



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY

**SO THAT NO ONE FACES
CANCER ALONE**



WHAT'S INSIDE

MAY/JUNE 2024

**FREE SUPPORT, HEALTHY LIFESTYLE, SOCIAL,
& EDUCATION OPPORTUNITIES**

Open to patients, survivors, loved ones, children, friends, & caregivers.



Weekly Support Groups

To register for weekly support groups, please contact Jamie Wiener, LPCC-S, at (513) 791-4060. All groups are professionally facilitated & confidential.

PEOPLE LIVING WITH CANCER SUPPORT GROUP

Tuesdays 4:00 PM-6:00 PM & 6:30 PM-8:30 PM: Virtual

FAMILY & FRIENDS SUPPORT GROUP

Mondays 6:30 PM- 8:30 PM: Hybrid

Tuesdays 4:00 PM-6:00 PM & 6:30 PM-8:30 PM: Hybrid

BREAST CANCER STAGE 1-3 SUPPORT GROUP

Tuesdays, 6:30 PM-8:30 PM: Virtual

GENERAL CANCER CONNECTION GROUP

4th Monday, 6:30 PM-8:00 PM: Hybrid

Open to anyone affected by cancer to connect with others & get support. No group meeting in May.

HEREDITARY CANCER RISK CONNECTION GROUP

Bi-Monthly, 2nd Wednesday, 6:30 PM-8:00 PM: Virtual

For those with a genetic risk of cancer (ie. BrCa I or II gene; Lynch Syndrome, etc). May Speaker: Leah Abate, Genetic Counselor from TriHealth

SURVIVORSHIP & BEYOND CONNECTION GROUP

2nd Monday 6:30 PM-8:00 PM: Virtual

For those who have completed their cancer treatment.

ENNEAGRAM WORKSHOP

1st Tuesdays, 6:30 PM-8:00 PM: In Person

Learn to manage changing dynamics in life when cancer enters the picture & explore new ways of understanding.

BRAIN TUMOR CONNECTION GROUP

3rd Wednesday, 6:30 PM-8:00 PM: Virtual

For patients or family and caregivers impacted by brain tumors, who live in Ohio & Kentucky, interested in giving and receiving support. May's Speaker: Kyle Wang, MD & Lalanthica Yogendran, MD, MPH- Current Clinical Trials Available

LIFE TRANSITIONS BEREAVEMENT SUPPORT

1st & 3rd Wednesdays, 6:30 PM-8:00 PM: In Person

For those who have lost a loved one to cancer.

PROSTATE CANCER CONNECTION & EDUCATION GROUPS

2nd & Last Wednesdays, 7:00 PM-8:30 PM: Hybrid

For men & their loved ones living with prostate cancer in Ohio & Kentucky. May Speaker: Justin Cox, MD (Urologist with Christ Hospital) June Speaker: Brian Mannion, MD (Medical Oncologist with Christ Hospital)

YOUNG ADULT CONNECTION & SOCIAL GROUP

2nd Thursdays, 6:30 PM-8:30 PM: Hybrid

For any person ages 20-40 living with or supporting others with cancer. The group will have a social event in May.

METASTATIC STAGE IV BREAST CANCER SUPPORT GROUP

1st Wednesday, 12:00 PM - 2:00 PM: In person

Information & peer support to patients with Stage IV Breast Cancer.

OFFSITE: The Christ Hospital Joint & Spine Center | 2139 Auburn Ave. 45219

Education - Cooking - Nutrition

EMOTIONAL TAPPING FREEDOM TECHNIQUE- EFT

Thursday, May 2, 1:00 PM - 2:30 PM: In Person

EFT is a simple and effective technique administered by gently tapping the acupuncture points to transform negative emotions like fear & anxiety & restore our emotional balance. In this 1.5 hr workshop, you'll learn about EFT, the clues to effectively use it and case studies that will inspire you.

REDUCING YOUR RISK: FOR SURVIVORS, FAMILIES & FRIENDS

Thursday, May 9, 6:30 PM - 7:30 PM: Virtual

This educational series teaches about cancer, your risk factors, prevention, and engaging with a community of people impacted by cancer.

WHY WOULD I PARTICIPATE IN A CLINICAL TRIAL WHEN I DON'T TRUST YOU?

