www.caregiveroc.org). Hosted by the Family Caregiver Resource Center of Orange County.

### Garden Grove

- **NEW! Spanish Thrive Not Survive General Caregiver Support Group** – Meets on the 2<sup>nd</sup> Wednesday of the month from 3 – 4:30 p.m. at Acacia Adult Day Services, 11391 Acacia Pkwy, Garden Grove 92840. Family Caregivers are encouraged to call to confirm dates, times and locations by calling (714) 446-5030 or 800-543-8312 or by checking their website: [www.caregiveroc.org](http://www.caregiveroc.org). Hosted by the Family Caregiver Resource Center of Orange County.
- **NEW! Vietnamese Thrive Not Survive General Caregiver Support Group** – Meets on the 2<sup>nd</sup> Wednesday of the month from 3 – 4:30 p.m. at Acacia Adult Day Services, 11391 Acacia Pkwy, Garden Grove 92840. Family Caregivers are encouraged to call to confirm dates, times and locations by calling (714) 446-5030 or 800-543-8312 or by checking their website: [www.caregiveroc.org](http://www.caregiveroc.org). Hosted by the Family Caregiver Resource Center of Orange County.
- **Vietnamese Breast Cancer Support Group** – Meets on the last Friday of every month from 5 – 6 p.m. at the Nhan Hoa Comprehensive Healthcare Clinic, 14221 Euclid St., # H, Garden Grove 92843. For more information, call (714) 539-9999.

### Huntington Beach

- **Breast Cancer Support and Education Group** – Meets every Tuesday of month from 12 – 2 p.m. at Pacific Premier Bank, 19011 Magnolia St., Huntington Beach 92646 (corner of Magnolia St. and Garfield Ave.). Please park behind the bank or in The Home Depot parking lot. The conference room is inside the bank on the left. Feel free to bring your own refreshments. Facilitated by Sandy Finestone, PsyD, from Hope Wellness Center. For more information, call (949) 261-6020 or [Sandy@HopeWellnessCenter.org](mailto:Sandy@HopeWellnessCenter.org).

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### Irvine

- **Breast Cancer Orientation Class** – Meets on the 2nd Tuesday of the month from 12 – 1:30 p.m. at Hoag Irvine Cancer Center Willow Conference Room, 16105 Sand Canyon Ave., Irvine 92618. This class provides important information tailored to the unique concerns of newly diagnosed breast cancer patients. Meet with the Nurse Navigator to receive guidance on medical concerns. For more information, call (949) 7-CANCER (722-6237).
- **Breast Cancer Support Group** – Meets on the 4th Monday of every month from 12 – 1:30 p.m. at Hoag Irvine Cancer Center Canyon Conference Room, 16105 Sand Canyon Ave., Irvine 92618. For more information, call (949) 7-CANCER (722-6237).
- **“Cafecitos” Breast Cancer Support Group in Spanish** – Held on the 2nd Wednesday from 6 – 8 p.m. and 4th Wednesday from 10 a.m. – 12 p.m. of every month at Susan G. Komen Orange County, 2817 McGaw Ave., Irvine 92614. The purpose of this group is to unite Latino women who have been diagnosed with breast cancer or have finished their treatment and have them share their experiences. For more information: Ambrocia Lopez, at (714) 957-9157 x 41 or [alopez@komenoc.org](mailto:alopez@komenoc.org).
- **FACE2FACE Support Group for Young Women with Breast Cancer** – Held on the 1<sup>st</sup> Tuesday of every month at 6:30 p.m. at the Hope Wellness Center offices 17952 Sky Park Circle, Suite J, Irvine 92614. This group is an exciting collaboration between Hope Wellness Center and the Young Survival Coalition. For more information, contact Sandy Finestone at (949) 261-6020 or [Sandy@HopeWellnessCenter.org](mailto:Sandy@HopeWellnessCenter.org).
- **Gastrointestinal Cancer Support Group** – Meets the 3rd Monday of every month from 3 – 4:30 p.m. at Hoag Irvine Cancer Center Canyon Conference Room, 16105 Sand Canyon Ave., Irvine 92618. For more information, call (949) 7-CANCER (722-6237).
- **General Cancer Group (Chinese)** – Meets on the 3<sup>rd</sup> Saturday of every other month from 10 a.m. – 1 p.m. at the Lakeview Senior Center, 20 Lake Rd., Irvine 92604. For more information, call (714) 560-8877.
- **Kids Konected** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month from 6:30 – 8 p.m. at Susan G. Komen Orange County, 2817 McGaw Ave., Irvine 92614. For more information, call (949) 582-5443.
- **Lymphoma & Hematologic Cancer Support Group** – Meets on the 3<sup>rd</sup> Wednesday of every month from 2 – 4 p.m. at Hoag Irvine Cancer Center, 16105 Sand Canyon, Irvine 92618. For more information, call (949) 7-CANCER (722-6237).
- **Lung Cancer Support Group** – Meets on the 4th Thursday of every month from 2 – 3:30 p.m. (starting 9/22/16) at Hoag Irvine Cancer Center Canyon Conference Room, 16105 Sand Canyon Ave., Irvine 92618. For more information, call (949) 7-CANCER (722-6237).
- **Prostate Cancer Education Support Group** – Meets on the 3rd Thursday of every OTHER month (2017 – January, March, May, July, Sept., Nov) from 6 -7:30 p.m. at Hoag Irvine Cancer Center, 16105 Sand Canyon, Irvine 92618. For more information, call (949) 7-CANCER (722-6237).
- **Thrive Not Survive General Caregiver Support Group** – Meets on the 2nd and 4th Wednesday of the month 7 – 8:30 p.m. Kaiser Permanente Irvine Medical Center Bldg. 2, 5th Floor Room C1, 6640 Alton Parkway, 92618. Family Caregivers are encouraged to call to confirm dates, times and locations by calling (714) 446-5030 or 800-543-8312 or by checking their website: [www.caregiveroc.org](http://www.caregiveroc.org). Hosted by the Family Caregiver Resource Center of Orange County.

