



Cancer Awareness, Resources, and Education

Fall 2016 Program

Programa de Otoño 2016

2016 年秋季 癌症關注、資源及教育講座



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center



Community Wellness Center
1001 Potrero Ave, 2nd Floor, 2D35
Phone: 415-206-7464



English Fall 2016 Program

Community Wellness Center

1001 Potrero Ave, 2nd Floor,

Room 2D35

Tuesdays, 5:30-7:30PM

What is the CARE Program?

CARE Program

Cancer Awareness, Resources, and Education

Since 2002, the CARE Program is designed for people with cancer who receive their care and treatment at Zuckerberg San Francisco General.

Through the CARE Program, people diagnosed with cancer receive education and support, as well as a free, healthy, and delicious meal every week.

A cancer diagnosis changes your life in powerful ways. Through the CARE Program, we want to make sure that no one goes through that experience alone. We want to help you learn about ways to improve your health and well-being. We want to introduce you to people who have a lot of knowledge about cancer; health care professionals and other individuals with cancer. Each week, group facilitators and guest speakers will guide you in discussion and activities. Participants and guest speakers will share ideas and strategies that can have a positive effect on you and your health.

During this 9-week series, group members will learn about many wellness and cancer topics, participate in relaxation and movement exercises, and share information with one another. A different health professional visits each week to share information and skills that can help you take care of yourself. Each session is intended to be interactive, experiential, and practical.

Contact CARE at 415-206-7464

sfghwellness.org/care

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Program Staff

CARE Program Director: Sofia Sojourner Newton, MPH



Sofia is the Manager of the Community Wellness Program and oversees the day-to-day operations of CARE, Wellness Works, Schwartz Center Round and other health and wellness initiatives. She has more than 10 years of experience as a professional communicator, health educator and community leader in nonprofit organizations. She has her Masters in Public Health from UCLA and BA in Physical Anthropology from UCSB. Sofia is passionate about mentoring the next generation of health professionals, providing access to early detection screenings and improving care for the medically underserved. She lives in the East Bay with her husband, two sons and fluffy dog named Loki.

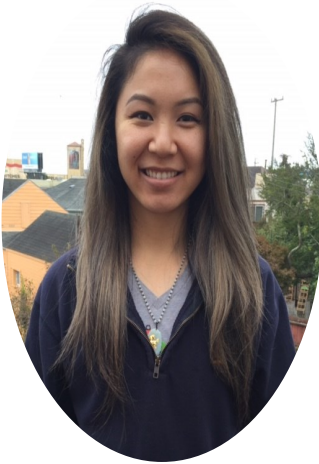
CARE Program Coordinator: Gabriela Quezada-Pérez



Gabriela Quezada-Pérez is the CARE Program Coordinator and Patient Education Coordinator for the Lymphedema Education Referral Program. She studied at the University of California, Berkeley, where she majored in Ethnic studies, with an emphasis in U.S. immigration policies, race relations and public health. On the personal side she is a proud Stepmother/Abuelita to an amazing woman and granddaughter. Together, her and her husband share a love for Disney, San Francisco Giant's, travel as well as exploring new hiking trails throughout the local area.

Program Staff

Program Assistant: Shirley Ma



Shirley Ma is the Program Assistant for the English CARE group. She majored in human biology and ethnic studies at University of California, San Diego. She is a native San Franciscan, raised in the visitation valley district. She volunteered in San Diego, San Francisco, Ghana, and Ensenada providing health education and healthcare for the medically underserved. She plans on obtaining a Doctorate degree in Physical Therapy. She enjoys trying new foods, exercising, traveling, and reading.

Volunteer: Sharon Pappas



She was diagnosed with Tumor Tongue Cancer. About 9 weeks ago, it was determined she is cancer free! Words cannot express her deepest sense of love and gratitude. She believes everything has a spiritual reason and purpose. Her intention is to facilitate/navigate cancer patients (sharing my own experience) to the necessary services available during/after their cancer experience. In addition to volunteering, she is currently enrolled in SF City College with the goal to obtain a certificate for Community Health Care Worker. The certificate will allow her a “window of opportunity” to be significant in the education/services available to Cancer patients. She also aspires to the study of Astrology, Numerology & the “mystical” mystery of Tarot.