Monday, May 13, 6:00 PM - 7:00 PM: Virtual

Explore CSC's "Justified Medical Mistrust" docuseries, delving into historical and modern medical mistrust in under-resourced communities. Learn about its development alongside patient input, highlighting clinical research benefits and advancements, while addressing ways to enhance patient trust and experiences.

Watch Party Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

COOKING FOR WELLNESS: SPRING FLING

Thursday, May 16, 12:30 PM - 2:30 PM: In Person

Join Chef Mona for a quick light soup along with making compound butter to use for pasta with spring veggies and bread.

PELVIC FLOOR

Monday, May 20, 6:00 PM - 7:00 PM: In Person

This presentation gives an overview of the pelvic floor muscles, why they are important, what can happen when they are not working correctly & conditions such as urinary incontinence, prolapse, & pelvic pain.

MANAGING LIFE AFTER CANCER - A PANEL PRESENTATION

Thursday, June 13, 6:30 PM - 8:00 PM: In Person

Join CSC, TriHealth Cancer Institute, and Cancer Family Care during Cancer Survivorship Month to learn about strategies and resources to help embrace life beyond cancer. Includes light refreshments and giveaways.

Offsite: TriHealth Fitness & Health Pavilion | 6200 Pfeiffer Rd. 45242

COOKING FOR WELLNESS: EASY & HEALTHY SUMMER MEALS

Friday, June 14, 11:00 AM - 1:00 PM: In Person

Chef Rhonda Marcotte of Flourish Culinary Services shares ideas & helpful hints (and samples!) to help keep summer days as stress-free and delicious as possible!

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

MOVING FROM CANCER PATIENT TO SURVIVOR

Wednesday, June 26, 5:30 PM - 6:30 PM: In Person

Join Beverly Reigle, PhD, RN, to discuss the transition from cancer patient to cancer survivor. Learn about survivorship care and the roles of the healthcare provider and cancer survivor.

COOKING FOR WELLNESS: HOMEMADE CONDIMENTS

Saturday, June 29, 11:00 AM - 1:00 PM: In Person

Have you ever wanted to make your own condiments? If you enjoy DIY and being able to make favorites to suit your taste, join Chef Rhonda as she demonstrates how to make 5 favorite kitchen staples - ketchup, mayonnaise, Ranch dressing, tomato salsa and butter!



Who says there's no free brunch?!

Join us for our New Participant Brunch & bring a friend!

WED, MAY 8, 9:30 AM | In-Person at CSC Blue Ash

Healthy Lifestyles

CHAIR YOGA

Thursdays, 5:30 PM-6:30 PM: In Person

ART OF LIVING MEDITATION

Saturdays 10:00 AM-11:00 AM: Hybrid

CALMING YOGA FOR YOU

Mondays, 10:00 AM-11:00 AM: In Person

OFFSITE: West Chester Presbyterian | 8930 Cincinnati-Dayton Rd. 45069

Mondays, 5:30 PM-6:30 PM: In person

LINE DANCING

1st & 3rd Thursdays, 4:00 PM-5:00 PM: In Person

ZUMBA- INSPIRED DANCE

2nd & 4th Thursdays, 4:00 PM- 5:00 PM: In Person

YOGA FOR WELLBEING

Saturdays, 10:00 AM - 11:00 AM: In Person

OFFSITE: Mercy Queen City Health Plex | 3131 Queen City Ave. 45238

HEALTHY STEPS: LEBED - LYMPHEDEMA PREVENTION

Tuesdays, 5:30 PM-6:30 PM: Family Friendly - In Person

Wednesdays, 10:30 AM-11:30 AM: Hybrid

MINI MEDITATION

Wednesdays, 9:00 AM-9:10 AM: Virtual

RESET. REVIVE. RENEW: YOGA FOR ALL LEVELS

Wednesday, May 8 & 22 & June 5 & 26, 6:30 PM-7:30 PM

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

PILATES & RELAXATION

Wednesdays, 10:00 AM-11:00 AM: Virtual

REIKI SHARE & MINI SESSIONS

2nd Wednesday, 7:00 PM-9:00 PM: In person

REIKI ENERGY RENEWAL

2nd Friday, Session 1, 6:00 PM- 7:00 PM &

Session 2, 7:00 PM - 8:00 PM: In Person

TAI CHI

Wednesdays, 12:00 PM-1:00 PM: Hybrid

YOGA THERAPY IN CANCER

Wednesdays, 10:30 AM-11:30 AM

OFFSITE: The Christ Hospital | 2139 Auburn Ave. 45219

SOUND MEDITATION

Thursday, May 9 & June 13, 12:00 PM - 1:00 PM: In Person

Join Ashley of Simply Magic for meditation & vibrational sound healing.