### Lake Forest

- **General Cancer Support Group** – Meets on the 4<sup>th</sup> Wednesday of every month from 7 – 9 p.m. at Saddleback Church, Plaza Building Room P102, 1 Saddleback Pkwy, Lake Forest 92630. Designed for cancer patients, caregivers, family and friends who are confronted with cancer. Pre, during and post cancer

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support. Share stories of love, faith, hope and courage with other cancer survivors. For more information, contact Vickie McGee at [vickiem@saddlebackvolunteer.com](mailto:vickiem@saddlebackvolunteer.com) or (714) 272-2560.

- **Prostate Cancer Support Group** – Meets on the 2<sup>nd</sup> Tuesday of every month from 7 – 9 p.m. at Saddleback Church, Plaza Building Room P102, 1 Saddleback Pkwy, Lake Forest 92630. Our support group is for pre, during and post prostate cancer treatment. We will discuss all aspects of this affliction including robotic surgery, radiation therapy and other issues affecting the men, their spouses and families. For more information, contact Elaine Quickle at (949) 609-8392 or [elaineq@saddleback.com](mailto:elaineq@saddleback.com).

### Laguna Hills

- **For Men Only (Support group for male partners of women with breast cancer)** – Meets Jan 12<sup>th</sup> and every other Thursday afterward from 6:30 – 8 p.m. at The Office of Therapy Associates, 23193 La Cadena Drive Ste. 104, Laguna Hills 92653. Come find out what other men are experiencing and how they're coping with the caregiver role during diagnosis, treatment and beyond. Topics will include: Practical care giving tips; The impact of a chronic disease on finances; Managing the house and kids; Intimacy, then and now; Fear of what the future holds; and What she really wants from you. Cost: \$20 per session. For more information, visit [www.survivorsupportnow.com](http://www.survivorsupportnow.com) or contact Kelley Yasbek (facilitator) at [kelly@survivorsupportnow.com](mailto:kelly@survivorsupportnow.com) or (949) 338-0908.
- **Kids Konnected** – Meets on the 1<sup>st</sup> Thursday of every month from 6:30 – 7:30 p.m. at Breast link Offices, 23961 Calle de la Magdalena #130, 92653. For more information, call (949) 582-5443.
- **Saddleback Memorial Women's Cancer Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 6:30 – 8 p.m. at the Saddleback Memorial Breast Care Center, 24401 Calle de la Louisa, Suite 101A, Laguna Hills 92653. For more information, call (800) MEMORIAL / (800) 636-6742.
- **Thrive Not Survive General Caregiver Support Group** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 10 – 11:30 a.m. at Florence Sylvester Memorial Senior Center 23721 Moulton Pkwy., Laguna Hills 92653. Family Caregivers are encouraged to call to confirm dates, times and locations by calling (714) 446-5030 or 800-543-8312 or by checking their website: [www.caregiveroc.org](http://www.caregiveroc.org). Hosted by the Family Caregiver Resource Center of Orange County.

### Laguna Woods

- **South Orange County Cancer Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month at 11 a.m. at Grace Hills Church, 24521 Moulton Parkway, Laguna Woods 92637. For adult men and women with all types of cancer. For more information, contact Joyce Carlson, founder and facilitator, at (949) 458-1755 or [jcarlson@comline.com](mailto:jcarlson@comline.com).

### Los Alamitos

- **NEW! Men's Cancer Support Group** – Meets on the 1<sup>st</sup> Tuesday of every month from 6 – 7:30 p.m. at Los Alamitos Medical Center Campus, 3851 Katella Ave, 1<sup>st</sup> Floor, Room 110, Los Alamitos 90720. Free parking. No meetings in July or December. This patient-oriented group features guest speakers on topics such as surgical interventions, chemotherapy, radiation oncology therapies, hormone therapy, reducing risk factors, nutrition and wellness in a relaxed environment with open conversation and support. For more information, call (562) 799-3211.

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- **NEW! Women's Cancer Support Group** – Meets on the 3<sup>rd</sup> Tuesday of every month from 6 – 7:30 p.m. at Los Alamitos Medical Center Campus, 3851 Katella Ave., 1<sup>st</sup> Floor, Room 110, Los Alamitos 90720. Free parking. No meetings in November or December. This patient-oriented group features guest speakers on topics such as surgical interventions, chemotherapy, radiation oncology therapies, hormone therapy, reducing risk factors, nutrition and wellness in a relaxed environment with open conversation and support. For more information, call (562) 799-3211.