Program Staff

Co-facilitator: Betsy Davis



Betsy Davis is currently one of the main Gardeners at ZSFG Hospital. She helps to coordinate and implement the Garden Giveaways program through the Gardening Department and the Wellness Center. Her educational background is in International Community Development with a focus in environmental and health education. She has a Certificate in Horticulture and is also a Certified Arborist. She comes to the CARE program with a big heart to help

out and support all of the participants and staff. She has lost several loved ones from cancer, including her father, so she enjoys being able to give back through her involvement with CARE. In her spare time, she loves to get outdoors and travel whenever she can.

Qi Gong

Tuesday, October 11th

Qi Gong is a practice of gentle yet powerful movements and meditation to recharge the body, mind and spirit. “Qi” is the breath or vital life force and “Gong” is to cultivate or maneuver. Qi Gong supports healing by increasing stamina, flexibility, relaxation and the overall quality of life. Qi Gong also promotes healthy lifestyles and vitality. There are five elements of Qi Gong: metal, water, earth, wood and fire. These five elements represent the internal organs of our body which are the lungs, liver, kidneys, heart and spleen. In this session, we will be doing a few exercises which will include self-healing massages using Qi Gong, as well as incorporating the six sounds of Qi Gong which help to enhance the five internal organs. Through this session, participants will be able to utilize Qi Gong to find balance within themselves.

Speaker: Janet Gee



Janet Gee is a 8th degree black belt with an extensive background as a self-defense instructor. Chosen by the San Francisco Bay Guardian newspaper as the best self-defense instructor in the San Francisco Bay area, Janet has taught self-defense to thousands of students in the U.S., Canada, Latin America, Australia, and Europe. Living in the multicultural community that defines the San Francisco Bay area, Janet has become a specialist at teaching self-defense to a diverse population that includes a variety of gender identities and sexual orientations and a wide spectrum of age groups. Janet is a certified rape crisis counselor with the San Francisco Women Against Rape. She is also an adjunct faculty instructor in the Women's

Studies program at the City College of San Francisco, and a frequent guest instructor at San Francisco State University and Hasting Law School of the University of California. Janet is an NWMAF certified self-defense instructor.

Sound Therapy

Tuesday, October 18th

It is very natural to experience stress when you or someone you love has been diagnosed with cancer. Strategies such as meditation and sound therapies can help us live in the moment and bring soothing kindness to our lives. With sound and the use of our voices, we can release emotional blockages and tension. Scientific evidence has documented the positive impact of music on the body's immune and neurological systems. While we rotate in for a chair massage, we will use voice, sound, and music to help us heal our bodies, minds, and spirits.

Speaker: Silvina Vergara



Silvina Vergara is passionately dedicated to the healing arts. She currently has a private practice in San Francisco as a Sound Therapist and Holistic Counselor. She specializes in Sound Therapy Healing Facilitation and Consciousness Guide Education. In addition, she conducts Sound Healing Circles and seminars on Self Awareness. Extensively trained in both performing arts and metaphysics, Silvina brings over 20 years of experience in the areas of singing, creative movement, and energy work to her practice.

Healthy Homes: Simple Actions That Make a Difference

Tuesday, October 25th

Learn easy strategies to keep your home environment healthy. We will talk about how certain environmental hazards in the home can cause or aggravate health conditions such as asthma or pose a threat to vulnerable populations such as young children. You will leave with easy home recipes and tips for keeping a healthy home.

Speaker: Pauli Ojea, MS



Pauli Ojea coordinates grassroots outreach and communication strategies for the San Francisco Department of the Environment's programs on toxics reduction, zero waste, and energy. She has over fifteen years of experience crafting winning campaigns on issues of health and environmental justice. Prior to joining the staff of the Department of the Environment, she worked on climate, energy, and green jobs legislation at Green For All. Before that, she was a community organizer at Breast Cancer Action, where she provided resources and information to

women living with or at risk for breast cancer and advocated for policies to protect women's health. Pauli has a passion for learning and teaching, and loves talking about ways we can all take action to protect our health and that of our planet.