FOREST BATHING: SENSORY INVITATION IN NATURE

Saturday, May 4, 1:00 PM - 3:30 PM

Forest Bathing is a practice of mindful walking in nature that creates opportunities to enhance health & wellness.

Offsite: 4040 Mt. Carmel Rd., Cincinnati, OH 45244

Art - Family - Social

CHAT & CRAFT

Wednesdays, 9:30 AM-11:30 AM: In Person

COFFEE CHAT

Thursdays in June, 11:00 AM - 12:00 PM: Hybrid

COMMUNITY BINGO

Thursdays, 3:00 PM - 4:00 PM: In Person

CINCO DE MAYO FIESTA FLICKS: FAMILY MOVIE CELEBRATION!

Saturday, May 4, 11:30 AM - 1:00 PM: In Person

Gather the family for a festive Cinco de Mayo celebration filled with laughter, love, and cinematic fun. Light refreshments provided.

Art - Family - Social

WATERCOLOR FUN:8-WEEK SERIES

Mondays, May 6 - July 1 1:00 PM - 3:00 PM: In Person

Create your own sanctuary by learning to paint in watercolor! Each week builds on the previous week, attendance is highly encouraged for all 8 sessions.

CRAFT CLASS: FLOWER CANDLES

Monday, May 6, 6:00 PM - 7:00 PM: In Person

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

NEW PARTICIPANT BRUNCH

Wednesday, May 8, 9:30 AM - 10:30 AM: In Person

Have you joined our community for the first time in 2024? If so, we'd love to welcome you with brunch to connect with other members, staff, & volunteers!

BREWING LOVE: A MOTHER'S DAY TEA CELEBRATION

Thursday, May 9, 1:00 PM - 2:00 PM: In Person

Indulge in an afternoon of love and delightful sips at Mother's Day Tea.

GYN SOCIAL- SUGAR SCRUB SERENITY

Saturday, May 11, 1:00 PM - 2:00 PM: In Person

An uplifting and relaxing aromatherapy event for those affected by gynecologic cancer. We will make citrus sugar scrubs.

BLOOMS OF HOPE: FLOWER CONE CRAFT

Monday, May 13, 3:00 PM - 4:00 PM: In Person

Learn to make beautiful floral arrangements in a cone-shaped holder

FAMILY-FRIENDLY COMMUNITY MANDALA ART WORKSHOP

Saturday, May 18, 11:00 AM - 1:00 PM: In Person

Join CSC and Radha Lakshmi for a Family-Friendly Community Mandala Art Workshop in celebration of Asian American & Pacific Islander Heritage Month. This ritual art form from South India uses rice flour and sand and is known for its intricate patterns and symbolic representations.

SUMMER REFRESH: WATERMELON MASON JAR CRAFT

Monday, June 3, 3:00 PM - 4:00 PM: In Person

Join us for a delightful crafting experience as we transform ordinary mason jars into adorable watermelon-themed creations!

ANNUAL BACKYARD BASH: BLUE ASH

Saturday, June 8, 11:00 AM - 1:00 PM: In Person

Fun, family event celebrating National Survivor's Month is free, open to the public and our community, and will have fun activities for the whole family.

FATHER'S DAY PIXEL TO PLANK: CRAFTING MEMORIES IN WOOD

Monday, June 10, 3:00 PM - 4:00 PM: In Person

Transform your favorite photos into timeless wooden masterpieces, perfect for celebrating the father figure in your life.

CRAFT CLASS: YARN WRAPPED WINE BOTTLE

Monday, June 10, 6:00 PM - 7:00 PM

Transform ordinary wine bottles into beautiful decorative pieces using yarn!

