

COMMUNITY IS STRONGER THAN CANCER.

WHAT'S INSIDE

NOVEMBER/DECEMBER 2025

**FREE IN-PERSON & VIRTUAL SUPPORT, HEALTHY LIFESTYLE,
SOCIAL, FAMILY & EDUCATION OPPORTUNITIES**

Open to patients, survivors, loved ones, children, caregivers & the bereaved.



Weekly Support Groups

To register for weekly support groups, contact Holly Flower, MSW at 513-791-4060. Groups are professionally facilitated, confidential & open to OH & KY residents.

PEOPLE LIVING WITH CANCER SUPPORT GROUP

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

FAMILY & FRIENDS SUPPORT GROUP

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

Support & Connection

PROSTATE CANCER INFORMATION GROUP

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

For men & their loved ones living with prostate cancer in OH & KY. 2nd Wednesday is for men only. See website for speakers & topics.

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.

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, 6th Floor | 2139 Auburn Ave. 45219

BRAIN TUMOR CONNECTION GROUP

Wednesday, July 16, 6:30 PM-8:00 PM: Virtual

For patients or family & caregivers impacted by brain tumors, who live in OH & KY. Offered every other month. See website for speakers & topics.

BREAST CANCER SURVIVORSHIP CONNECTION GROUP

3rd Wednesdays, 6:30 PM-8:00 PM: Hybrid

For information & peer support to patients who have completed active treatment for breast cancer. This meeting is open to anyone living in OH.

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.

YOUNG ADULT CONNECTION GROUP

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

For any person ages 20-40 living with or supporting others with cancer in OH & KY

LUNG CANCER CONNECTION GROUP

3rd Thursdays, 1:30-3:30 PM: In Person

For providing information & peer support to patients and caregivers with lung cancer. Open to anyone living in OH & KY.

OFFSITE: The Christ Hospital Tumor Board Room | 2139 Auburn Ave. 45219

IMF MULTIPLE MYELOMA GROUP HELD AT CSC

3rd Thursdays, 6:30 PM - 8:00 PM: In Person

For anyone with Multiple Myeloma to give & receive support. This group is also open to caregivers & loved ones. Educational presentations are also offered.

GREATER CINCINNATI OSTOMY GROUP HELD AT CSC

3rd Thursdays, 7:30 PM - 9:00 PM: In Person

Offered in partnership with The Greater Cincinnati Ostomy Association, this group provides a safe, welcoming space for individuals living with an ostomy, as well as their caregivers and loved ones. Offered every other month. Offered December 18th.

Education - Cooking

THRIVE TOGETHER

Thursday, November 6, 9:30 AM - 11:00 AM: In Person

Are you a young adult (age 40 & under) who is living with a breast cancer diagnosis? Do you want to meet others who are like you? Join CSC & Christ Hospital Cancer Center for some coffee & light refreshments & meet other young adults. Dr. Sandra Amoils will discuss the benefits of acupuncture.

Offsite: Alliance Integrative Medicine for Wellbeing | 6400 E Galbraith Rd. 45236

COOKING FOR WELLNESS: SAVOR THE SEASON

Thursday, November 6, 11:00 AM - 1:00 PM: In Person

In partnership with TriHealth, join us for a delightful Autumn meal, samples & recipes provided.

Offsite: Thomas Center Demo Kitchen | 10506A Montgomery Rd. Floor 2, 45242

COOKING FOR WELLNESS: HOLIDAY SIDES FOR FOOD ALLERGIES

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

As more people are diagnosed with food allergies and intolerances, being a guest at (or host of) a holiday gathering becomes trickier to navigate every year. Join Chef Rhonda as she presents some tasty recipe ideas that will make everyone feel satisfied! Samples & recipes provided.

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Saturday, November 8, 1:00 PM - 2:30 PM: In Person

EFT is a simple & effective technique administered by gently tapping the acupuncture points to transform negative emotions like fear, worry, anxiety & restore our emotional balance. During this workshop, you'll learn how EFT works & the clues to effectively do tapping for yourself.