Genetic Counseling

Tuesday, November 1st

We have all heard the term 'it's in our genes', my blue eyes, my height, my curly hair, but what does that have to do with cancer risk? Although most families are touched by cancer, some families seem to have much more cancer than other families. For some of these families, the risk for cancer can be passed down through the generations, similar to other genetic traits. For these high risk families, we can often predict who is at risk for cancer before it strikes. To do this you first need to know your family story. At this presentation we will talk about how to know if cancer is running in your family and what are the important questions are to ask. We will also talk about how we can prevent future cancers or detect cancer at the earliest possible stage. For some families, knowing the genetics of their cancer history can be life saving!

Speaker: Robin Lee, MS, LCGC



Robin Lee is a genetic counselor for the Cancer Risk Program at San Francisco General Hospital, a satellite clinic of the UCSF Cancer Risk Program. In 1985 Robin received her Masters of Science degree in Human Genetics from Sarah Lawrence College in New York. She worked for Kaiser Permanente Medical Center in Oakland for twelve years doing prenatal and pediatric genetic counseling. Robin joined the staff of the UCSF Cancer Risk Program in 2001, and since that time has been dedicated to working with and providing access to underserved patients.

Pantry to Table—Healthy Eating on a Budget

Tuesday, November 8th

You too can be a home chef after Chef Warren's presentation! Chef Warren has been cooking most of his life and he's going to show us how to cook delicious food on a budget. He'll demonstrate how to use pantry staples and fresh veggies to make delicious and nourishing food. Also, he'll give us his special shopping tips on what pantry items to stock and how to buy them. Join us for an in-depth cooking demonstration, a delicious dinner, tips for stocking your pantry and great healthy recipes to try at home!

Speaker: Warren Leslie



Chef Warren has been in the restaurant business for over 30 years, starting at the bottom washing dishes then a prep and on to working the line. Most of his cooking was done NYC, Boston and Provincetown—under some of the great chefs like Laurence De Fretias of the Café Mews, Chef Keith Bowen now of the Franklin group and Jim Seery of the Plough and Stars restaurants. Fortunately, he has had the privilege to work with many like minded chefs in the industry who like him have a philosophy of simplicity of recipe, freshness of ingredients and getting food to the table.

Plants as Allies: Using Herbal Medicine to Support Our Physical and Emotional Health

Tuesday, November 15th

For as long as humans have lived across the globe, we've relied on the healing powers of plants to support our physical, emotional and spiritual health. Plants contain strong medicine and can support us on our healing journeys. In this session, we'll learn about herbs that can safely support physical health (including dealing with the side effects of some cancer treatments) as well as herbs to support emotional balance. We'll try some of the herbs discussed, and there will be lots of time for questions.

Speaker: Tracey Brieger, MS



Tracey Brieger is a clinical energetic herbalist, environmental health advocate, community organizer and student of yoga, and through these paths, she seeds to promote healing for us as individuals, as communities and for the earth. Tracey has studied plants as medicine since 2005 at the Ohlone Center for Herbal Studies (graduating from the four-year clinical program), the Blue Otter School of Herbal Medicine (where she has studied since 2007) and with herbalist Matthew Wood. Her herbalism practice is rooted in helping people find balance across the physical, emotional and spiritual aspects of their beings. Tracey has worked with clients diagnosed with cancer in both her private practice and

through her years of volunteering as an herbalist at the Charlotte Maxwell Complementary Clinic, a clinic in the Bay Area for low-income women with cancer. She currently teaches herbalism at the Ancestral Apothecary School in Oakland and has a private practice in Energetic Herbalism in the Bay Area. Tracey also has an M.S. in Environmental Science, Policy and Management from UC Berkeley and has worked in the environmental health field as a campaigner and policy advocate trying to eliminate environmental causes of illnesses—including cancer—since 2001.

