



**Stanford**  
HEALTH CARE  
STANFORD MEDICINE

# Cancer Supportive Care Program

*Living With, Through, and Beyond Cancer*

Calendar of Services  
July – December 2015





We want patients to feel safe, cared for, and confident that we are here for them no matter what they may need. The Cancer Supportive Care Program follows the Stanford Health Care standard of providing not only state-of-the-art medical care but also the highest quality of patient care, and that means healing the mind, the body, and the spirit.

— Holly Gautier, RN, Director  
(650) 725-9481  
[cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)

Add a Daily Calendar App to your mobile phone! Visit our website at [stanfordhealthcare.org/cancersupportivecare](https://stanfordhealthcare.org/cancersupportivecare)

These free classes are open to all cancer patients regardless of where they receive their care. Parking passes are provided to anyone attending a Cancer Supportive Care Program class or support group at the Cancer Center.

## Classes & Workshops

**NEW!** **Cancer Clinical Trials and the Future of Care: What you should know (Español)**

This class will explain what clinical trials are, its importance for improving cancer care, types of studies available, and what to expect when participating in research. A participant will also share experiences about being involved in a cancer study.

**September 23**

6:00 pm – 7:00 pm

No registration necessary, just drop in

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Stanford Cancer Center South Bay  
2589 Samaritan Drive, 3rd Floor, San Jose

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**NEW!** **Managing & Understanding Your Chemotherapy**

This class will help patients understand the potential side effects of the drugs they are receiving and learn techniques to help ensure an effective and manageable chemotherapy experience.

**Beginning in September 2015**

Call to register: 650-725-9456

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Stanford Cancer Center South Bay  
2589 Samaritan Drive, 3rd Floor, San Jose

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**NEW!** **Mindfulness Meditation**

This on-going class will teach you how to cope with stress and anxiety by learning proven stress-reduction techniques. No prior meditation experience necessary.

**Every Thursday**

2:00 pm – 3:00 pm starting September 3

No registration necessary, just drop in

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Stanford Cancer Center South Bay  
2589 Samaritan Drive, 3rd Floor, San Jose

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**NEW!** **Writing Your Cancer Journey**

Writing allows you to unearth and express all that defines your cancer experience, and make sense of it. The act of writing helps you heal and explore the impact of cancer on your life. A monthly workshop followed by weekly web-based exercises.

**Second and fourth Wednesdays**

**of the month:** August 12, 26; September 9, 23; October 14, 28; November 11, 25; December 9, 23

1:15 pm – 3:15 pm

No registration necessary, just drop in

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Stanford Cancer Center South Bay  
2589 Samaritan Drive, 3rd Floor, San Jose

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## Exercise & Fitness

### **NEW!** Dance4Healing

Learn a different form of fun! Dance in person and laugh together each week for both emotional and physical health benefits; have your own cancer buddy to help you stay on course; practice these dances and attend live virtual classes at the comfort of your home via Internet using our unique technology platform; dance with your cancer buddies, friends and families, anyone, anytime, anywhere in the world.

**Saturdays:** September 12, 19, 26;  
October 3, 10, 17, 24, 31  
3 pm – 5 pm

On-going sessions for 8 weeks.

To register, email: [hello@dance4healing.com](mailto:hello@dance4healing.com) or [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)

**Bay Club Cupertino**  
10101 Wolfe Road, Cupertino



### **NEW!** Exercise Consultations

One-on-one hour-long consultation with an experienced and certified exercise specialist. Intended for people in treatment or those who have completed treatment. Includes individualized exercise program with follow-up telephone calls.

**Every Wednesday:** starting September 2  
11:30 am, and 12:30 pm

Call for appointment: 650-725-9456

**Stanford Cancer Center South Bay**  
2589 Samaritan Drive, 3rd Floor, San Jose

### **Gentle Pilates**

This gentle Pilates class is a series of exercises that will help to build flexibility, regain muscle strength, endurance and overall posture. These mat-based classes will put emphasis on alignment, deep breathing, and developing core strength-essential for improving coordination and balance.

**Every Friday**  
2:00 pm – 3:15 pm

No registration necessary, just drop in

**YogaSource**  
16185 Los Gatos Blvd, Los Gatos

### **NEW!** Nia Mind, Body, Fitness

This sensory-based movement practice draws from martial arts, dance, and movement arts to empower people of all shapes, sizes and conditions to connect in body, mind, emotions and spirit. Classes are done barefoot to soul-stirring music.