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

PEACOCK WOOD PAINTING

Saturday, June 15, 1:00 PM - 3:30 PM: In Person

Join Anke Pietsch in painting a wonderfully whimsical peacock on a wooden board!

FAMILY FRIENDLY: TWIST & SHOUT

Monday, June 24, 6:00 PM - 6:45 PM: Watch Party & Zoom

Explore creative ways of making sounds rhythmically, while incorporating simple movements. We'll explore the connection between breath and voice by singing together.

COMMUNITY IS STRONGER THAN CANCER DAY

Friday, June 28, 12:30 PM - 2:00 PM: In Person

Free party for all includes resources, community-centric art projects, food, drinks, and a selfie photo station.

May 2024 | Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Get Moving!</p> <p>Line Dance: 1st & 3rd THUR Zumba Inspired: 2nd & 4th THUR</p> 	<p>1</p> <p>9:00a Mini Med </p> <p>9:30a Chat & Craft </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital </p> <p>12:00p Tai Chi </p> <p>12:00p Metastatic Stg IV Breast Cancer @ Christ </p> <p>6:30p Life Transitions </p>	<p>2</p> <p>1:00p Emotional Tapping Freedom Technique- EFT </p> <p>3:00p Bingo </p> <p>4:00p Line Dance </p> <p>5:30p Chair Yoga </p>	<p>3</p>	<p>4</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p> <p>11:30a Cinco De Mayo Fiesta Flicks: Family Movie Celebration </p> <p>1:00p Forest Bathing: Sensory Invitation in Nature </p>	
<p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>1:00p Watercolor Fun </p> <p>5:30p Calming Yoga for You </p> <p>6:00p Craft Class: Flower Candles @ Walnut Hills Library </p> <p>6</p>	<p>7</p> <p>5:30p Healthy Steps </p> <p>6:30p Enneagram </p>	<p>8</p> <p>9:00a Mini Med </p> <p>9:30a Chat & Craft </p> <p>9:30a New Participant Brunch </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital </p> <p>12:00p Tai Chi </p> <p>6:30p Hereditary Cancer Risk Connection </p> <p>6:30p Reset. Revive. Renew @ Walnut Hills Library </p> <p>7:00p Prostate Cancer Group </p> <p>7:00p Reiki </p>	<p>9</p> <p>10:00a Connect to Community: CSC Orientation </p> <p>12:00p Sound Meditation </p> <p>1:00p Brewing Love: A Mother's Day Tea Celebration </p> <p>3:00p Bingo </p> <p>4:00p Zumba-Inspired Dance </p> <p>5:30p Chair Yoga </p> <p>6:30p Young Adult Connection & Social Group </p> <p>6:30p Reducing Your Risk </p>	<p>10</p> <p>6:00p Reiki Energy Renewal- Session 1 </p> <p>7:00p Reiki Energy Renewal- Session 2 </p>	<p>11</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p> <p>1:00p GYN Social-Sugar Scrub Serenity </p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>1:00p Watercolor Fun </p> <p>3:00p Blooms of Hope: Flower Cone Craft </p> <p>5:30p Calming Yoga for You </p> <p>6:00p Why Would I Participate in a Clinical Trial When I don't Trust You? @ Walnut Hills </p> <p>6:30p Survivorship & Beyond Connection Group </p> <p>13</p>	<p>14</p> <p>5:30p Healthy Steps </p> <p>7:00p PanCan </p>	<p>15</p> <p>9:00a Mini Med </p> <p>9:30a Chat & Craft </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital </p> <p>12:00p Tai Chi </p> <p>6:30p Life Transitions </p> <p>6:30p Brain Tumor Group </p> <p>6:30p General Cancer Connection Group @ UC West Chester </p>	<p>16</p> <p>12:30p Cooking for Wellness: Spring Fling </p> <p>3:00p Bingo </p> <p>4:00p Line Dance </p> <p>5:30p Chair Yoga </p> <p>6:30p IMF Multiple Myeloma </p>	<p>17</p>	<p>18</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p> <p>11:00a Family-Friendly Community Mandala Art Workshop </p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>1:00p Watercolor Fun </p> <p>5:30p Calming Yoga for You </p> <p>6:00p Pelvic Floor </p> <p>20</p>	<p>21</p> <p>5:30p Healthy Steps </p>	<p>22</p> <p>9:00a Mini Med </p> <p>9:30a Chat & Craft </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital </p> <p>12:00p Tai Chi </p> <p>6:30p Reset. Revive. Renew @ Walnut Hills Library </p>	<p>23</p> <p>3:00p Bingo </p> <p>4:00p Zumba-Inspired Dance </p> <p>5:30p Chair Yoga </p>	<p>24</p> <p>Memorial Day Observed-Closed</p>	<p>25</p> <p>Memorial Day Observed-Closed</p>
<p>Memorial Day Observed-Closed</p> <p>27</p>	<p>28</p> <p>11:00a Courage Caps </p> <p>2:00p Connect to Community: CSC Orientation </p> <p>5:30p Healthy Steps </p>	<p>29</p> <p>9:00a Mini Med </p> <p>9:30a Chat & Craft </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital </p> <p>12:00p Tai Chi </p> <p>7:00p Prostate Education Group </p>	<p>30</p> <p>3:00p Bingo </p> <p>4:00p Line Dance </p> <p>5:30p Chair Yoga </p>	<p>31</p>	<p>CSC's Justified Medical Mistrust Docuseries</p> <p>Why Would I Participate in a Clinical Trial When I Don't Trust You?</p> <p>MON, MAY 13</p> <p>Offered Virtually or via Watch Party at Walnut Hills Library</p>