### Mission Viejo

- **Breast Cancer Support Group (“A Step at a Time”)** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month from 6 – 8 p.m. at Women's Wellness Center, 26732 Crown Valley Parkway, Suite 171C, Mission Viejo 92691. For more information, call (949) 347-6062.
- **Live Well With Cancer (General cancer group for patients and families, in partnership with The Wellness Community – West L.A.)** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of every month from 6:30 – 8 p.m. at Mission Hospital Conference Center, Classroom #2, 26726 Crown Valley Parkway, Mission Viejo 92691. For information, call (949) 365-2273 or (714) 543-3200. Visit [www.cancersupportredondobeach.org](http://www.cancersupportredondobeach.org).
- **Metastatic & Recurrent Breast Cancer Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 11:30 a.m. – 1 p.m. at Mission Hospital Women's Wellness Center, 1st Floor-Ste. 171A, 26732 Crown Valley Parkway, Mission Viejo 92691. For more information, call (949) 347-6062.
- **South Orange County Blood Cancer Family Support Group** – Meets on the 3<sup>rd</sup> Tuesday of every month from 6 – 7 p.m. at Mission Conference Center, Classroom A, 26726 Crown Valley Parkway, Mission Viejo 92691 (free parking is available in the parking garage after 6 p.m.). Designed exclusively for adult patients, their families & friends living with Leukemia, Lymphoma, Myeloma or MDS. Facilitators: Gabriel Carabulea, MD & Sue Kussro, RN. Light refreshments will be served. Please let us know if you plan to attend. For more information, contact Gail at (714) 481-5606 or [gail.sperling@LLS.org](mailto:gail.sperling@LLS.org).
- **Spanish Breast Cancer Support Group (“Un Paso a La Vez”)** – Meets on the 1<sup>st</sup> Monday of every month from 6:30 – 8 p.m. at Women's Wellness Center, 26732 Crown Valley Parkway, Suite 171A, Mission Viejo 92691. For more information, call (949) 347-6071.

### Newport Beach

- **Brain Tumor Support Group** – Meets on the 3<sup>rd</sup> Wednesday of every month from 3 – 5 p.m. at Hoag Conference Center, 3<sup>rd</sup> Floor, One Hoag Drive (Bldg 41), Newport Beach 92663. For adults with brain tumors and their support persons. For more information, call (949) 7-CANCER (722-6237).
- **Breast Cancer Orientation Class** – Meets on the 1<sup>st</sup> Tuesday of the month from 6 – 7:30 p.m. and 3<sup>rd</sup> Thursday of the month from 2 – 3:30 p.m. at Hoag Cancer Center Conference room B, One Hoag Drive, Newport Beach 92663. This class provides important information tailored to the unique concerns of newly diagnosed breast cancer patients. Meet with the Nurse Navigator to receive guidance on medical concerns. For more information, call (949) 7-CANCER (722-6237).
- **Breast Cancer Support Group** – Meets on the 3<sup>rd</sup> Tuesday of every month from 12 – 1:30 p.m. at Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).
- **Bereavement Support Group** – A group for adults who have lost someone to cancer. Meets every Wednesday from 5:30 – 7 p.m. at Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).
- **Gastrointestinal Cancer Support Group** – Meets the 4<sup>th</sup> Thursday of every month from 2 – 3:30 p.m. at Hoag Cancer Center, 3<sup>rd</sup> Floor Conference Room, One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).

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- **Gynecologic Cancer Support Group** – Meets on the 1<sup>st</sup> Monday of every month from 2 – 3:30 p.m. at Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach 92663. Learn about minimizing your risk of Lymphedema exacerbation. For more information, call (949) 7-CANCER (722-6237).
- **Lung Cancer Support Group** – Meets on the 2<sup>nd</sup> Wednesday of every month from 6 – 7:30 p.m. at Hoag Cancer Center, One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).
- **NEW! Lymphedema Workshop** – Meets on the 1<sup>st</sup> Tuesday of every month from 2 – 3 p.m. at Hoag Cancer Center, One Hoag Drive, Conference Room A, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).
- **Oral, Head and Neck Cancer Support Group** – Meets on the 2<sup>nd</sup> Monday of every month from 6 – 7:30 p.m. at the Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach 92663. For patients and their family or support persons that have cancers of the Mouth, Head & Neck (ears, mouth, nose, sinus, throat, and thyroid areas). For more information, call Rhonda Hjelm at (949) 764-1945.
- **Ovarian Cancer Orange County Alliance** – Meets on the 4<sup>th</sup> Wednesday of every month at Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach 92663. For more information, contact [ovarianoc@aol.com](mailto:ovarianoc@aol.com).
- **Pituitary Tumor Support Group** – Meets on the 2<sup>nd</sup> Monday of every month from 5 – 6:30 p.m. at Hoag Advanced Technology Building (#47), One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).
- **Prostate Cancer Education & Support Group** – Meets on the 1<sup>st</sup> Wednesday of every EVEN month (February, April, June, August, October, and December) from 6 – 7:30 p.m. at Hoag Cancer Center, Auditorium, One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).
- **Recurrent and Metastatic Cancer Support Group** – Meets on the 3<sup>rd</sup> Tuesday of every month from 5 – 6:30 p.m. at Hoag Cancer Center, One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).
- **Thyroid Cancer Survivors Support Group** – Meets on the 3<sup>rd</sup> Saturday of every month from 10:30 a.m. – 12 p.m. at Hoag Cancer Center, One Hoag Drive, Conference Room A, Newport Beach 92663. For more information, call Shilo and Ray Bartlett (714) 809-5099 or Anne MacPherson (714) 822-6080 or e-mail [OrangeCounty\\_CA@thyca.org](mailto:OrangeCounty_CA@thyca.org).
- **Young Women's Breast Cancer Support Group Beach Cities @ Hoag - a Young Survival Coalition (YSC) affiliate** – Meets on the 3<sup>rd</sup> Monday of every month from 6 – 7:30 p.m. at Hoag Cancer Center, 1<sup>st</sup> Floor Lobby, One Hoag Drive, Newport Beach 92663. For more information, call (949) 7-CANCER (722-6237).