**Every Saturday**  
2:00 pm – 3:15 pm

No registration necessary, just drop in

**YogaSource**  
16185 Los Gatos Blvd, Los Gatos

**NEW! Strength and Stretch**

Strength training using light to moderate weights, bands, and your own body weight will help combat the side effect of bone loss from chemotherapy. This class will enhance body strength, balance, and flexibility.

**Every Wednesday:** starting September 2  
2:30 – 3:30 pm

Bay Club Courtside  
14675 Winchester Blvd., Los Gatos

**Mind, Body, and Spirit**

**15 Minute Chair Massage**

Chair massage is offered to patients and their families to relieve stress and reduce pain and anxiety while waiting for medical treatment.

Go to the Cancer Supportive Care Program information desk for information about days and times.

Stanford Cancer Center South Bay  
2589 Samaritan Drive, 3rd Floor, San Jose



**NEW! Healing Partners**

Healing Partners provides FREE Healing Touch sessions to men and women diagnosed with cancer, regardless of where they are being treated, and at any stage of treatment or post treatment. Each participant is paired with a highly trained Healing Touch volunteer who provides these free sessions.

**Days, location, and time customized to the individual.**

4, 6, 8, or 12 week sessions.

Call to register: 650-725-9461



**Yoga**

**Gentle Yoga & Meditation for Stanford**

This gentle yoga class will use guided meditation, breath work, gentle movements, therapeutic poses and music. Focus will be on reducing stress, fatigue, and pain, and finding creativity in movements.

**Every Monday**  
2:00 pm – 3:15 pm

No registration necessary, just drop in

YogaSource  
16185 Los Gatos Blvd, Los Gatos

## Yoga, continued



### Restorative Yoga for Stanford

This deeply relaxing and restful class will use therapeutic yoga poses done primarily on the floor with the support of bolsters, blankets, blocks, therapy balls, straps and eye pillows. Designed to nurture, nourish and renew the body, mind and spirit.

#### Every Wednesday

2:00 pm – 3:15 pm

No registration necessary, just drop in

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YogaSource

16185 Los Gatos Blvd, Los Gatos

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### Yoga Basics for Cancer Survivorship

This basic yoga class will rebuild strength, stamina and physical fitness through easy to learn yoga poses and sequences. Focus will be on recovery, decreasing stress and fatigue.

#### Every Sunday

11:00 am – 12:15 pm

No registration necessary, just drop in

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YogaSource

16185 Los Gatos Blvd, Los Gatos

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## Support Groups

### **NEW!** Singing For Your Soul

A monthly singing gathering for Korean cancer patients, their families and caregivers regardless of age and religion.

#### Second Saturday of the Month:

July 11, August 8, September 12, October 10,  
November 14, December 12

3:00 pm – 4:00 pm

No registration necessary, just drop in

For questions call Chaplain Yona Park at  
408-966-1676

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San Jose New Hope Church

2900 Patrick Henry Dr., Santa Clara

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## Classes &amp; Workshops

**Cancer Clinical Trials and the Future of Care: What you should know**

This class will explain what clinical trials are, its importance for improving cancer care, types of studies available, and what to expect when participating in research. A participant will also share experiences about being involved in a cancer study.

**Second Wednesday of every month:**  
July 8, August 12, September 9, October 4,  
November 11, and December 9  
2 pm – 3 pm

No registration necessary, just drop in

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Stanford Cancer Center  
875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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**Mindfulness Meditation**

This on-going class will teach you how to cope with stress and anxiety using stress-reduction methods. No registration necessary, just drop in.

**Every Tuesday** 4:30 pm – 5:30 pm

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Hoover Pavilion  
211 Quarry Road, Room 208, Palo Alto

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**NEW! Caregivers Workshop**

A skills-based class designed to provide support, education, and resource materials to caregivers.

July 23 Room CC2105  
September 28 Room CC2104  
November 5 Room CC2105  
5 pm – 8 pm

Reservation necessary, call 650-725-9456

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Stanford Cancer Center  
875 Blake Wilbur Drive, 2nd Floor, Stanford

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**Managing & Understanding Your Chemotherapy**

This class will help patients understand the potential side effects of the drugs they are receiving and learn techniques to help ensure an effective and manageable chemotherapy experience.