Registration requested for all programs.

Online event

In person event

REGISTER: Call (513) 791-4060, visit MyCancerSupportCommunity.org or scan QR!



June 2024 | Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Join us for these FREE upcoming CSC programs at the Walnut Hills Library!



Yoga for All Levels
WEDS. MAY 8 & 22 | JUNE 5 & 26
6:30pm -7:30pm



Craft Class
MON. MAY 6
6:00pm -7:00pm



Craft Class
MON. JUNE 10
6:00pm -7:00pm

Please call us at 513.791.4060 if you need help with transportation or parking for these programs.



1
10:00a Art of Living Meditation
10:00a Yoga for Wellbeing @ Queen City Healthplex

3
10:00a Calming Yoga @ West Chester Presbyterian Church
1:00p Watercolor Fun
3:00p Summer Refresh: Watermelon Mason Jar Craft
5:30p Calming Yoga for You

4
5:30p Healthy Steps
6:30p Enneagram

5
9:00a Mini Med
9:30a Chat & Craft
10:00a Pilates & Relaxation
10:30a Healthy Steps
10:30a Yoga Therapy in Cancer @ Christ Hospital
12:00p Tai Chi
12:00p Metastatic Stg IV Breast Cancer @ Christ
6:30p Life Transitions
6:30p Reset. Revive. Renew @ Walnut Hills Library

6
11:00a Coffee Chat
3:00p Bingo
4:00p Line Dancing
5:30p Chair Yoga

7

8
10:00a Art of Living Meditation
10:00a Yoga for Wellbeing @ Queen City Healthplex
11:00a Backyard Bash

10
10:00a Calming Yoga @ West Chester Presbyterian Church
1:00p Watercolor Fun
3:00p Father's Day Pixel to Plank: Crafting Memories in Wood
5:30p Calming Yoga for You
6:00p Craft Class: Yarn Wrapped Wine Bottle @ Walnut Hills Library
6:30p Survivorship Group

11
5:30p Healthy Steps
7:00p PanCan

12
9:00a Mini Med
9:30a Chat & Craft
10:00a Pilates & Relaxation
10:30a Healthy Steps
10:30a Yoga Therapy in Cancer @ Christ Hospital
12:00p Tai Chi
7:00p Prostate Cancer Group
7:00p Reiki

13
10:00a Connect to Community: CSC Orientation
11:00a Coffee Chat
12:00p Sound Meditation
3:00p Bingo
4:00p Zumba- Inspired Dance
5:30p Chair Yoga
6:30p Young Adult Connection & Social Group
6:30p Managing Life After Cancer @ TriHealth Fitness & Health Pavilion

14
11:00a Cooking for Wellness: Easy & Healthy Summer Meals @ Walnut Hills Library
6:00p Reiki Energy Renewal- Session 1
7:00p Reiki Energy Renewal- Session 2

