

Cancer Education and Support Groups



Support Groups

Entre Amigos Grupo de Apoyo

Cuarto Jueves de cada mes

3:30 - 5:30 p.m.

Grupo de apoyo en Español para pacientes con cancer.

Por favor registrarse con:

Angela Acevedo, RN-BC

714-734-6226

Gynecologic Cancers

Support Group

4th Wednesday of every month

6:30 - 8 p.m.

Head and Neck Cancer

Support Group

3rd Monday of every month

7 - 8:30 p.m.

J-Pouch Support Group

Held quarterly

Call for dates and times:

Darcie Peterson, ANP-BC, CWOCN

714-771-8000, ext. 13521

Liver Disease Support Group

2nd Tuesday of January, April, July and October

6 - 7:30 p.m.

For patients and families with hepatitis or other liver disease, and cancer in the liver.

Register: 714-734-6227

Survivorship Educational Series

Call for dates and times:

714-734-6227

Prostate Cancer Support Group

3rd Tuesday of every EVEN month

6:30 - 8 p.m.

Cancer Genetics Support Group

Call for dates and times:

714-734-6229

For adults with a family history of cancer or that tested positive for a mutation associated with increased cancer risk.

Location and Registration

Cancer Education and Support Groups are held at:

The Center for Cancer Prevention and Treatment at St. Joseph Hospital
1000 W. La Veta Ave.
Orange, CA 92868

Registration Required:

714-734-6227

(unless otherwise noted)



sjo.org/cancer

Cancer Education and Support Groups



Classes

Dance for Wellness

Every Monday from 5:30 - 6:30 p.m.

Chair Exercise (Strength, Toning and Aerobic)

Every other Friday from 1 - 1:30 p.m.

Synergy (Toning, Balance and Stretching)

Every Wednesday from 9 - 10:30 a.m.

Yogalates (Yoga and Pilates)

Every Monday from 9 - 10 a.m.

Every Thursday from 10 - 11 a.m.

Every Friday from 9 - 10 a.m.

Dance for Wellness, Yogalates, Chair Exercise and Synergy are designed for cancer patients who have completed active treatment.

Location: The Center for Cancer Prevention and Treatment at St. Joseph Hospital Wellness Studio and Gym, Lower Garden Level 1000 W. La Veta Ave. Orange, CA 92868

Cost: Free

Dress: Wear exercise attire and bring a towel

Register: Registration is required. Please call 877-459-3627.

Quit Smoking Classes

The Center for Heart and Vascular Wellness and Prevention

1120 W. La Veta Ave., Ste. 150
Orange, CA 92868

Are you ready to quit smoking and improve your health? We're here to help. All participants receive three weeks of free nicotine patches the third week of class, followed by an additional three weeks of patches after completing the program. Call for additional information.

Register: 1-800-NEW-LUNG

Colorectal Preoperative Education Classes

1st Tuesday of every month from 1:30 - 2:30 p.m.

This free class is for patients and their families to assist them in preparing for colorectal surgery. The class offers education based on Enhanced Recovery Protocol (ERP), which has been proven to improve postoperative outcomes and decrease infection rates. Patients will receive preoperative teaching by the Colorectal Nurse Navigator, nutrition guidance by a Dietitian and exercise and activity instructions by a Physical Therapist.

Register: 714-734-6227

Preoperative Robotic Prostatectomy and Radiation Treatment Class

1st Monday of every month from 3 - 4 p.m.

This free class provides preoperative education to patients and their families prior to surgery for prostatectomy. Patients undergoing radiation treatment for prostate disease will also be supported, as management and rehabilitation needs are very similar.

Register: 714-734-6227