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**Every Monday and Thursday**  
2 pm – 3:30 pm

Call 650-725-9456 to register, or just drop in  
Stanford Cancer Center  
875 Blake Wilbur Drive,  
2nd Floor, Room CC2104, Stanford

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**Every Tuesday**  
5 pm – 6:30 pm

**NEW!** The last Tuesday of each month is offered in Spanish

Call 650-725-9456 to register, or just drop in  
Redwood City Outpatient Center  
450 Broadway,  
Pavilion B, 3rd Floor, Room B35, Redwood City

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**NEW! Writing Your Cancer Journey**

Writing allows you to unearth and express all that defines your cancer experience, and make sense of it. The act of writing helps you heal and explore the impact of cancer on your life. A monthly workshop followed by weekly web-based exercises.

**First and third Wednesdays of the month:**  
August 5, 19; September 2, 16; October 7, 21;  
November 4, 18; December 2, 16  
1:15 pm – 3:15 pm

No registration necessary, just drop in

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Hoover Pavilion  
211 Quarry Road  
2nd Floor, Conference Room 208, Palo Alto

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## Exercise & Fitness

### **NEW!** Dance4Healing

Learn a different form of fun! Dance in person and laugh together each week for both emotional and physical health benefits; have your own cancer buddy to help you stay on course; practice these dances and attend live virtual classes at the comfort of your home via Internet using our unique technology platform; dance with your cancer buddies, friends and families, anyone, anytime, anywhere in the world.

#### **Saturdays:**

September 12, 19, 26; October 3, 10, 17, 24, 31  
3 pm – 5 pm

On-going sessions for 8 weeks.

To register, email: [hello@dance4healing.com](mailto:hello@dance4healing.com) or [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)

#### **Bay Club Cupertino**

10101 Wolfe Road, Cupertino



### **Exercise Consultations**

One-on-one hour-long consultation with an experienced and certified exercise specialist. Intended for people in treatment or those who have completed treatment. Includes individualized exercise program with follow-up telephone calls.

#### **Every Tuesday**

10:30 am, 11:30 am, and 12:30 pm

Call for appointment: 650-725-9456

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#### **Stanford Cancer Center**

875 Blake Wilbur Drive, 1st Floor Desk, Stanford,

### **Exercise for Health**

This weekly class will work on core strength and stability. We will use bands, balloons, and body weight tools to enhance range of motion, flexibility, balance, and muscular strength.

#### **Every Tuesday**

1:30 pm – 2:30 pm

No registration necessary, just drop in

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#### **Samyama Yoga**

2995 Middlefield Road, Palo Alto

### **Living Strong Living Well**

A 12-week small group program designed for adult cancer survivors who are de-conditioned or chronically fatigued from treatment and/or disease. Our goals are to help patients build muscle mass, muscle strength, increase flexibility, and endurance.

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For program dates, location, and enrollment information, go to [LSLW.stanford.edu](http://LSLW.stanford.edu).



## Yoga

### Gentle Yoga for Recovery

Gentle yoga postures are introduced to improve total body conditioning, increase mobility and range of motion, improve circulatory flow, and relieve muscle tension.

#### Every Wednesday

1:30 pm – 2:45 pm

No registration necessary, just drop in

#### Samyama Yoga

2995 Middlefield Road, Palo Alto



### Restorative Yoga

Restful postures using supportive props are designed to cleanse, nourish, and renew the body, mind, and spirit.

#### Every Monday

1:30 pm – 2:45 pm

No registration necessary, just drop in

#### Samyama Yoga

2995 Middlefield Road, Palo Alto

### NEW! Nia Mind, Body, Fitness

A “I Love My Body” cardiovascular, fitness, wellness and lifestyle program based on the principle of bringing joy, pleasure, play, and health to the body through movement. Nia is food for the body, mind, spirit, and emotions. And the best part of all, Nia is just plain FUN!

#### Every Wednesday

1:15 pm – 2:30 pm

#### Every Friday

12 pm – 1:15 pm

No registration necessary, just drop in

#### Vivre Fitness

611 Emerson St., Palo Alto

### Pilates

An exercise program focused on core stability that incorporates strength training, balance, and flowing movements. Small group sessions with Pilates apparatus.