Empowerment through Support Groups: Integrating the Community's Voice in Healthcare, Advocacy, and Research

Tuesday, November 22nd

A support group is a gathering of people who share a common health concern or interest. For many, support groups give people hope, confidence, emotional support, health information, a sense of belonging and empowerment, and are known to improve communication skills, coping, and psychological well-being. Dr. Palmer will discuss how a community-based support group was established through a Community Advisory Board in response to voices of African American men with prostate cancer. This presentation will include details about how this initiative was started to address a need, how it has flourished to assist African American men facing prostate cancer, and how this group has contributed to research. We will also have an open discussion of patients' experiences and how educational groups, like the CARE team, can empower patients to be their own advocates and influence healthcare.

Speaker: Nynikka Palmer, DrPH, MPH



Dr. Nynikka Palmer is an Assistant Professor at UCSF in the Division of General Internal Medicine at SFGH, and she has secondary appointments in the Departments of Urology and Radiation Oncology. She received her doctorate from the University of Texas Health Science Center in the School of Public Health, and completed a postdoctoral fellowship at Wake Forest School of Medicine in cancer survivorship. Dr. Palmer is committed to addressing the needs of underserved cancer patients and survivors, fueled by her previous training and personal experience as a caregiver. The central theme of her research is unraveling the mechanisms of cancer

disparities – particularly in quality of care, finding actionable solutions, and seeing them put to use where they are most needed, with a special focus on vulnerable and medically underserved populations. She also helped establish and co-chairs the Prostate Health Support Group for African American Men in Oakland, in collaboration with community leaders, advocates and prostate cancer survivors.

Sleep and Stress Reduction

Tuesday, November 29th

This talk will focus on sleep regulation and practical things one can do, amidst stressful lives, to maintain stable, healthy sleep. The ideas proposed will be anchored in scientific knowledge about sleep regulation and will explore the effect of stress and hyperarousal on sleep, and practical techniques for promoting or maintaining healthy sleep.

Speaker: Britney Blair, PsyD, CBSM



Dr. Blair is a licensed clinical psychologist and is board certified in behavioral sleep medicine. Her clinical and research expertise are in behavioral medicine with specializations in sleep and sexual health. She has made numerous presentations, developed workshops, written chapters and published articles in the area of sleep and sexual medicine. Dr. Blair is a Stanford sleep consultant and is on the adjunct faculty at The Stanford Center for Sleep Sciences and Medicine. Dr. Blair is the Director of Clinical Services at The Clinic and provides

clinical services to individuals and couples in San Francisco, Palo Alto and via telemedicine across the State of California. She also provides training, supervision and mentorship to postdoctoral fellows and medical residents training in behavioral medicine. Dr. Blair completed her postdoctoral fellowship at Stanford University Medical School and her pre-doctoral internship at the VA Greater Los Angeles Health Care System. Dr. Blair received her doctoral degree in Clinical Psychology from the PGSP-Stanford Psy.D. Consortium. She received a bachelor's degree from the University of California at Berkeley. Prior to beginning her doctoral studies, Dr. Blair founded a successful business consulting firm.

Graduation

Tuesday, December 6th

In this session, we will reflect on how the program has affected you in terms of problem-solving, decision-making, forming a patient/provider partnership, coping, and taking action. We also will discuss choices and changes you have made since participating in the CARE Program. We will also discuss ways to continue to build upon the positive changes you have made. In addition to reflecting, we will celebrate one another by acknowledging our contributions, dancing, eating delicious food and always having fun!



Congratulations!



Holiday Party!

**First Unitarian Universalist
Church of San Francisco**
1187 Franklin St., San Francisco,
CA 94109

Friday, December 16th

5:30-9:30pm

Celebrate the season with marvelous music, delightful dancing, and fabulous food. Bring your dancing shoes and be ready for an evening of fun, friends, and surprises.