### Orange

- **Brain Tumor Support Group** – Held on the 2<sup>nd</sup> Monday of every month (except for May, will be May 15) from 6 – 7:30 p.m. on the UCI Chao Family Comprehensive Cancer Center, Bldg 23 First Floor, 101 The City Drive, Orange. For more information, call (714) 456-5812.
- **BRCA Education and Network Series** – An opportunity for high risk patients to obtain valuable information & education from experts in the field while also networking with others who have a BRCA1 or BRCA2 gene mutation. Held quarterly - Call for dates, times, and topics: St. Joseph Hospital Cancer Genetics Program, (714) 734-6229, ext. 1.
- **Breast Cancer Support Group at Breastlink** – Meets every Monday from 7 – 8:30 p.m. at Breastlink, 230 S. Main St., Suite 100, Orange 92868. All newly diagnosed women with breast cancer are invited to attend. Our six session program focuses on becoming a thriving survivor and includes a Partner's Support Group. For more information and to register, call Jill Canales at (714) 541-0101 x 14330.

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- **Cancer Genetics Support Group** – Meets quarterly (June 9<sup>th</sup>) from 6 – 8 p.m. at The Center for Cancer Prevention and Treatment, St. Joseph Hospital, 2nd Floor Lobby, 1000 W La Veta Ave, Orange 92868. Do you have a family history of breast, ovarian or related cancers? Are you considering genetic testing or have you tested positive for a mutation in BRCA or another gene associated with increased cancer risk? You are not alone. Orange County FORCE genetic affiliate exists to improve the lives of individuals and families facing hereditary breast, ovarian and related cancers. Learn from other people who are navigating the hereditary cancer path. RSVP to Jennifer Neal at [Jennifer.neal@stjoe.org](mailto:Jennifer.neal@stjoe.org) or (714) 734-6229. <http://www.facingourrisk.org/get-support/local-groups/california-orangecounty.php>
- **Chronic Myelogenous Leukemia (CML) Support Group** – Meets on the 2<sup>nd</sup> Monday of every month from 6:30 – 8 p.m. at the Leukemia & Lymphoma Society, 765 The City Drive South, Suite 450, Orange, CA. For more information, call toll-free: 1-888-535-9300 ext. 5640.
- **CLL Support and Education Group** – Meets on the 2<sup>nd</sup> Tuesday of every month from 7 – 9 p.m. at UC Irvine Health, 101 The City Drive South, Building 56 Room 113, Orange 92868. sponsored by the CLL Society Support and Education Network. For more information and to RSVP, email Barbara Massey at [support@cclsociety.org](mailto:support@cclsociety.org).
- **“Entre Amigos” Cancer Support Group en Español** – Meets the 4<sup>th</sup> Thursday of every month from 6 – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange 92868. Registration required: Angela Acevedo, RN, at (714) 734-6226.
- **Gynecologic Cancers Support Group** – Meets the 4<sup>th</sup> Wednesday of every month from 6:30 p.m. – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. Registration Required: (714) 734-6227.
- **Head and Neck Cancer Support Group** – Meets the 3<sup>rd</sup> Monday of every month from 7 p.m. – 8:30 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange 92868. Registration required: (714) 734-6227.
- **Head and Neck Cancer Support Group** – Meets on 1<sup>st</sup> Monday of every month from 6:30 – 8 p.m. at UCI Chao Family Comprehensive Cancer Center, Bldg 23 First Floor Lobby, 101 The City Drive, Orange. For more information, call (714) 456-2846.
- **J-Pouch Support Group** – Held at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For dates and times, contact Darcie Peterson, ANP-BC, CWOCN, at (714) 771-8000, Ext. 13521.
- **Korean Women’s Cancer Support Group** – Meets the 2<sup>nd</sup> Thursday of every month from 3 – 4:30 p.m. at the UCI Chao Family Comprehensive Cancer Center, Building 22A (Library) Room 2103-04, 101 The City Drive S, Orange 92868. Facilitated by Korean nurses. For information, call Jane Choi, RN at (714) 456-5057.
- **Liver Disease Support Group** – Meets quarterly on the 2<sup>nd</sup> Tuesday of January, April, July, and October from 6 – 7:30 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. Registration required: (714) 734-6227.
- **Lymphedema Educational Support Group** – Meets the 4<sup>th</sup> Thursday of every month (Does NOT meet during November or December) from 7 – 9 p.m. at Breastlink Breast Care & Imaging Center, Suite 100 Reception Room, 230 S. Main St., Orange. For more information, call (714) 731-0233.
- **Multiple Myeloma Support Group** – Held the 1<sup>st</sup> Thursday of every month from 7 – 9 p.m. at the UC Irvine Medical Center, Psych Building 3, 101 The City Drive South, Orange, CA 92868. For more information, please contact Kelly Cox at 1-800-452-2873 or at [kcox@myeloma.org](mailto:kcox@myeloma.org).
- **Prostate Cancer Support Group** – Meets the 3<sup>rd</sup> Tuesday of every EVEN month from 6:30 – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. Registration Required: (714) 734-6227.
- **Survivorship Educational Series** – Free educational series offered to educate and empower cancer survivors to thrive after their cancer journey. Classes will address the physical, psychological and emotional changes cancer survivors may face, as well as ways to overcome these changes and regain wellness – body, mind and spirit. Dinner will be served. Sponsored by the Center for Cancer Prevention and Treatment at St. Joseph Hospital. Call for dates and times. 1-877-459-3627.