15
10:00a Art of Living Meditation
10:00a Yoga for Wellbeing @ Queen City Healthplex
1:00p Peacock Wood Painting

17
10:00a Calming Yoga @ West Chester Presbyterian Church
1:00p Watercolor Fun
5:30p Calming Yoga for You

18
5:30p Healthy Steps

19
Juneteenth Observed-Closed

20
11:00a Coffee Chat
3:00p Bingo
4:00p Line Dancing
5:30p Chair Yoga
6:30p IMF Multiple Myeloma

21

22
10:00a Art of Living Meditation
10:00a Yoga for Wellbeing @ Queen City Healthplex

24
10:00a Calming Yoga @ West Chester Presbyterian Church
1:00p Watercolor Fun
5:30p Calming Yoga for You
6:00p Family Friendly: Twist & Shout
6:30p General Cancer Connection Group

25
11:00a Courage Caps
2:00p Connect to Community
5:30p Healthy Steps

26
9:00a Mini Med
9:30a Chat & Craft
10:00a Pilates & Relaxation
10:30a Healthy Steps
10:30a Yoga Therapy in Cancer @ Christ Hospital
12:00p Tai Chi
5:30p Moving from Cancer Patient to Survivor
6:30p Reset. Revive. Renew @ Walnut Hills Library
7:00p Prostate Cancer Group

27
11:00a Coffee Chat
3:00p Bingo
4:00p Zumba- Inspired Dance
5:30p Chair Yoga

28
COMMUNITY is Stronger than Cancer Day!
12:30-2:30p | In person
Join the party with community-centric art projects, food, drinks, resources & more fun!

29
10:00a Art of Living Meditation
10:00a Yoga for Wellbeing @ Queen City Healthplex
11:00a Cooking for Wellness: Homemade Condiments

Registration requested for all programs.



Online event



In person event

REGISTER: Call (513) 791-4060, visit MyCancerSupportCommunity.org or scan QR!



Healthy Lifestyles - Cooking - Art

RESTORTATIVE YOGA

Fridays, 10:00 AM - 11:00 AM: Hybrid

YCAY: YOGA THERAPY IN CANCER

Tuesdays, 10:30 AM - 11:30 AM: Hybrid

MEDITATION WITH MEENA

2nd & 4th Tuesdays, 11:45 AM - 12:45 PM: Hybrid

TAI CHI FLOW

Thursdays, 1:30 PM - 2:30 PM: Hybrid

MOVING FOR LIFE

Saturday, May 4 & June 1, 10:45 AM - 11:45 AM: In Person

SATURDAY FLOURISH FOOD SERIES WITH CHEF RHONDA

Saturdays, May 4 & June 1 12:00 PM - 2:00 PM: In Person

Join Chef Rhonda from Flourish Culinary Services as she prepares meals that nourish & empower you to live your life to the fullest.

WATERCOLOR SERENITY: ART & MINDFULNESS CLASS

Friday, May 10, 10:00 AM - 12:00 PM: In Person

Start with a guided meditation, then discuss the benefits of practicing mindfulness & finish with a watercolor project

CRAFT CLASS: PAINTED TOTE BAGS

Thursday, May 16, 12:15 PM - 1:15 PM: In Person

Join us for a creative and fun crafting session where you'll learn how to paint your own unique tote bag!

CRAFT CLASS: WOODEN GNOME

Friday, June 21, 11:00 AM - 12:00 PM: In Person

Paint wooden gnomes together! These charming little creatures will add a touch of magic to your home or make a delightful gift for a loved one.

Group Support - Education - Social

HELPING EACH OTHER BREAST CANCER GROUP

1st Mondays, 6:30 PM - 8:00 PM: Hybrid

For those with breast cancer into long-term survivorship living in KY.

GENERAL CANCER CONNECTION GROUP

2nd Tuesdays, 6:30 PM - 8:00 PM: Hybrid

Open to any Kentucky resident with cancer into long-term survivorship, caregivers, & healthcare professionals. You do not have to be a St. Elizabeth patient to attend!