FREE AND LOW-COST COMPLEMENTARY AND ALTERNATIVE MEDICINE PROGRAMS

Note: Before seeking services at any of these programs, please call to get up to date information.

Name	Address	Phone	Language/ Translation	Services	Hours	Cost
Quan Yin Healing Arts Center	965 Mission Street, Suite 405 www.quanyinhealingarts.org	861-4964	Spanish, French	Acupuncture Massage Qi Gong Class	Acupuncture Drop in: Tu 12:30-3pm, Weds 2:45pm-3:15pm Massage by appt. Qi Gong Class Tu 6pm	Acupuncture Drop in \$10 suggested donation. Massage \$40-\$90
American College of Traditional Chinese Medicine (ACTCM)	450 Connecticut St www.actcm.edu	282-9603	Spanish, Chinese (with appt)	Acupuncture Massage	Mon-Fri: 8:30am-9pm Sat 9am-5:30pm Limited Summer Hours	\$20 with MediCal, sliding scale
Glide Memorial	330 Ellis St www.glide.org	(415) 674-6000	Electronic translator service	Acupuncture Primary Care	Mon-Fri: 8:30am-5pm Primary Care Drop In: Mon, Weds 8:30am & 12:30 pm, Tu 8:30am, Th 12:30pm	Acupuncture Free MediCal Medicare Healthy SF
Haight Ashbury Free Clinic	558 Clayton St www.healthright360.org	(415) 762-3700	Spanish	Primary Care Case Management Acupuncture	Appt. Only Mon-Fri 8:45am-4:30ppm	Free
Southeast Health Center	2401 Keith Street	(415) 671-7000	Spanish	Acupuncture	Drop In Hours: Mon, Tu, Th 12pm	Free MediCal

FREE AND LOW-COST COMPLEMENTARY AND ALTERNATIVE MEDICINE PROGRAMS

Note: Before seeking services at any of these programs, please call to get up to date information.

Name	Address	Phone	Language/ Translation	Services	Hours	Cost
Yerba Buena Community Acupuncture	1819 McAllister St www.yerbabuenaacupuncture.com	(415) 409-1506	Spanish, Tagalog	Acupunc- ture, Mas- sage	Appt. by phone or online. Mon, Weds, Fri 9am-7:30pm; Tu, Th 10am-7pm; Sat, Sun 10am-5pm	\$15-40 treatments Massages are \$1-2/ min
Community Acupuncture Works	2889 24 th St www.caworks.org	(415) 861-0104	Some Spanish	Acupunc- ture	Mon 3pm-8pm Tu, Th 2pm-7pm Wed 10am-2pm Fri 1pm-6pm Sat 11am-3pm	Sliding Scale \$20- 40, Plus \$10 for first visit
Circle Community Acupuncture	1351 Harrison St www.circleca.com	(415) 864-1070	Spanish	Acupunc- ture, Mas- sage, Herbal Medicine	Schedule appt. online Mon, Tu, Th: 10am-7pm Wed, Fri: 9am-7pm Sat, Sun: 11am-4pm	Sliding scale \$15- 35, Plus \$10 for first visit
The Immune Enhancement Project in San Francisco	3450 16 th St www.iepclinic.com	(415) 252-8711	None	Acupunc- ture Reiki	Acupuncture Drop in: Th 1pm-3pm Reiki clinic first and third Tu of the month at 7pm	Free, Donation Based (no one turned away)