Please call to verify information before attending. 8



## Please call to verify information before attending.

- **NEW! Thrive Not Survive General Caregiver Support Group** – Meets on the 1st and 3rd Tuesday of the month from 7 – 8:30 p.m. at Park Plaza, 620 S. Glassell St, Orange 92866. Family Caregivers are encouraged to call to confirm dates, times and locations by calling (714) 446-5030 or 800-543-8312 or by checking their website: [www.caregiveroc.org](http://www.caregiveroc.org). Hosted by the Family Caregiver Resource Center of Orange County.
- **Young Adult Cancer Support Group** – Meets QUARTERLY on the 3rd Wednesday of January, April, July & October from 6:30 – 8:30 p.m. at the Building 22A Rooms 2103, 101 The City Drive, Orange 92868. An educational support group for any young adult cancer patient or survivor ages 18 – 45. Family and friends are welcome. Please, no children under age 14. Facilitated by Courtney Sparkuhl, MSW, (714) 456-7057.

### San Juan Capistrano

- **“Mujer de Mujer” Spanish Support Group:** – Support group and workshop for Latinas at high risk or with breast cancer. Meets every Thursday from 10 – 11 a.m. at Mission San Juan Capistrano, 31522 Camino Capistrano, San Juan Capistrano. For more information, contact Juanita at (949) 234-1360 x371.

### Santa Ana

- **Kids Konected (Bilingual Spanish)** – Meets on the 1st Wednesday 4th Tuesday of every month from 6:30 – 7:30 p.m. at The Radnet Conference Center, 1820 E. 1st St #300-B, Santa Ana 92705. For more information, call (949) 582-5443.
- **“Sisters Connecting” Breast Cancer Support Group** – Meets on the 4th Wednesday of every month from 6 – 7 p.m. at 1971 E. Fourth Street, Suite 320, Santa Ana. Limited seating – please RSVP. Health refreshments and drawings provided each month. For more information, contact (714) 507-0338 or [thegreenfoundation333@gmail.com](mailto:thegreenfoundation333@gmail.com).

### Tustin

- **NEW! Spanish Thrive Not Survive General Caregiver Support Group** – Meets on the 3rd Wednesday of the month from 9:30 – 11 a.m. at Tustin Senior Center, 200 S. C St., Tustin 92780. Family Caregivers are encouraged to call to confirm dates, times and locations by calling (714) 446-5030 or 800-543-8312 or by checking their website: [www.caregiveroc.org](http://www.caregiveroc.org). Hosted by the Family Caregiver Resource Center of Orange County.

## Quality of Life and Healthy Living Programs and Services *(Please call to verify information before attending.)*

### Throughout Orange County

- **Look Good – Feel Better** – Is a free national public service program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. Call the American Cancer Society (ACS) for information, and to register 1-800-ACS-2345.
- **Reach to Recovery** – A volunteer visitation program helping newly diagnosed breast cancer patients. Call American Cancer Society at (949) 261-9446.

**Please call to verify information before attending.** 9

## Please call to verify information before attending.

- **Tobacco Cessation Services** – FREE to Orange County teens and adults by calling 1-866-NEW-LUNG, or 1-866-639-5864. Five types of services are offered to adults: Five session class series, telephone counseling, individual counseling, quit kits and telephone counseling for 18-24 year olds, and a one-time 90-minute seminar or two 45-minute seminars. Teens can receive two types of services: five session class series and a one-time seminar. Adult services are offered in English, Spanish, and Vietnamese. For more information, contact, Anabel Bolanos at (714) 834-3232 or Kristy Nguyen at (714)-834-6645.

### Anaheim

- **Look Good Feel Better Program** – Held on the 2<sup>nd</sup> Monday of ODD months (Jan, Mar, May, Jul, Sep, Nov) from 1 – 3 p.m. at Kaiser Permanente Anaheim, 3430 E. La Palma Ave., Medical Office Building 2, 6<sup>th</sup> Floor, Conference Room 1-2, Anaheim 92806. American Cancer Society program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. Reservations required: please call (949) 261-9446.

### Corona del Mar

- **Inner Peace Tuesday** – Held every Tuesday from 12 – 1 p.m. at Jabulani Yoga, 2711 E Coast Hwy Suite 102, Corona del Mar 92625. Jill Manly plays crystal bowls and employs the principles of Yoga Nidra to gently relax the body and mind. Reservations suggested. For more info and reservations: [www.GreetTheDay.org](http://www.GreetTheDay.org), (949) 544-1483, [info@GreetTheDay.org](mailto:info@GreetTheDay.org).
- **Sound Yoga: Rejuvenate and Balance** – Held every Thursday from 12 – 1 p.m. at Jabulani Yoga, 2711 E Coast Hwy Suite 102, Corona del Mar 92625. For more info and reservations: [www.GreetTheDay.org](http://www.GreetTheDay.org), (949) 544-1483, [info@GreetTheDay.org](mailto:info@GreetTheDay.org).