BENGALS FOOTBALL & CHILI COOK-OFF

Sunday, November 16, 12:30 PM - 4:00 PM: In Person

Join us for a fun-filled day of football, food, and community at CSC's Bengals Football & Chili Cook-Off. Bring your best recipe to enter into our friendly cook-off. All ages are welcome to participate or just come enjoy the fun. We'll taste, vote, and crown our 2025 Chili Cook-Off Champion. May the best chili win!

FRANKLY SPEAKING: PUSH THE PAUSE BUTTON - SUPPORT FOR CAREGIVERS

Monday, November 17, 6:30 PM - 8:00 PM: In Person

Caregiving is a vital role, but it can also be overwhelming. This session will provide a practical strategies, resources & support to help you manage the challenges of caregiving while taking care of your own well-being. Refreshments provided.



Don't forget to update your info with us to be entered to win! This info is critical in our program planning & funding!

PRIZE: \$50 TARGET GIFT CARD! 🎯

Complete by 12/8 | Winner drawn 12/11 at PJs & Cheer program!



FEEL ISOLATED? SCARED? NEED MORE SUPPORT?

Talk with one of our Program Staff about your journey to get personalized care, resources, and referrals!

Call 513.791.4060 or email info@cancer-support.org today!

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

Tuesdays 2:00 PM: 3:00 PM: In Person

OFFSITE: TriHealth Pavilion | 6200 Pfeiffer Rd. 45242

LINE DANCING

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

OFFSITE: Greater Liberty Baptist Church | 6209 Desmond Ave. 45227

Tuesday, 5:00 PM - 6:00 PM: In Person

OFFSITE: Corinthian Baptist Church | 1920 Tennessee Ave. 45237

Thursdays, 4:15 PM-5:15 PM: In Person

YOGA FOR WELLBEING

1st & 3rd 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

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

REIKI HEALING MINI SESSIONS WITH LIVE SINGING BOWLS

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

TAI CHI

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

SOUND MEDITATION

Saturday, November 1, & December 6, 11:00 AM - 12:00 PM: In Person

Art - Family - Social

CHAT & CRAFT

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

COFFEE CHAT

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

COMMUNITY BINGO

Tuesdays, 2:30 PM - 3:30 PM & Thursdays, 3:00 PM - 4:00 PM: In Person

COURAGE CAPS: SPONSORED BY TEAL LOVING CARE

Tuesday, November 25, 11:00 AM - 3:00 PM: In Person

Courage Caps are distributed to women who are dealing with hair loss due to cancer treatment. Volunteers are needed to sew, cut out fabric, iron & package.

GRATITUDE JAR CRAFT: CELEBRATE THANKFUL MOMENTS

Monday, November 3, 6:00 PM - 7:00 PM: In Person

Create your own Gratitude Jar to capture life's joy this season. Decorate, fill with thankful notes, & take home a daily reminder of gratitude. **Light refreshments provided!**

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

TRIBUTE & REMEMBRANCE

Wednesday, November 5, 1:00 PM- 2:00 PM: In Person

Join us for a special day of honor & remembrance as we celebrate our beloved veterans & remember those who have lost their battle with cancer! Bring a loved veteran to share their story, or a cherished photo to honor their journey or simply come to listen & reflect.

BUILD-A-BITE: TRIVIA NIGHT

Friday, November 7, 5:30 PM - 7:00 PM: In Person

Join MSW interns Anna & Ta'Maiya to test your knowledge while enjoying tasty bites with a mix of trivia & refreshments- come hungry for snacks & answers.

Art - Family - Social



NIGHT WITH CINCINNATI CYCLONES HOCKEY

Saturday, November 8, 4:00 PM - 7:00 PM: In Person

Join CSC for a night with the Cyclones featuring Bluey. Fun for the whole family!

Offsite: Heritage Bank Center | 100 Broadway 45202

CRAFTY WORKSHOP: HOLIDAY CREATIONS

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

Get ready to snip, stamp, sparkle, & smile your way into the holiday spirit. In this fun workshop, we'll make holiday cards & gift tags that will wow your loved ones.