FREE AND LOW-COST COMPLEMENTARY AND ALTERNATIVE MEDICINE PROGRAMS

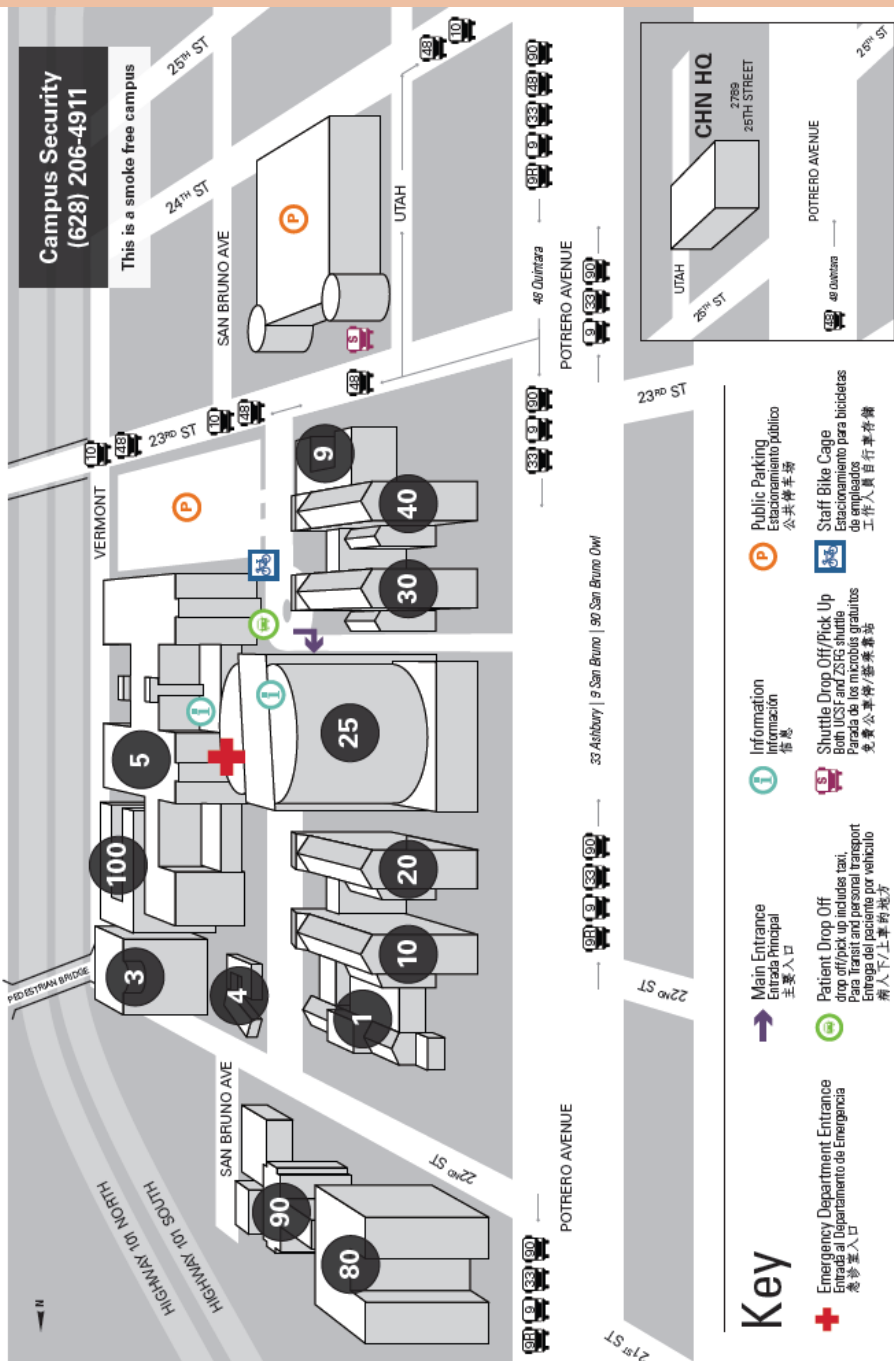
Note: Before seeking services at any of these programs, please call to get up to date information.

