

**MISSION STATEMENT** - to provide support services to everyone whose lives are touched by cancer.

Arizona Oncology Foundation provides integrative and supportive services to anyone touched by cancer regardless of where they seek traditional treatment.

Dedicated to promoting health, healing, and survivorship - All programs and services are available to patients, their family members and their caregivers.

Programs and services available at two Resource Centers in Tucson, in Green Valley, and other locations throughout Arizona.

Arizona Oncology Foundation provides programs and services to make the cancer journey a little easier because *together is always better*. They include things that:

- Reduce Anxiety & Stress
- Reduce Pain
- Improve Self Image
- Promote Wellness

For more information visit [www.arizonaoncologyfoundation.org](http://www.arizonaoncologyfoundation.org)



## HOW YOU CAN HELP

### Volunteer

There are a number of volunteer opportunities available. One time special events and projects, as well as on-going shifts.

Learn more by calling 520-471-9067

### Donate

Donations of any size are gratefully accepted.

Online: [www.arizonaoncologyfoundation.org](http://www.arizonaoncologyfoundation.org)

By phone: 520-870-6060

By mail: Arizona Oncology Foundation  
2625 N. Craycroft, Suite 100  
Tucson, AZ 85712

Arizona Oncology Foundation is a 501(c)3 nonprofit organization. All donations are tax-deductible to the fullest extent of the law. (Please see your tax advisor for details)

### Refer

Tell anyone you know who has a cancer diagnosis to come and see what we have for them. Doctor referrals not necessary.



### Arizona Oncology Foundation Resource Centers

2625 N. Craycroft, Suite 101  
Tucson, AZ 85712 520-324-2840

2070 W. Rudasill Road, Suite 100  
Tucson, AZ 85704 520-877-9038

and throughout the community

*Bringing integrative and supportive services to those whose lives have been touched by cancer.*



ARIZONA ONCOLOGY  
FOUNDATION

*Health, Healing, Survivorship!*

## RESOURCES

### *Educational Resources*

Local and national cancer information and support programs. Doctor and other healthcare professional talks.

### *Cancer Lending Libraries*

Books and other educational materials about specific cancers and other related topics.

## PROGRAMS & SERVICES

### *Post-Mastectomy Products & Fittings*

Prosthetic bras, camisoles and breast prosthesis offered at no charge.

### *Wig and Head Covering Loan Program & Wig Voucher Program*

Available throughout the community. Please call for details.

## SUPPORT GROUPS

- Young Adult Group
- Breast Cancer
- Gynecological Cancer
- Lung Cancer
- Living with Cancer
- Head and Neck Cancer
- Living with Hope

## ONCOLOGY NUTRITION

A Registered Dietician certified in oncology nutrition education reviews current lifestyle, medical and nutrition histories to identify specific dietary needs.

## DENTAL SERVICES

For patients who either need dental care in order to proceed with their cancer treatment or treatment has caused dental problems.

## TRANSPORTATION

Gas cards to help with financial constraints of getting to treatment.

## INTEGRATIVE THERAPY TREATMENTS

### *Craniosacral Therapy*

A gentle, hands- on approach that treats restrictions of the craniosacral system.

### *Healing Touch*

An energy therapy comprised of a group of standardized, non-invasive techniques that utilize the hands to clear, energize, and balance the human energy fields to promote healing and reduce pain and anxiety.

### *Manual Lymph Drainage & Complete Decongestive Therapy*

Combined decongestive therapy and manual lymphatic drainage of upper or lower extremities for the treatment of lymphedema.

### *Reiki*

A Japanese technique for stress reduction and relaxation that promotes healing.

### *Massage*

Manipulation of superficial and deep layers of muscle and connective tissue. Enhances function, aids in the healing process, and promotes relaxation and well-being.

### *Reflexology*

A natural healing art that relieves tension, improves circulation and helps promote the natural function of related areas of the body.

### *Acupuncture*

Effective in the relief of certain types of pain, control of nausea and stimulates the immune system. Based on the premise that bodily functions are regulated by an energy flows called Qi. Disruptions of this flow may be responsible for disease.

### *Clinical Hypnotherapy*

A supportive tool in coping with cancer treatment and to assist in promoting healing.

## MOVEMENT CLASSES

*Yoga* – Gentle/Strength movements used to increase flexibility, lessen effects on sleep anxiety, improve quality of life, and spiritual growth in cancer patients.

*Qi Gong* – Traditional/Rainbow Sun Qi Gong Ancient Chinese body, mind, and spirit system that integrates physical postures, breathing techniques and focused attention. Promotes spiritual, physical, mental, and emotional balance.

*Healing Flow Tai Ji* – Chinese meditation system and health practice that focuses the mind solely on the movements of the form, helping to bring about a state of mental calm and clarity, to improve general health and stress management.

*Functional Strength Training* – Builds balance, core stability, and strength of all muscle groups using weights, bands, and breathing movements. Can be adapted to all ability levels.

*Chair Yoga* – Chair Yoga is a complete Yoga experience focusing on breathing, stretching and relaxation while seated. No experience required. If you are feeling stiff, fatigued, foggy, or just want to feel better, this class is for you.

## HOW TO MEDITATE

Studies show meditation calms the mind, helps reduce chronic pain, improves sleep, and enhances quality of life. This 4-week class addresses myths & misunderstandings about meditation, providing a comfortable introduction to the practice.

## Breathe Well, Feel Calmer

Focusing on diaphragmatic breathing and relaxation reduces stress & anxiety in addition to oxygenating the blood to promote healing.