

# Cancer Education and Support Groups



## Support Groups

### **Gynecologic Cancers Support Group**

4th Wednesday of every month  
6:30 - 8 p.m.

### **Head and Neck Cancer Support Group**

3rd Monday of every other month on even months  
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.

### **Prostate Cancer Support Group**

Call for dates and times:  
714-734-6237

### **Survivorship Educational Series**

Call for dates and times:  
714-734-6227

### **Series Educativas en Español para Sobrevivientes de Cáncer**

Llame para fechas y horario:  
714-734-6272

### **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](http://sjo.org/cancer)

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## Classes

### **Dance for Wellness**

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

### **Yogalates (Yoga and Pilates)**

Every Monday from 9 - 10 a.m.

### **Chair Exercise (Strength, Toning and Aerobic)**

1st and 3rd Tuesday of every month from 1- 1:30 p.m.

### **Mindful Fitness (Mindfulness Exercise)**

Every Tuesday from 10 - 11 a.m.

### **Synergy (Toning, Balance and Stretching)**

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

**Exercise classes 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 (639-5864)

### **Preoperative Education Classes**

1st and 3rd 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 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 a 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