Name	Address	Phone	Language/ Translation	Services	Hours	Cost
Women's Community Clinic	1833 Fillmore St www.womenscom munityclinic.org	(415) 379-7800	Spanish	Acupuncture Women Only	Call to schedule during business Hours: Mon, Wed, Th 1pm-9pm; Tu 9am-9pm; Fri 9am-5pm; Sat 9am-1pm; Appt. Hours: Mon, Th 1pm-9pm; Tu 9am-9pm; Wed, Fri 9am-5pm; Sat 9am- 1pm	Free
St James Infirmary	1372 Mission St www.stjamesinfirma ry.org	(415) 554- 8494; (415) 554- 9634	Spanish, Phone translator service	Sex Workers Acupuncture, Cranio-Sacral Massage	Acupuncture first come first serve; Wed 6pm-8pm, Arrive by 5:55 to sign up; Massage first come first serve; Every other Wed 5:45 pm. Call for weekly ser- vices	Free
Rafiki Wellness Center	601 Cesar Chavez St www.bcoa.org	(415) 615- 9945	None	Acupuncture, Massage, Health Screenings	First Sat of each month, 9:30- 12pm	Free
Charlotte Maxwell Complementary Clinic (Low-income wom- en with cancer only)	2601 Mission St, Suite #201 www.charlottesmaxw ell.org	(510) 601- 7660	Spanish, Chinese	Acupuncture, Herbs, Massage, Homeopathy, Guided Imagery	By appt. only: Fri 9:30am – 1pm Sat and Sun 9:30am – 5pm	Free

1001 Potrero Avenue
San Francisco, CA 94110
(628) 206-2800



**ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center**



Campus Directory

1001 Potrero Avenue
San Francisco, CA 94110
(628) 206-2800



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center



Department	Bldg	Floor	Unit/Room
Administration	Bldg 5	2nd	2A35
Adult Clinic - Richard Fine People Clinic	Bldg 5	1st	Outpatient Lobby 1M
Adult Urgent Care	Bldg 80	1st	Ward 81
Audiology	Bldg 5	4th	4M
Avon Breast Care Center	Bldg 4		
Blood Draw	Bldg 5	1st	Outpatient Lobby - 1C
Breast Surgery	Bldg 5	3rd	3M
Burn/Wound Clinic	Bldg 5	4th	4C
Cafeteria	Bldg 5	2nd	2C
Cardiology	Bldg 5	1st	1M
Carr Auditorium	Bldg 3		
CASAMC	Bldg 80	Basement	Ward 80
Cashier (2 Locations)	Bldg 5	1st	Main Lobby 1B1 H1401
Central Supply	Bldg 5	Ground	GL
Children's Health Center	Bldg 5	6th	6M
Clinical Laboratory	Bldg 5	2nd	2C
Dermatology	Bldg 90	2nd	Ward 92
Diabetes Clinic	Bldg 5	1st	1M
EKG	Bldg 5	4th	4C
Elective Admitting/Inpatient Eligibility	Bldg 5	1st	1C
Eligibility Enrollment Unit	Bldg 10	5th	1523
Emergency Department	Bldg 25	1st	
Endocrinology	Bldg 90	2nd	Ward 92
Environmental Health & Safety	Bldg 30	Ground	3100
Family Birth Center	Bldg 25	2nd	
Family Health Center	Bldg 80	1st & 5th	
Gastroenterology & Hepatology	Bldg 5	3rd	3D
Hematology	Bldg 80	6th	Ward 86

Departments Listed Alphabetically

Department	Bldg	Floor	Unit/Room
Human Resources	CHN Bldg	3rd	339
Imaging & Diagnostics - Inpatient	Bldg 25	Basement	B2
Imaging & Diagnostics - Outpatient	Bldg 5	1st	1X
Infant Parent Program	Bldg 9	1st	116
Infusion Clinic	Bldg 5	4th	4C
Inpatient Services	Bldg 25		
Intensive Care Units	Bldg 25		
Laboratory	Bldg 5	Outpatient Lobby	1C
Learning Center	Bldg 30	2nd	3200
Library (Barnett-Broggs)	Bldg 30	1st	3105
Lipid Clinic	Bldg 90	2nd	Ward 92
Lost and Found	Bldg 5	7th	7F8
Med-Cell Eligibility	Bldg 10	5th	1523
Medical Records	Bldg 5	2nd	2B1A
Nephrology	Bldg 90	2nd	Ward 92
Neurology	Bldg 5	4th	4M
Neurosurgery	Bldg 5	4th	4M
Occupational Health Services	Bldg 9	1st	115
Office of Patient Experience	Bldg 25	1st	Main Lobby Info Desk
Oncology	Bldg 80	6th	Ward 86
Ophthalmology & Optometry	Bldg 5	4th	4M
Oral Surgery	Bldg 5	1st	1N
Orthopedics	Bldg 5	3rd	3M
Otolaryngology	Bldg 5	4th	4M
OTOP	Bldg 90	3rd	301
Outpatient Dialysis	Bldg 100	3rd	359
Outpatient Eligibility	Bldg 5	1st	Outpatient Lobby

