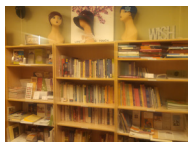


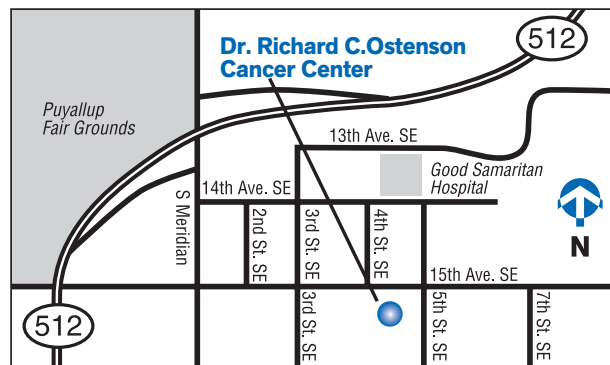
**WE OFFER A COMPREHENSIVE RANGE
OF FREE SERVICES INCLUDING...**

- 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
- 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.



Mary Bridge Children's Hospital & Clinics
MultiCare Allenmore Hospital
MultiCare Auburn Medical Center
MultiCare Good Samaritan Hospital
MultiCare Tacoma General Hospital
MultiCare Clinics

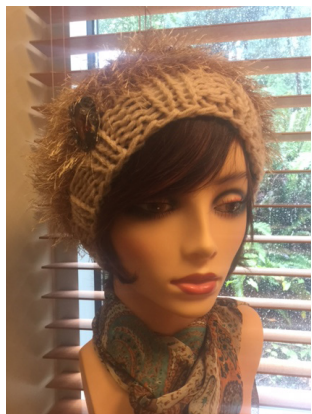
MultiCare 
BetterConnected

multicare.org

multicare.org

MultiCare 
Regional Cancer Center
BetterConnected

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.



Comfort Therapies

At the Dr. Richard C. Ostenson Cancer Center we offer comfort therapies such as Massage, Reiki (pronounced ray-key), and Aromatherapy that work side by side with conventional medical care. Research has shown that they can be effective tools for increasing comfort and personal wellness.



COMFORT THERAPIES HAVE THE POTENTIAL TO...

- Increase relaxation
- Decrease pain and suffering
- Help improve sleep
- Enhance energy and awareness
- Reduce anxiety and stress
- Reduce nausea and vomiting
- Reduce itching
- Increase a sense of well-being and quality of life
- Increase comfort

To schedule a session please call the resource center at 253.697.4899

**Insurance may cover massage therapy services*

MultiCare 
Regional Cancer Center
BetterConnected

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