YOUNG ADULT FRIENDSGIVING

Friday, November 14, 6:00 PM - 7:30 PM: In Person

Join us for a welcoming Friendsgiving celebration created especially for young adults & their loved ones. All ages welcome, so bring the kids, a friend, or just yourself!

ORIGAMI: HANDS & HEARTS

Monday, November 17, 2:00 PM - 3:00 PM

Come take a mindful break, connect with others, & discover the calming art of origami. Learn the traditional Japanese art of transforming a flat sheet of paper into a three-dimensional sculpture, without cutting or gluing.



CSC AT FESTIVAL OF LIGHTS

Friday, November 21, Zoo Opens 10AM, Meet-up Time TBD: In Person

The Cincinnati Zoo is shining bright this winter season! Come early to see more animals and stay for the lights! Tickets include parking & rides! Limited availability.

CORK-TASTIC CREATIONS

Friday, November 21, 1:00 PM - 2:00 PM: In Person

Grab your glue guns & your giggles. It's time for Wine Cork Trivet Fun. Join us it turn ordinary wine corks into extraordinary, one-of-a-kind trivets.



THE GREAT CAKE DECOR SHOWDOWN

Saturday, November 22, 11:00 AM - 12:30 PM

Get ready to sprinkle some fun & whip up your creativity at our Creative Cake-Off! Team up as a family or decorate solo, this friendly contest is about making memories & showing off your imagination while decorating cupcakes & mini cakes.

TWINKLE & TINSEL: HOLIDAY CANDLE HOLDER

Monday, December 1, 3:00 PM - 4:00 PM: In Person

A festive craft workshop where you'll transform a candle holder into a dazzling mini-wreath bursting with holiday cheer.

SUPPORT & CONNECTION GROUP HOLIDAY POTLUCK

Tuesday, December 2, 4:00 PM - 6:00 PM: In Person

Are you a member of a support or Connection group? Join us for a potluck to connect with others & spread some holiday cheer! Spouses & partners are welcome to attend as well. CSC will provide the maid dish- please bring me a side or a dessert.

TOE-TAPPIN' WITH THE GRANDMAS

Wednesday, December 3, 2:00 PM - 3:00 PM: In Person

A fun-filled performance featuring the spirited Dancing Grandmas, a lively group who prove that age is just a number when it comes to rhythm & joy.

LADIES NIGHT OUT

Friday, December 5, 5:30 PM - 7:30 PM: In Person

An evening of laughter, connection, & self-care! This special event is designed for women impacted by cancer- as well as their caregivers & loved ones to unwind, share stories, & enjoy themed activities in a supportive & uplifting environment.

PJS & CHEER: A HOLIDAY PAJAMA BREAKFAST & CRAFTING BASH

Thursday, December 11, 11:30 AM - 2:00 PM: In Person

Slip into your coziest holiday pajamas & join us for a relaxed morning filled with festive fun, creativity & comfort! Featuring breakfast favorites and crafts galore.

GLITZ & GIGGLES: WINTER WORKSHOP

Monday, December 15, 3:30 PM - 4:30 PM: In Person

Hands-on, festive session & design either a snowflake ornament or paint a snowman.



COMFORT & GRATITUDE: CSC WINTER POTLUCK FAREWELL

Friday, December 19, 12:00 PM - 2:00 PM: In Person

A cozy CSC community potluck to celebrate the season & one another. Before CSC takes a short winter break, we're gathering to share food, friendship, & gratitude!

November 2025: Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Attention: Young Adults!