DECODING MELANOMA: THE BASICS & BEYOND

Tuesday, May 14, 11:00 AM - 12:00 PM: Hybrid

Join Dr. Dan Flora for an informative session on melanoma. Learn about the causes, risk factors, & early signs of melanoma. Discover the latest advancements in treatment options and strategies for prevention.

MOVING FORWARD: MANAGING STRESS AFTER TREATMENT

Wednesday, June 12, 1:30 PM - 2:30 PM: Hybrid

June is National Cancer Survivors Month. Join Diane Neltner, LCSW from St. Elizabeth, for the various aspects of stress after cancer treatment such as fear of recurrence, scan anxiety, loneliness, & anger.

NEW PARTICIPANT BRUNCH

Thursday, May 9, 10:00 AM - 11:00 AM: In Person

Have you joined our community for the first time in 2024? If so, we'd love to welcome you with brunch to connect with other members, staff, & volunteers!

SUNSHINE & SMILES PICNIC PARTY

Friday, June 14, 12:00 PM - 1:00 PM: In Person

Join us for a delightful day of relaxation and connection at our Picnic Party! *Please bring your packed lunch. Dessert will be provided.*

Eastgate Programs

CSC @ Mercy Health Medical Building

601 Ivy Gateway | Cincinnati, OH, 45245

Healthy Lifestyles - Art - Social

YOGA WELLNESS

Wednesday, May 15 & June 26, 2:00 PM - 3:00 PM: In Person

DANCING THROUGH THE AGES

Wednesday, May 15 & June 26, 12:00 PM - 1:00 PM: In Person

Join CSC and Pones for this fun, low-impact dance class!

HEALTHY STEPS

Wednesday, March 15 & June 26, 1:00 PM - 2:00 PM: In Person

PAINTING POTTERY WITH PANACHE

Thursday, May 2, 6:00 PM - 7:30 PM: In Person

Join us for a hands-on pottery painting class where you'll learn the art of decorating ceramics with beautiful, colorful designs. This class is perfect for beginners and experienced artists alike!

CLAY CREATIONS: PATRIOTIC POLYMER EARRING WORKSHOP

Wednesday, May 15, 6:00 PM - 7:30 PM: In Person

Social - Cooking

BINGO BONANZA

Wednesday, May 15, 4:00 PM - 5:00 PM: In Person

Join us for an exciting game of bingo, laughter, and prizes!

"LAVENDER DREAMS" PAINTING EXPERIENCE

Thursday, June 20, 2:00 PM - 3:30 PM: In Person

Join us in painting a portrait of lavender using essential oil-infused acrylic paints. Materials will be provided and no experience is necessary.

COOKING FOR WELLNESS: SOULFUL KITCHEN

Wednesday, June 26, 10:00 AM - 12:00 PM: Hybrid


Join Chef Gabi Odebode from Afronemals as she prepares delicious comfort food-good for the soul!

COLORFUL GATHERING: RAINBOW SUNFLOWER PAINT NIGHT


Wednesday, June 26, 6:00 PM - 7:30 PM: In Person

Unleash your inner artist at our paint night program, where you'll learn to paint a vibrant and stunning sunflower design with a rainbow twist!


May/June 2024 | NKY & EASTGATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NEW PARTICIPANT BRUNCH IN NKY Thursday, May 9, 10:00 AM</p> 		1	2 1:30p Tai Chi Flow 6:00p Painting Pottery with Panache	3 10:00a Restorative Yoga 11:00a "Floral Flourish" Flower Arranging	4 10:45a Moving for Life 12:00p Saturday Flourish Food Series with Chef Rhonda
6 6:30p HEO Breast Cancer Group	7 10:30a YCAT Yoga	8 11:15a Cooking with Incubator Kitchen	9 10:00a New Participant Brunch 1:30p Tai Chi Flow	10 10:00a Restorative Yoga 10:00a Watercolor Serenity: Art & Mindfulness Class	11
13 10:30a YCAT Yoga 11:00a Decoding Melanoma: Understanding the Basics & Beyond 11:45a Meditation with Meena 6:30p General Connection Group	14 10:30a YCAT Yoga	15 12:00p Dancing @ East 1:00p Healthy Steps @ East 2:00p Yoga Wellness @ East 4:00p Bingo Bonanza @ East 6:00p Clay Creations: Patriotic Polymer Earring Workshop	16 12:15p Craft Class: Painted Tote Bags 1:30p Tai Chi Flow	17 10:00a Restorative Yoga	18
20	21 10:30a YCAT Yoga	22	23 1:30p Tai Chi Flow	24 Memorial Day Observed-Closed	25 Memorial Day Observed-Closed
27 Memorial Day Observed-Closed	28 10:30a YCAT Yoga 11:45a Meditation with Meena	29	30 1:30p Tai Chi Flow	31 10:00a Restorative Yoga	June 1 10:45a Moving for Life 12:00p Saturday Flourish Food Series with Chef Rhonda