### Costa Mesa

- **Wig Bank** – Because Susan G. Komen Orange County believes that every woman deserves a beautifully styled wig to wear during treatment, women with financial need are invited to visit the Wig Bank at the Costa Mesa office. The Wig Bank offers a selection of new and gently used wigs, turbans and hats. This office is located at: The Susan G. Komen Orange County, 2817 McGaw Ave., Irvine 92614, (714) 957-9157. Komen will then give you a certificate to have your wig fit, cut, and styled at: World of Wigs, 2305 E. 17<sup>th</sup> St., Santa Ana, (714) 547-4461.

### Fountain Valley

- **Look Good Feel Better Program** – Held on the 1<sup>st</sup> Monday of every month from 10 a.m. – 12 p.m. at Orange Coast Memorial Medical Center, 18111 Brookhurst St., The Pavilion, Suite 4300A, Fountain Valley 92708. American Cancer Society program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. Reservations required: please call (714) 378-7600.
- **Vietnamese Look Good Feel Better** – Held quarterly from 10 a.m. – 12 p.m. at Orange Coast Memorial Pavilion, 18111 Brookhurst St., Suite 4300, Fountain Valley 92708. Free American Cancer Society program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. To make an appointment or for specific program dates, call (714) 966-8022.

Please call to verify information before attending. 10

## Please call to verify information before attending.

- **Wig Banks** – The American Cancer Society provides free wigs to female cancer patients at our locations in Fountain Valley Regional Hospital and Orange Coast Memorial Hospital. For a wig appointment, call (800) ACS – 2345.

### Fullerton

- **Craft Night for Cancer Survivors and Support People** – Held on the 3<sup>rd</sup> Wednesday of every month from 6 – 9 p.m. at St. Jude Medical Center, 2151 N. Harbor, Room 3138, Fullerton. Join us for an evening of creativity and support. For more information, call Denise at (714) 992-3000 x2299.
- **Healthy Steps – Exercise Group – Requires doctor order.** Meets every Tuesday from 3:30 – 4:30 p.m. at St. Jude Medical Plaza, Lymphedema Clinic, 2151 N. Harbor Blvd., Fullerton. This class is a program of exercise and movement to music specially designed for persons undergoing cancer treatment. For all ages, all fitness levels to increase movement, reduce pain, improve energy, reduce risk of lymphedema and to have fun! Leaders are lymphedema specialists. For information, call (714) 992-3000 x2985.
- **Look Good – Feel Better** – Meets on the 2<sup>nd</sup> Friday of EVEN months (Feb, Apr, Jun, Aug, Oct, Dec) from 10 a.m. – 12 p.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3200, Fullerton 92835. A program for women receiving chemotherapy or radiation treatments that teaches make-up, hair styling and skin care techniques, to help women deal with appearance changes that may occur. For information, call American Cancer Society at (800) 227-2345, option 4.
- **Relaxation and Visualization for Well-Being** – Meets on the 3<sup>rd</sup> Monday of every month from 6:30 – 8 p.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton. For patients, families and caregivers who are coping with cancer. Facilitated by Robert Merlino, PhD. For more information, call (714) 446-5847.
- **NEW! Shared Journey Program** – If you are a patient with breast, prostate, or head & neck cancer, we invite you to participate in our Shared Journey Program. This program offers a team of trained survivor volunteers who offer support and mentorship to patients with similar diagnosis and treatment as they face the challenges of cancer along their “shared journey.” For more information on how to participate as a patient or volunteer, please call St. Jude Medical Center Oncology Services, (714) 446-5847.
- **Yoga for Cancer Health** – Meets every Friday from 10 – 11:15 a.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton. For more information, call (877) 459-3627.

### Irvine

- **NEW! Gentle Yoga for Cancer Care (Women's Group)** – Meets every Monday from 1:30 – 2:30 p.m. at the Hoag Irvine Cancer Center, 2nd floor, "Canyon/Creek" room, 16105 Sand Canyon Ave, Irvine. A gentle, restorative yoga and meditation practice utilizing sound healing and Tibetan singing bowls to aid in relaxation. Good for all levels of ability and is appropriate during cancer treatment. For reservations, call (800) 227-2345.
- **Look Good Feel Better** – Designed for cancer patients. 2016/2017 Classes held August 22 and January 23 from 10 a.m. – 12 p.m. at Hoag Irvine Cancer Center Willow Conference Room, 16105 Sand Canyon Ave, Irvine. Helping women deal with appearance changes that may occur during treatment. For reservations, call (800) 227-2345.
- **Look Good Feel Better** – Meets on the 1st Wednesday of EVEN months (Feb, Apr, Jun, Aug, Oct, Dec) from 10 a.m. – 12 p.m. at Hope Wellness Center, 17952 Sky Park Circle #J, Irvine, CA 92614. During cancer treatment, Look Good Feel Better volunteer beauty professionals help women with skin care and makeup application, tips on wig selection and wig care, dry skin, discolored nails, scarves, turbans, and hats, and style tips. Reservations required: please call (949) 261-9446.

