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Support for People with

Oral, Head & Neck Cancer

San Diego Chapter

A patient-directed, self-help support group, dedicated to meeting the needs of oral, head & neck cancer patients, caregivers, and survivors



This is an upbeat support group, under the umbrella of the National SPOHNC organization.

www.spohnc.org

OHNC patients have problems specific to these types of cancers. We have walked in your shoes, and we meet to share anecdotal knowledge, experience, and support as you progress through your cancer journey, and beyond.

We focus on survival skills; empowerment for a new normal life; information on managing symptoms, and the latest research.

Whenever possible, speakers related to OHNC come to share their professional knowledge with the group

FACILITATOR/
COORDINATOR
VALERIE D. TARGIA
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SPOHNC group

Monthly meetings held
every first Saturday at 12:30pm
in the Community Room
of the 4S Ranch Library
10433 Reserve Dr
San Diego 92127