#### Every Wednesday and Friday

1 pm – 2 pm

Call for an appointment: 650-725-9456

#### Poised Studio

805 El Camino Real, Menlo Park

### NEW! Wellness Through Movement

Ask your healthcare team how you can join this in-hospital wellness exercise program. Open to F-Ground patients and their family members.

#### Every Tuesday — Chair Yoga

#### Every Thursday — Chair Exercise

1:30 pm – 2:30 pm

#### Stanford Hospital

F-Ground Oncology Family Room  
300 Pasteur Drive, Stanford

## Yoga, continued

### Yoga Basics for Survivors

Fundamental yoga practices such as alignment, steadiness, and breathing are designed to assist survivors in rebuilding strength, awareness, grace, and balance.

#### Every Thursday

1:30 pm – 2:45 pm

No registration necessary, just drop in

#### Samyama Yoga

2995 Middlefield Road, Palo Alto



### Yoga for Cancer Survivors in San Francisco

Gentle yoga combined with meditation, and music. All levels are welcome. Taught by Julie Locke, RN, BSN, RYT.

No registration necessary, just drop in

#### Thursdays

10 am – 11:30 am

#### Osher Center for Integrative Medicine

1545 Divisadero,  
5th Floor, Room 526, San Francisco

#### Sundays

3 pm – 4:15 pm

#### Yoga Tree Potrero Hill

1500 16th St (at DeHaro St), San Francisco

## Mind, Body, and Spirit

### 15 Minute Chair Massage

Chair massage is offered to patients and their families to relieve stress and reduce pain and anxiety while waiting for medical treatment.

#### Monday, Tuesday, Thursday and Friday

9:00 am – 1:00 pm

#### Wednesday

9:00 am – 5:00 pm

#### Stanford Cancer Center

875 Blake Wilbur Drive, Clinics A-F, Stanford

Beginning August 3rd, massage therapists will be available Monday – Friday 9:00 am – 5:00 pm.

### Art in the ITA

Join us for ITA Art Classes once a week on various days. Different art projects will be offered weekly for ITA patients and family members waiting at the Cancer Center. Art has the ability to alleviate stress and anxiety.

For questions please call Linh Dang, 650-497-7265 or contact us at [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)

#### Stanford Cancer Center

875 Blake Wilbur Drive  
2nd Floor, Rooms CC2103-2104, Stanford



## Healing & Guided Imagery

Whether you are newly diagnosed with cancer, in the midst of medical treatment, or dealing with recurrence, please join us to experience healing meditations and deep relaxation.

### Wednesdays and Thursdays

Alternating weekly location

5:30 pm – 7:00 pm

Call for location: 650-725-9456 or visit [stanfordhealthcare.org/cancersupportivecare](http://stanfordhealthcare.org/cancersupportivecare)

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Bay Area Cancer Connections and Palo Alto Medical Foundation in Palo Alto and Sunnyvale

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## Healing Partners

Healing Partners provides FREE Healing Touch sessions to men and women diagnosed with cancer, regardless of where they are being treated, and at any stage of treatment or post treatment. Each participant is paired with a highly trained Healing Touch volunteer who provides these free sessions.

### Days, location, and time customized to the individual.

4, 6, 8, or 12 week sessions.

Call to register: 650-725-9461

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## Healing Touch

An energy therapy that uses gentle hand techniques and thought to help repattern the patient's energy field and support healing of the body, mind, and spirit.

### Every Monday and Thursday

5:30 pm, 6:30 pm, and 7:30 pm

Call for appointment: 650-725-9456

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Hoover Pavilion, Center for Integrative Medicine  
211 Quarry Road, 2nd Floor, Palo Alto

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## HERS Breast Cancer Foundation

The HERS Breast Cancer Foundation supports all women healing from breast cancer by providing post-surgical products and services regardless of financial status. Appointments preferred; Drop-Ins are welcome. For questions, call 650-497-6046.

