



**3rd Tuesday of
each month 3 - 4 p.m.**

**Open to ANY ostomy
patient, family, or
caregiver regardless
of physician or
hospital affiliation,**

For more
information and to RSVP

(559) 244-9789

Living with an Ostomy

Living with an ostomy affects more than just your body. It affects your mental, emotional and social health too.

This support group provides:

- A platform for sharing experiences, offering support and learning from one another
- Help navigating life with an ostomy
- Answers to frequently asked questions
- Practical tips and strategies for managing your ostomy
- Confidence to overcome fears and anxiety

Join in person at the Community Cancer Institute

Or via Zoom

(The virtual waiting room opens at 2:45 p.m.)

<https://communitymedical.zoom.us/j/91415489785>

Or call in

Phone: 1 (669) 900-6833

Meeting ID: 914 1548 9785