Thrive Together: Thu. 11/6 @ 9:30 AM

Community - Coffee - Resources - Acupuncture Talk
With The Christ Hospital & Community Alliance Integrative
Medicine for Wellbeing

Friendsgiving: Fri. 11/14 @ 6:00 PM

Dinner - Conversation - Supervised Play for Kids
Hosted by CSC's Emerging Leaders Board

10:00a Yoga for Wellbeing @ Queen City Healthplex

10:00a Art of Living Meditation

11:00a Sound Meditation

10:00a Calming Yoga @ West Chester Presbyterian Church
1:00p Watercolor
3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church
5:30p Calming Yoga
6:00p Gratitude Jar Craft @ Walnut Hills Library

2:00p Calming Yoga for You @ TriHealth Pavilion
2:30p Bingo
5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church
6:30p Enneagram

9:30a Chat & Craft
10:30a Healthy Steps
12:00p Tai Chi
12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital
1:00p Tribute & Remembrance
6:30p Life Transitions

9:30a Thrive Together @ Alliance Integrative Medicine
11:00a Coffee Chat
11:00a Cooking for Wellness @ Thomas Center
3:00p Bingo
4:15p Groove & Rhythm Line Dance
5:30p Chair Yoga

5:30p Build-a-Bite Trivia

10:00a Art of Living Meditation
11:00a Cooking for Wellness: Holiday Sides
1:00p Emotional Freedom Technique
4:00 Night with the Cyclones @ Heritage Bank Center

10:00a Calming Yoga @ West Chester Presbyterian Church
3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church
3:00p Crafty Workshop: Holiday Creations
5:30p Calming Yoga

2:00p Calming Yoga for You @ TriHealth Pavilion
2:30p Bingo
5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church

9:30a Chat & Craft
10:30a Healthy Steps
12:00p Tai Chi
7:00p Prostate Cancer Information Group
7:00p Reiki Healing

10:00a Coffee Chat
3:00p Bingo
4:15p Groove & Rhythm Line Dance
5:30p Chair Yoga
6:30p Young Adult Connection Group

6:00p Young Adult Friendsgiving

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

10:00a Calming Yoga @ West Chester Presbyterian Church
2:00p Origami: Hands & Hearts
3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church
5:30p Calming Yoga
6:30p Frankly Speaking: Push The Pause Button for Caregivers

2:00p Calming Yoga for You @ TriHealth Pavilion
2:30p Bingo
5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church

9:30a Chat & Craft
10:30a Healthy Steps
12:00p Tai Chi
6:30p Life Transitions
6:30p Brain Tumor Group
6:30p Breast Cancer Survivorship Group

11:00a Coffee Chat
1:30p Lung Cancer Connection Group @ Christ
3:00p Bingo
4:15p Groove & Rhythm Line Dance
5:30p Chair Yoga
6:30p IMF Multiple Myeloma

10:00AM Cincinnati Zoo with Festival of Lights
1:00p Cork-tastic Creations

10:00a Art of Living Meditation
11:00a The Great Cake Decor Showdown

10:00a Calming Yoga @ West Chester Presbyterian Church
3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church
5:30p Calming Yoga

11:00a Courage Caps
2:00p Calming Yoga for You @ TriHealth Pavilion
2:30p Bingo
5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church



Thanksgiving Observed- CSC Closed



Registration requested for all programs.

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



December 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Twinkle & Tinsel: Holiday Candle Holder 5:30p Calming Yoga	2 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 6:30p Enneagram	3 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital 2:00p Toe-Tappin' with the Grandmas 6:30p Life Transitions	4 11:00a Coffee Chat 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga	5 5:30p Ladies Night Out	6 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 11:00a Sound Meditation
8 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga	9 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo 6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church 7:00p PanCan	10 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 7:00p Prostate Cancer Information Group 7:00p Reiki Healing	11 11:00a Coffee Chat 11:30a Pjs & Cheer: A Holiday Pajama Breakfast & Crafting Bash 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga 6:30p Young Adult Connection Group	12	13 10:00a Art of Living Meditation
15 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:30p Glitz & Giggles: Winter Workshop 5:30p Calming Yoga for You	16 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo	17 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 6:30p Life Transitions 6:30p Breast Cancer Survivorship Connection Group	18 11:00a Coffee Chat 1:30p Lung Cancer Group @ Christ 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga 7:30p Ostomy Group	19 12:00p Comfort & Gratitude: CSC Winter Potluck Farewell	20 Winter Break - CSC Closed
22	23	24	25	26	27
Winter Break - CSC Closed					
29 Winter Break - CSC Closed	30	31	PJS & CHEER! A Holiday Pajama Breakfast & Crafting Bash Thu. 12/11 @ 11:30am Wear you coziest holiday pajamas for a relaxed morning filled with festive fun, creativity, and comfort! Breakfast followed by seasonal crafting activities! 		