### Mondays, Wednesdays, and Thursdays

Open 11 am – 6 pm

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#### Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Room CC2102, Stanford

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### **NEW!** Knitting With Friends

Learn how to make scarves, hats, a square for our Survivorship Quilt, and more. Open to patients, their family, and support. All beginning supplies will be provided. No experience is necessary. If you are an experienced knitter bring your projects and knit with friends. Knitting uses repetitive movement to relax the mind and body, and it is a great stress reliever. It empowers the knitter, and can lead to an unending series of beautiful finished objects. Just drop-in!

### Every Wednesday

10 am – 2 pm

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#### Stanford Cancer Center

875 Blake Wilbur Drive  
Cancer Center Atrium, Stanford

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## Mind, Body, and Spirit, continued

### Look Good...Feel Better

An American Cancer Society program that teaches beauty techniques to female cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment.

#### **Mondays, every other month:**

July 20, September 21, November 16

1 pm – 3 pm

Call to register: 650-725-9456

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#### Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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### Lymphedema: What You Need to Know

Patients who have undergone cancer treatments may be at risk for the development of lymphedema. We'll talk about risk reduction, early signs and symptoms, and steps you can take to be proactive in reducing your risk. Led by a Stanford Lymphedema RN.

#### **Second and Fourth Mondays of the month:**

July 13, 27; August 10, 24; September 14, 28;

October 12, 26; November 9, 23;

December 14, 28

2 pm – 3 pm

No registration necessary, just drop in

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#### Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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### Wig Bank Day at Stanford Cancer Center



Partnering with the American Cancer Society we provide our community with a selection of free wigs for women undergoing cancer treatment. An experienced volunteer/facilitator is on hand to personally assist women in wig selection.

#### **Second Thursday of the month:**

July 9; August 13; September 10; October 8;

November 12; December 10

11 am – 2 pm

No registration necessary, just drop in

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#### Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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## Support Groups

### Bay Area Multiple Myeloma

A support group designed to facilitate the exchange of information between people living with multiple myeloma. Available on a limited basis.

#### **Saturday, September 19**

10:00 am – 2:00 pm

No registration necessary, just drop in

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#### Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Rooms CC2103–CC2105, Stanford

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## Brain Tumor

Come share your story, get important medical updates, and learn about coping with symptoms and psychological changes. This group is for patients and families.

### Last Thursday of the month:

July 30, August 27, September 24, October 29  
6:00 pm – 8:00 pm

No registration necessary, just drop in

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Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Rooms CC2103–CC2104, Stanford

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## NEW! GI Cancer

This group is open to all patients, family members, and caregivers, past or present (including esophagus, stomach, liver, gallbladder, biliary tract, pancreas, peritoneum, intestine, appendix, colon, rectum, and anus). The group offers speakers presenting on various topics and time to openly discuss the many difficult physical and emotional aspects of having a GI cancer diagnosis. Please join at any time!

### Second Thursday of the month:

July 9, August 13, September 10, October 8,  
November 12, December 10  
6:30 pm – 8:00 pm

No registration necessary, just drop in.  
For questions call 650-743-4672

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Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Rooms CC2104–CC2105, Stanford

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## NEW! Group Support

When you are feeling like no one else can possibly understand, a support group may be the place for you. Our monthly support group is open to all persons living with cancer no matter what stage of treatment or recovery they are in. Open to all adults and all types of cancer. Please feel free to join this group at any time.

### Fourth Wednesday of the month:

July 22, August 26, September 23, October 28,  
November – Holiday, December 23.  
6:30 pm – 8:00 pm

No registration necessary, just drop in

For questions please call Paula Zenti, LCSW at  
650-387-8719

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Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Rooms CC2105, Stanford

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## Gynecological Cancer

A resource for both newly diagnosed patients and women living with ongoing treatment management issues.

### First and third Thursday of the month:

July 2, 16; August 6, 20; September 3, 17;  
October 1, 15; November 5, 19; December 3, 17  
11 am – 12:30 pm

No registration necessary, just drop in

For questions please call Jordan Chavez, LCSW  
at 650-308-6274

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Stanford Cancer Center

875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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## Support Groups, continued

### Head & Neck Cancer

This group provides information and support to those newly diagnosed, undergoing treatment, or recovering from treatment. Family members are welcome.

**First Tuesday of the month:**

July 7, August 4, September 1, October 6,  
November 3, December 1  
4 pm – 5:30 pm

No registration necessary, just drop in  
For questions please call Mike Bonar, LCSW,  
at 650-223-1422

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Stanford Cancer Center  
875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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### Leukemia & Lymphoma

Open to patients with leukemia, lymphoma, Hodgkin's disease, myeloma or myelodysplastic syndromes. Caregivers, family, and friends are welcome.

