Fall 2016 Program
Programa de Otoño 2016
2016 年秋季 癌症關注、資源及教育講座
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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<td>Sofia Sojourner Newton, Gabriela Quezada-Pérez, Shirley Ma, Sharon Pappas, and Betsy Davis</td>
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<td>Qi Gong</td>
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<td>Sound Therapy</td>
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<td>Pauli Ojea, MS</td>
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<td>Genetic Counseling</td>
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<td>Plants as Allies: Using Herbal Medicine to Support Our Physical and Emotional Health</td>
<td>Tracey Brieger, MS</td>
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<td>Empowerment through Support Groups: Integrating the Community’s Voice in Healthcare, Advocacy, and Research</td>
<td>Nynikka Palmer, DrPH, MPH</td>
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<td>Nov 29th</td>
<td>Sleep and Stress Reduction</td>
<td>Britney Blair, PsyD, CBSM</td>
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<td>Dec 6th</td>
<td>Graduation</td>
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<td>Free and Low-Cost Complementary and Integrative Medicine Resources</td>
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<td>18-20</td>
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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 aspire to the study of Astrology, Numerology & the “mystical” mystery of Tarot.
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 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.
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.
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.
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.
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.
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.
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!
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.

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

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<th>Name</th>
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<tr>
<td>Yerba Buena Community Acupuncture</td>
<td>1819 McAllister St</td>
<td>(415) 409-1506</td>
<td>Spanish, Tagalog</td>
<td>Acupuncture, Massage</td>
<td>Mon, Weds, Fri 9am-7:30pm; Tu, Th 10am-7pm; Sat, Sun 10am-5pm</td>
<td>$15-40 treatments. Massages are $1-2/ min</td>
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<tr>
<td>Community Acupuncture Works</td>
<td>2889 24th St</td>
<td>(415) 861-0104</td>
<td>Some Spanish</td>
<td>Acupuncture</td>
<td>Mon 3pm-8pm; Tu, Th 2pm-7pm; Wed 10am-2pm; Fri 1pm-6pm; Sat 11am-3pm</td>
<td>Sliding Scale $20-40, Plus $10 for first visit</td>
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<tr>
<td>Circle Community Acupuncture</td>
<td>1351 Harrison St</td>
<td>(415) 864-1070</td>
<td>Spanish</td>
<td>Acupuncture, Massage, Herbal Medicine</td>
<td>Schedule appt. online Mon, Tu, Th: 10am-7pm; Wed, Fri: 9am-7pm; Sat, Sun: 11am-4pm</td>
<td>Sliding scale $15-35, Plus $10 for first visit</td>
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<tr>
<td>The Immune Enhancement Project in San Francisco</td>
<td>3450 16th St</td>
<td>(415) 252-8711</td>
<td>None</td>
<td>Acupuncture Reiki</td>
<td>Acupuncture Drop in: Th 1pm-3pm Reiki clinic first and third Tu of the month at 7pm</td>
<td>Free, Donation Based (no one turned away)</td>
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<tr>
<td>Women’s Community Clinic</td>
<td>1833 Fillmore St</td>
<td>(415) 379-7800</td>
<td>Spanish</td>
<td>Acupuncture Women Only</td>
<td>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</td>
<td>Free</td>
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<td><a href="http://www.womenscommunityclinic.org">www.womenscommunityclinic.org</a></td>
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<tr>
<td>St James Infirmary</td>
<td>1372 Mission St</td>
<td>(415) 554-8494; (415) 554-9634</td>
<td>Spanish, Phone translator service</td>
<td>Sex Workers Acupuncture, Cranio-Sacral Massage</td>
<td>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 services</td>
<td>Free</td>
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<td><a href="http://www.stjamesinfirmary.org">www.stjamesinfirmary.org</a></td>
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<tr>
<td>Rafiki Wellness Center</td>
<td>601 Cesar Chavez St</td>
<td>(415) 615-9945</td>
<td>None</td>
<td>Acupuncture, Massage, Health Screenings</td>
<td>First Sat of each month, 9:30-12pm</td>
<td>Free</td>
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<td><a href="http://www.bcoa.org">www.bcoa.org</a></td>
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<tr>
<td>Charlotte Maxwell Complementary Clinic</td>
<td>2601 Mission St, Suite #201</td>
<td>(510) 601-7660</td>
<td>Spanish, Chinese</td>
<td>Acupuncture, Herbs, Massage, Homeopathy, Guided Imagery</td>
<td>By appt. only: Fri 9:30am – 1pm Sat and Sun 9:30am – 5pm</td>
<td>Free</td>
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<tr>
<td>(Low-income women with cancer only)</td>
<td><a href="http://www.charlottemaxwell.org">www.charlottemaxwell.org</a></td>
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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 SF GH to offer Look Good Feel Better to women with cancer in this community.
Contact CARE at (415) 206-7464
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