Department	Bldg	Floor	Unit/Room
Pain Clinic	Bldg 5	4th	4M
Patient Financial Services	Bldg 20	4th	2407
Pediatric Urgent Care	Bldg 5	6th	6M
Pharmacy	Bldg 5	1st	Outpatient Lobby
Plastic Surgery	Bldg 5	3rd	3M
Podiatry	Bldg 5	3rd	3M
Positive Health Program	Bldg 80	6th	Ward 86
Prayer & Meditation Rm	Bldg 5	2nd	2C
Pre-Operative Anesthesia Clinic	Bldg 5	4th	4M
Proctology	Bldg 5	3rd	3M
Pulmonary Clinic	Bldg 5	1st	1M
Pulmonary Sleep Clinic	Bldg 90	2nd	Ward 92
Rehabilitation Speech Therapy & Occupational Therapy	Bldg 5	Ground	110
Rheumatology	Bldg 90	2nd	Ward 92
San Francisco Health Plan	Bldg 10	5th	1523
SFGH Foundation	CHN Bldg	2nd	2028
Surgery Center	Bldg 25	Ground	1523
Surgical Clinic	Bldg 5	3rd & 4th	3M & 4M
Tattoo Removal	Bldg 5	6th	6M
TB Clinic	Bldg 90	4th	Ward 94
Urgent Care Center	Bldg 80	1st	Ward 91
Urology	Bldg 5	3rd	3M
Vascular Surgery	Bldg 5	3rd	3M
Volunteer Services	Bldg 5	7th	7F8
Weight Clinic	Bldg 90	2nd	Ward 92
Wellness Center	Bldg 5	2nd	2D35
WIC Program	Bldg 9	1st	Sep. Entrance
Women's Health Center	Bldg 5	5th	5M

Are you a woman undergoing cancer treatment?

You're invited to attend the American Cancer Society's
Look Good Feel Better class



Come and receive free instruction on coping with the appearance related side effects of your treatment. A licensed beauty professional will teach makeup, skin care tips and suggestions for using wigs and headwear. *A complimentary make-up kit will be provided.*

HOSTED BY: *San Francisco General Hospital*

1001 Potrero Ave, San Francisco, CA 94110
Cafeteria Room 1 (Main Hospital, 2nd Floor)
Registration Required

Monday, February 29, 2016	1:30pm - 3:30pm
Monday, March 21, 2016	1:30pm - 3:30pm Cantonese Class
Monday, June 20, 2016	1:30pm - 3:30pm
Monday, October 17, 2016	1:30pm - 3:30pm

"I feel like a new woman — a real person. Words cannot express the boost in morale your (Look Good Feel Better) program has given me."
~ Class participant

REGISTRATION IS REQUIRED

To register please call your American Cancer Society 24 hours a day, 7 days a week at: 1-800-227-2345

The Look Good Feel Better national partners are proud to collaborate with SFGH to offer Look Good Feel Better to women with cancer in this community.



look good feel better®

Personal Care Products Council
Foundation



professional
beauty
association

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Contact CARE at (415) 206-7464
[Sfghwellness.org/care](https://sfghwellness.org/care)

English CARE
Tuesdays, 5:30-7:30pm
@ Community Wellness
Center

Español CARE
Thursdays, 5:30-7:30pm
@ Centro de Bienestar
Comunitario

中文 CARE
Mondays, 1:30-3:30pm
三藩市總醫院大樓二樓
2D35 室