**Second Tuesday of the month:**

July 14, August 11, September 8, October 13,  
November 10, December 8  
6:30 pm – 8 pm

No registration necessary, just drop in  
For questions please call Stephanie Vargas,  
LCSW 650-725-2041.

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Stanford Cancer Center  
875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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### Lung Cancer

This group offers encouragement, hope, education, and emotional support to all lung cancer survivors and family members or caregivers.

**First Wednesday of the month:**

July – no session, August 5, September 2,  
October 7, November 4, December 2  
11:00 am – 12:30 pm

No registration necessary, just drop in  
For questions please call Jenny Bosch, MSW,  
at 650-353-8571

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Stanford Cancer Center  
875 Blake Wilbur Drive,  
Ground Floor, Room G109, Stanford

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### Meningioma

Join us to learn about the latest treatment options, network with other meningioma patients, and find encouragement and support.

**Thursdays, every other month:**

July 9, September 3, November 5  
6:00 pm – 7:30 pm

No registration necessary, just drop in.  
For questions call 650-725-9456

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Stanford Cancer Center  
875 Blake Wilbur Drive,  
2nd Floor, Rooms CC2103–CC2104, Stanford

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## Myelodysplastic Syndromes (MDS)

This group is designed to provide mutual support and education to individuals with MDS. We will have monthly speakers on a variety of topics. Family members and caretakers are welcome.

### First Friday of the month:

July – Holiday, August 7, September 4,  
October 2, November 6, December 4  
1:30 pm – 3 pm

No registration necessary, just drop in  
For questions please call 650-725-9456

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Stanford Cancer Center  
875 Blake Wilbur Drive,  
2nd Floor, Room CC2105, Stanford

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## NEW! Pancreatic

A monthly support group open to all pancreatic patients and caregivers for education, balance, strength and support.

### Second Wednesday of the month:

July 8, August 12, September 9, October 14,  
November 11, December 9  
6:30 pm – 8 pm

No registration necessary, just drop in  
For questions please call Ruth Kenemuth, MSW  
650-743-4672

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Stanford Cancer Center  
875 Blake Wilbur Drive,  
2nd Floor, Rooms CC2104–CC2105, Stanford

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## NEW! Singing For Your Soul

A monthly singing gathering for Korean cancer patients, their families and caregivers regardless of age and religion.

### Second Saturday of the Month:

July 11, August 8, September 12, October 10,  
November 14, December 12  
3:00 pm – 4:00 pm

No registration necessary, just drop in

For questions call Chaplain Yona Park at  
408-966-1676

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San Jose New Hope Church  
2900 Patrick Henry Dr., Santa Clara

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## Northern California Amyloidosis

Join us in a supportive environment to share experiences, concerns, and knowledge of amyloidosis. Open to patients, caregivers, family, and friends. Available on a limited basis.

**Saturdays: 10 am – 2 pm**

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July 11 – Kaiser Medical Center  
1425 S. Main Street, Walnut Creek

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October 24 – Stanford Cancer Center  
875 Blake Wilbur Drive, 2nd Floor  
Rooms CC2103-CC2105, Stanford

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To register email [dena.heath@att.net](mailto:dena.heath@att.net)

## Events



### **Saturday, August 29, 11 am – 3 pm**

Please join us for a free, fun day of celebration for the entire family! Connect with your Stanford physicians and cancer care team, learn how community organizations and Stanford services can help you live a healthy life, and research health topics with Stanford health librarians. Ask the Experts about common survivorship issues, like changes in energy, sleep, and nutrition.

For more information, call 650-498-3323 or [livingwell@stanfordhealthcare.org](mailto:livingwell@stanfordhealthcare.org).



**Stanford**  
**HEALTH CARE**

STANFORD MEDICINE

### **Stanford Cancer Center**

875 Blake Wilbur Drive, Stanford, CA 94305

### **Stanford Cancer Center South Bay**

2589 Samaritan Drive, San Jose, CA 95124

[stanfordhealthcare.org/cancersupportivecare](http://stanfordhealthcare.org/cancersupportivecare)