Registration requested for all programs.

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



Northern KY Programs

CSC @ St. Elizabeth Edgewood Cancer Center

1 Medical Village | Edgewood, KY, 41017

Group Support - Healthy Lifestyles

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 KY & OH residents with cancer into long-term survivorship, caregivers, & healthcare professionals.

RESTORTATIVE YOGA

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

YCAT: YOGA THERAPY IN CANCER

Tuesdays & 1st & 3rd Thursdays 10:30 AM - 11:30 AM: Hybrid

MEDITATION WITH MEENA

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

STRENGTH TRAINING

1st & 3rd Wednesdays, 2:00 PM - 3:00 PM: In-Person

TAI CHI

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

Sip, Snack & Paint WED. 12/3 @ 6:30 PM

In partnership with Kentucky Cancer Program

Held at Univ. of Kentucky Martin-Gatton College of Agriculture,
Food & Environment | Pendleton County Cooperative
Extension Service | 45 David Pribble Dr., Falmouth, KY 41040

Food & supplies provided!



Education - Social - Art - Cooking

FLOURISH FOOD SERIES

1st Saturdays, 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 full. Tastings & recipes will be provided.

DIY LEAF MASON JAR

Thursday, November 6, 12:00 PM - 1:00 PM: In Person

Create a cozy fall decoration using mason jars, leaves & Mod Podge. Perfect as a lantern or centerpiece! All supplies provided.

COOKING FOR WELLNESS WITH INCUBATOR KITCHEN

Tuesday, November 18 & December 16, 11:45 AM - 1:15 PM: In Person

Join CSC in collaborating with Incubator Kitchen and St. Elizabeth for a cooking demo and sample. In November, we will have Deitri Connors of The Fatted Calf Food Co. and December Shaucuana Knight of Cora's Cakery.

DIY HOLIDAY DIAMOND COASTERS

Thursday, December 4, 1:00 PM - 2:00 PM: In Person

Create your own holiday coasters with your own diamond art designs! Kits include coasters, gems, & a holder- perfect for gifting or seasonal decor. No experience needed!

FINDING PEACE THIS SEASON

Friday, December 5, 2:00 PM - 3:00 PM: In Person

The holidays can bring joy-but also stress, grief, & mental health challenges. Join us for practical strategies, coping tips & supportive conversation to navigate the season with calm & resilience.

COOKIE RECIPE EXCHANGE

Thursday, December 18, 2:00 PM - 3:00 PM: In Person

Bring your favorite holiday cookie & recipe to swap with others! Taste, share, & take home new recipes to enjoy all season long.

Dearborn IN Programs

CSC @ St. Elizabeth Dearborn Cancer Center

17525 Greendale Plaza Dr | Greendale, IN 47025

Generously funded by the Dearborn Community Foundation and held each last Thursday of each month and more!

Healthy Lifestyles - Art - Social

RESTORATIVE MOVEMENT

Thursday, November 13 & December 11, 12:00PM - 1:00PM: In-Person

DIY THANKFUL TOTE BAG

Thursday, November 13, 11:00 AM - 12:00 PM: In Person

Join us to create your own gratitude bag filled with inspiring notes, keepsakes, & small surprises. Share gratitude, craft your bag, & leave with a reminder to appreciate everyday moments.

DIY HOLIDAY TOTE BAG

Thursday, December 11, 11:00 AM - 12:00 PM: In Person

Get crafty this season! Decorate a festive tote bag & add your own holiday ornament to take home or gift. All materials provided- just bring your creativity and holiday cheer!