3 6:30p HEO Breast Cancer Group	4 10:30a YCAT Yoga	5	6 1:30p Tai Chi Flow	7 10:00a Restorative Yoga	8
10	11 10:30a YCAT Yoga 11:45a Meditation with Meena 6:30p General Cancer Connection Group	12 11:15a Cooking with Incubator Kitchen 1:30p Moving Forward: Managing Stress After Cancer Treatment	13 1:30p Tai Chi Flow	14 10:00a Restorative Yoga 12:00p Sunshine & Smiles Picnic Party	15
17	18 10:30a YCAT Yoga	19 Juneteenth Observed-Closed	20 1:30p Tai Chi Flow 2:00p "Lavender Dreams" Painting Experience @ East	21 10:00a Restorative Yoga 11:00a Craft Class: Wooden Gnome	22
24	25 10:30a YCAT Yoga 11:45a Meditation with Meena	26 10:00a Cooking for Wellness: Soulful Kitchen 12:00p Dancing @ East 1:00p Healthy Steps @ East 2:00p Yoga Wellness @ East 6:00p A Colorful Gathering: Rainbow Sunflower Paint Night	27 1:30p Tai Chi Flow	28 10:00a Restorative Yoga	29



WED. MAY 15
WED. JUNE 26
Craft - Cooking - Dancing
Healthy Steps - Yoga



New to CSC?
Join us for a **CONNECT TO COMMUNITY!**
2nd Thurs @ 10 AM, Virtual ~ 4th Tues @ 2 PM, In-Person
A great way to learn more about all CSC's free programs!

About CSC



Non-Profit
Organization
U.S. Postage
PAID
CINCINNATI, OH
PERMIT NO. 5587

AT THE LYNN STERN CENTER


4918 Cooper Road | Cincinnati, OH 45242

WE BELIEVE COMMUNITY IS STRONGER THAN CANCER.

Cancer Support Community Greater Cincinnati-Northern Kentucky (CSC) is a relentless ally for anyone who strives to manage the realities of this disruptive disease. We are dedicated to uplifting and strengthening all people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.


Whether a patient, survivor, loved one or caregiver, CSC offers a variety of professionally led programs designed to enhance quality of life & strengthen survivorship. Offered in person & virtually, our **community-based support is at no cost.**

We are one of over 50 affiliates offering support at more than 190 global locations, the largest professionally led nonprofit network of cancer support worldwide.

 **(513) 791-4060**

 **MyCancerSupportCommunity.org**

 **info@cancer-support.org**

 **Blue Ash**
4918 Cooper Road | Cincinnati OH, 45242

Northern Kentucky
St. Elizabeth Integrated Cancer Center
1 Medical Village | Edgewood, KY, 41017

Eastgate
Mercy Health Medical Building
601 Ivy Gateway | Cincinnati OH, 45245

CELEBRATE CANCER SURVIVORSHIP ALL SUMMER LONG!

Bring family & friends for our fun free events!

SAT. JUNE 8

BACKYARD BASH

CSC Blue Ash

Food - Games - Giveaways
Special Experiences

FRI. JUNE 28

COMMUNITY IS STRONGER THAN CANCER DAY

CSC Blue Ash

Food - Giveaways
Games - Community Art

Enter your car!

Vehicle Registration is FREE & first 25 cars registered will receive a special CSC dash plaque!

To register your car:
srichards@cancer-support.org

SAT. JULY 27

BACKYARD BASH

CSC Eastgate

Car Show - Giveaways
Food - Games - Crafts

SAT. AUGUST 10

BACKYARD BASH

CSC Northern Kentucky

Food - Games - Giveaways
Special Experiences