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- **Look Good Feel Better** – Please call for dates. Meets from 10 a.m. – 12 p.m. at Kaiser Permanente Irvine, 6650 Alton Pkwy, Irvine 92618. During cancer treatment, Look Good Feel Better volunteer beauty professionals help women with skin care and makeup application, tips on wig selection and wig care, dry skin, discolored nails, scarves, turbans, and hats, and style tips. Reservations required: please call (949) 261-9446.
- **Restorative Yoga and Guided Relaxation** – Held every Wednesday from 5 – 6:15 p.m. at Center for Living Peace, 4139 Campus Dr, Irvine 92612. Reservations suggested. Questions? Contact Kim at (714) 795-8362.
- **Yoga for Health and Well-Being** – Meets every Wednesday from 5 – 6:30 p.m. at Center For Living Peace, 4139 Campus Dr, Irvine 92612. Free class. Mats and props are available. Open to all people affected by cancer including patients, survivors, caregivers, families, and friends. To register for more information, contact Kim at (949) 544-1483 or [kim@GreetTheDay.org](mailto:kim@GreetTheDay.org).
- **Yoga for Women Cancer Survivors** – Meets every Tuesday from 6:30 – 8 p.m. at The Cancer Center of Irvine, 16100 Sand Canyon, Irvine. Hosted by Team Survivor. For more information, call (310) 477-8557 or e-mail [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org)

### Laguna Hills

- **Look Good Feel Better** – Meets on the 3<sup>rd</sup> Wednesday of ODD months (Jan, Mar, May, Jul, Sep, Nov) from 1 – 3 p.m. at Saddleback Memorial Medical Center, 24451 Health Center Dr., Transitions for Women, Laguna Hills 92653. This program helps women undergoing cancer treatment feel better about their appearance. Learn enhancing makeup techniques and take home complimentary cosmetics and skin care products. For information or to register, call (949) 452-7255.

### Mission Viejo

- **Dayan Qigong for Cancer Survivors** – Meets every Thursday from 6:30 – 7:30 p.m. at Mission Conference Center, 26726 Crown Valley Parkway, Mission Viejo. All fitness levels welcome. Hosted by Mission Hospital. For more information, call (949) 364-1770, or visit [www.mission4health.com](http://www.mission4health.com).
- **Look Good Feel Better** – Meets on the 3<sup>rd</sup> Monday of every even month from 1 – 3 p.m. at Mission Hospital's Women's Wellness Center, 26732 Crown Valley Pkwy, Ste. 171A, Mission Viejo 92691. This program helps women undergoing cancer treatment feel better about their appearance. Learn enhancing makeup techniques and take home complimentary cosmetics and skin care products. For information or to register, call (949) 364-1770 or visit [www.mission4health.com](http://www.mission4health.com).
- **Yoga for Women Living with Breast Cancer** – Meets every Tuesday from 6:30 – 7:30 p.m. at Mission Conference Center, 26726 Crown Valley Parkway, Mission Viejo. Hosted by Mission Hospital. For more information, call (949) 364-1770, or visit [www.mission4health.com](http://www.mission4health.com).

### Newport Beach

- **Cancer to 5K Free Exercise (Run/Walk) Program for Cancer Survivors** – Weekly Practice Schedule: Wednesdays at 6 p.m. and Saturdays at 10 a.m. Newport Beach Pier, 1 Mc Fadden Pl, Newport Beach 92663. New team has started in Orange County! Cancer to 5K is a free, 12-week training program designed to introduce or reintroduce cancer survivors to physical activity. The program provides survivors with the professional training, coaches, encouragement and support necessary to complete a 5K (3.1 mile) road race, regardless of their age, current cancer treatment status or fitness level. For more information or to

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sign up to participate, visit: <http://ulmanfund.org/cancerto5k/survivors/> (Choose the Irvine Team). If you have specific questions, please contact Nicole Muffoletto at [nmuffoletto@ulmanfund.org](mailto:nmuffoletto@ulmanfund.org) or (410) 964-0202 EXT: 126.

- **Dragon Boating "Orange Roughys"** – Meets every Sunday at 9 a.m. at the Newport Aquatics Center, 1 Whitecliffs Dr., Newport Beach. For more information, e-mail [resavag@aim.com](mailto:resavag@aim.com).
- **Free Flow Writing Workshop** – Offered quarterly at Hoag Cancer Center Conference Room A, One Hoag Dr., Newport Beach. A workshop designed to teach freewriting techniques providing a time of supportive sharing that will encourage therapeutic effects as well as a cathartic release of emotions, stress and anxiety. This focus can improve creativity and connection. For meeting information or to register, call (949) 7-CANCER (722-6237).
- **Healthy Eating Classes** –Held from 2 – 4 p.m. at Hoag Cancer Center Auditorium, One Hoag Dr., Newport Beach 92663. An interactive healthy cooking class and demonstration for cancer survivors, family and support persons. Offers tasters and take-home recipes. For dates or to register: call (949) 7-CANCER (722-6237).
- **Look Good Feel Better – Designed for cancer patients.** Meets from 10 a.m. – 12 p.m. at Hoag Cancer Center Auditorium, One Hoag Dr., Newport Beach 92663. Helping women deal with appearance changes that may occur during treatment. For dates and reservations, call the American Cancer Society at (800) 227-2345.
- **Meditation and Guided Imagery** – Meets every month on the 1<sup>st</sup> and 4<sup>th</sup> Tuesdays from 1 – 2 p.m. at Hoag Cancer Center Auditorium, One Hoag Dr., Newport Beach. These classes are designed to teach participants basic meditation techniques for reducing stress and anxiety, which can lead to a greater sense of tranquility, control and well-being. For more information, please call (949) 7-CANCER (722-6237).
- **Fitter Image Exercise Program: Promotes relaxation and improved fitness – Designed for cancer patients.** Meets at Hoag Cancer Center Auditorium, One Hoag Dr., Newport Beach. Hoag's Fitter Image program offers a variety of physical activities that are designed to be safe and appropriate for individuals currently being treated for cancer or who have completed treatment, and are provided in a non-competitive and supportive environment. Each class is designed to promote a sense of well-being and is tailored to each participant's ability. For more information, please call (949) 7-CANCER (722-6237) or visit their website: <https://www.hoag.org/specialties-services/cancer/education-resources/integrated-cancer-support-services/fitter-image-exercise-program/>
  - ✓ Energizing Cardio and Toning Mix: Mondays from 4:15 – 5:15 p.m.; Combination intervals of aerobic movement with intervals of toning exercises
  - ✓ Pilates Mat Class: Thursdays from 10 – 11 a.m.; Enjoy strengthening, lengthening and tightening benefits with emphasis on the core, hips and thighs.
  - ✓ Restorative Yoga: Tuesdays from 4:30 – 5:30 p.m.; Supportive conscious body and mind relaxation practice using props to support the body.
  - ✓ Soothing Pilates and Yoga Fusion: Mondays from 5:15 – 6:15 p.m.; Soothing combination of body-mind benefits while performing a flowing medley of yoga and Pilates exercises.
  - ✓ Yoga: Tuesdays from 10:30 – 11:30 a.m.; (no class on the 3<sup>rd</sup> Tuesday of each month); Deep breathing with simple movements used to enhance mobility and relaxation
  - ✓ Yoga for Health and Well-Being: Thursdays from 4 – 5 p.m.; A slow paced practice for all fitness levels
- **Skin Care During Cancer Treatment – Designed for cancer patients.** This program is for patients undergoing or recently completed their treatment. Focus on ways to maximize the health of your skin and nails. Registration required. For dates or to register, call (949) 7-CANCER (722-6237).

