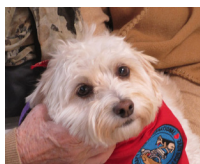
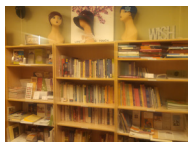


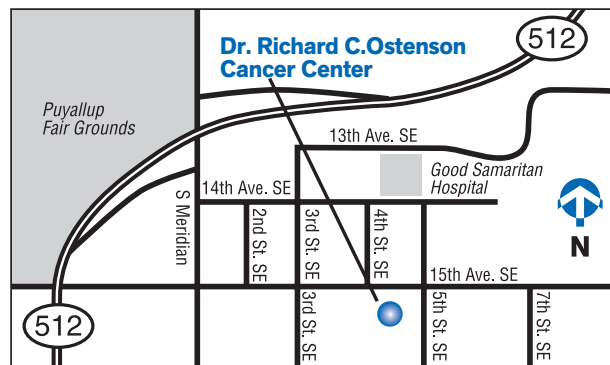
**WE OFFER A COMPREHENSIVE RANGE
OF FREE SERVICES INCLUDING...**

- A lending library on cancer and health-related materials, including CDs and DVDs
- Wig fittings and trims offered daily, as well as gift certificates for post-chemotherapy haircuts and facials at a local salon
- Animal-assisted therapy designed to enhance patient's wellbeing
- Handmade hats and scarves
- Look Good, Feel Better™ skin and makeup classes for women about to undergo, currently undergoing, or who have recently undergone cancer treatment
- Cancer support groups and referrals for local-area support groups
- A wide array of resource materials related to your diagnosis or situation
- Pastoral Care to support your spiritual needs
- Coffee, tea and hot chocolate
- A listening ear and compassion



GETTING THERE:

From Hwy. 512, take the exit for the Puyallup Fair. After exiting – turn south on Meridian (away from the fairgrounds), proceed to the stoplight at 15th Ave. SE and turn left; go through the round-about. At the stop sign turn right. Our building is located on the left-hand side.



Dr. Richard C. Ostenson Cancer Center

400 15th Ave SE • Puyallup, WA 98372
Phone: 253.697.4899 • Fax: 253.697.5034

Dr. Richard C. Ostenson Cancer Resource Center



The Cancer Resource Center provides patients and families with education and support to help them navigate through diagnosis, treatment and recovery. The Resource Center is part of the Dr. Richard C. Ostenson Cancer Center at Good Samaritan, which embraces a holistic, patient-centered style of cancer care.



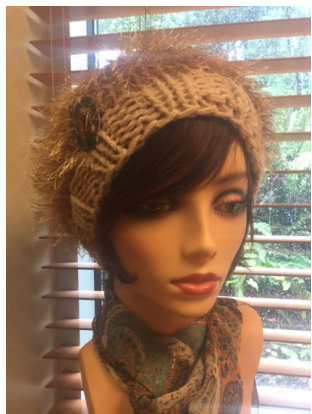
... multicare.org

MultiCare

multicare.org

MultiCare
Regional Cancer Center

Complimentary Wig Fitting Service



To schedule your private wig fitting consultation, please call the Cancer Resource Center at 253.697.4899.



Wig fitting appointments are available Monday-Friday between 9am and 3pm.



Integrative Medicine – Massage and Aromatherapy

Our massage and aromatherapy services are free to our current MultiCare Regional Cancer Center patients. These sessions are provided to our patients during, before and/or after their appointment while at the MultiCare Regional Cancer Centers Radiation and Hematology/Oncology departments.



Massage therapy can help patients through their treatment process and potential benefits include:

- Reduction in anxiety and depression
- Increased ROM (range of motion)
- Pain relief and reduction in muscle tension/soreness
- Headache and joint/bone pain relief
- Nausea control
- Improvement in quality of sleep by reducing insomnia and fatigue
- Increased circulation and decreased edema (swelling)
- Decreased neuropathy

This service is available Wednesday afternoons at the Puyallup Cancer Center and no appointment is required. Please note that the schedule is subject to change.

Complimentary Exercise Classes

Fitness programs encourage positive attitudes through exercise, education, and peer support to help cancer patients improve their quality of life at any stage of treatment and into the survivorship years.

WE OFFER THE FOLLOWING PROGRAMS:

Tai Chi Chih	Tuesdays 9-10am On-site
Healthy Steps™	Wednesdays 5:30-6:30pm On-site
Gentle Yoga	Thursdays 5:30-6:30pm On-site



To register for any of these classes please call the Cancer Resource Center at 253.697.4899

Phone: 253.697.4899

Fax: 253.697.5034

multicare.org