WELCOME



Jennifer Meininger

CSC Program Manager, Northern
Kentucky & Southeastern Indiana

*Jen is passionate about building strong relationships and creating efficient systems to maximize a lasting community impact. In her spare time you can find her hiking, instructing a class at the YMCA, or with her two children. **Welcome to CSC!***



Do you live in Northern Kentucky or Southeastern Indiana? We are always in need of help with program delivery, outreach events, & dropping referral materials around the community. And we would love to welcome you to our Volunteer Family. Email info@cancer-support.org to learn more!

November - December 2025: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 12:00p Flourish Food Series with Chef Rhonda
3 6:30p HEO Breast Cancer Group	4 10:30a YCAT Yoga	5 2:00p Strength Training	6 10:30a YCAT Yoga 12:00p DIY Leaf Mason Jar 12:00p Tai Chi	7 10:00a Restorative Yoga	8
10 10:30a YCAT Yoga 11:45a Meditation 6:30p General Connection Group	11	12	13 12:00p Tai Chi 11:00a DIY Thankful Tote Bag @ Dearborn	14 10:00a Restorative Yoga	15
17	18 10:30a YCAT Yoga 11:45a Cooking with Incubator Kitchen	19 2:00p Strength Training	20 10:30a YCAT Yoga 12:00p Tai Chi	21 10:00a Restorative Yoga	22
24	25 10:30a YCAT Yoga	26 27 28 29 Thanksgiving Observed- CSC Closed			
December 1 6:30p HEO Breast Cancer Group	2 10:30a YCAT Yoga	3 2:00p Strength Training	4 10:30a YCAT Yoga 12:00p Tai Chi 1:00p DIY Holiday Diamond Coasters	5 10:00a Restorative Yoga 2:00p Finding Peace this Season	6 12:00p Flourish Food Series with Chef Rhonda
8	9 10:30a YCAT Yoga 11:45a Meditation 6:30p General Cancer Connection Group	10	11 11:00a DIY Holiday Tote Bag @ Dearborn 12:00p Tai Chi	12 10:00a Restorative Yoga	13
15	16 10:30a YCAT Yoga 11:45a Cooking with Incubator Kitchen	17 2:00p Strength Training	18 10:30a YCAT Yoga 12:00p Tai Chi 2:00p Cookie Recipe Exchange	19 10:00a Restorative Yoga	20
22	23	24	25	26	27
Winter Break- CSC Closed					
31 Winter Break- CSC Closed		FLOURISH FOOD SERIES: 1 ST SAT. @ 12 PM  Join Chef Rhonda from Flourish Culinary Services as she prepares meals that "nourish & empower you to live your life to the full. Tastings & recipes will be provided.			

About CSC

COMMUNITY IS STRONGER THAN CANCER.

Cancer Support Community Greater Cincinnati-Northern Kentucky (CSC) is dedicated to uplifting & strengthening all people impacted by cancer by providing support, fostering compassionate communities, & breaking down barriers to care.

Whether a patient, survivor, loved one, caregiver, or bereaved, 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.

FINDING TREASURE. FUNDING HOPE.



Donate, consign, discover and buy to support CSC!

SHOPLEGACIES.COM

Hyde Park Plaza | 3854 Paxton Ave, Cincinnati, OH 45209



AT THE LYNN STERN CENTER

4918 Cooper Road | Cincinnati, OH 45242

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



SMALL GIFTS, BIG CHANGE

When many give even a little, we create a lot of change.

Ready to make an impact today?

Join our Monthly Giving Club for as little as \$5 a month or make a gift of any size to help ensure no one faces cancer alone!

DONATE AT
MYCANCERSUPPORTCOMMUNITY.ORG

 MyCancerSupportCommunity.org

 **Greater Cincinnati (Headquarters)**
4918 Cooper Road | Blue Ash, OH, 45242

 (513) 791-4060

 **Northern Kentucky (Edgewood)**
St. Elizabeth Yung Family Cancer Center

 info@cancer-support.org

 **South Dearborn Indiana (Greendale)**
St. Elizabeth Dearborn Cancer Center