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### Orange

- **Art for the Soul** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 10 a.m. – 12 p.m. at the UCI Chao Family Comprehensive Cancer Center, Building 22A (Library) Room 2114, 101 The City Drive, Orange. A unique program offering creative expression to better help in coping with a cancer diagnosis. No previous art experience necessary! For a reservation, call (714) 456-5235.
- **Dance for Wellness Class** – Meets every Monday from 5:30 – 6:30 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. This free class is a fun approach to exercise that promotes a great connection between the mind and body. No dance experience required. Please bring a towel and water; wear exercise attire. Registration Required: (714) 734-6230.
- **Look Good Feel Better** – Meets on the 4<sup>th</sup> Monday of ODD months (Jan, Mar, May, Jul, Sep, Nov) from 10 a.m. – 12 p.m. at the UCI Chao Family Comprehensive Cancer Center, 101 The City Dr. South, Bldg 23 4<sup>th</sup> Floor Conference Room, Orange 92868. Learn make-up, hair styling and grooming techniques that can help you deal with changes in appearance that may occur due to cancer treatments. Participants receive complimentary cosmetics and skin care products. For more information, call (714) 456-8609.
- **Look Good Feel Better Program in *English*** – Meets the 1<sup>st</sup> Monday of EVEN months (Feb, Apr, June, Aug, Oct, and Dec) from 6 – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. A free program for women receiving chemotherapy or radiation treatments that teaches make-up, hair styling and skin care techniques, to help deal with appearance changes that may occur. To register, call the American Cancer Society at (800) 227-2345.
- **Look Good Feel Better Program in *Spanish*** – Meets the 1<sup>st</sup> Thursday of ODD months (Jan, Mar, May, Jul, Sep, Nov) from 1 – 3 p.m., at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, Todos Conference Room, 1000 W. La Veta Ave., Orange 92868. A free program for women receiving chemotherapy or radiation treatments that teaches make-up, hair styling and skin care techniques, to help deal with appearance changes that may occur. To register, call the American Cancer Society at (800) 227-2345.
- **Pearls of Wisdom** – a corporate wellness program for early detection of breast cancer. 230 S. Main St. #100, Orange. For more information call Jan West at the Be Aware Foundation (714) 731-0233.
- **Preoperative Robotic Prostatectomy and Radiation Treatment Class** – Meets the 1st Monday of each month from 3 – 4 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. This free class provides preoperative education to patients and their family prior to surgery for prostatectomy. Patients undergoing radiation treatment for their prostate disease will also be supported, as management and rehabilitation needs are very similar. Registration Required: (714) 734-6227.
- **Quit Smoking Classes** – This program supplies the education and support to quit smoking for good. St. Joseph Hospital. 1000 W. La Veta Ave., Orange. For information, call 1-800-NEW-LUNG.
- **Synergistic Exercises** – Meets every Wednesday from 9 – 10:30 a.m. and Thursday from 10 – 10:45 a.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. Toning, Balancing and Stretching Class for Cancer Survivors. Registration Required: (714) 734-6230.
- **Yogalates Mat Class** – Meets every Friday of each month from 9 – 10 a.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. This free exercise class is designed to help all cancer patients improve core strength, flexibility, balance and breath control. Please bring towel, water and small mat; wear exercise attire. Registration Required: (714) 734-6230.

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Placentia

- **Exercise for Breast Cancer Survivors** – Meets every Tuesday from 7 – 8 p.m. at the Backs Building, 201 N. Bradford, Placentia. Stretch, balance and resistance training. Led by Meredith Laskow: [Meredithbead@netzero.net](mailto:Meredithbead@netzero.net)

Rancho Santa Margarita

- **Tai Chi Chuan** – Call for specific class dates. Meets on Tuesdays and Thursdays from 9 – 10 a.m. at Bell Tower Regional Community Center, 22232 El Paseo, Rancho Santa Margarita. The fee is \$65 for 10 sessions. For more information, call (949) 216-9700.

**Please call to verify information before attending.** 15