



# WHAT'S INSIDE

## JANUARY/FEBRUARY 2026

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. 2<sup>nd</sup> 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, 6<sup>th</sup> 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, Offered Jan. 21st. 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 February 19th.

## Education - Cooking

#### EMOTIONAL FREEDOM TECHNIQUE (EFT)

Tuesday, January 6, 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.

#### STRONGER TOGETHER: A CONVERSATION ON GYNECOLOGIC CANCERS

Wednesday, January 14, 6:00 PM - 7:30 PM: Hybrid

Join Dr. V. Joshi, a gynecologic oncologist with OHC, for an empowering discussion on gynecologic cancers. Dr. Joshi will share her expertise on treatment options, clinical trials, and practical tips for navigating care—along with resources to support patients and caregivers throughout the journey.

#### COOKING FOR WELLNESS: HEART HEALTHY MOROCCAN COOKING

Thursday, January 15, 12:00 PM - 2:00 PM: In Person

Join us for a flavorful cooking demonstration featuring Chef Gabi, who will guide us through the preparation of a traditional Moroccan Chicken Tagine

#### CAREGIVER JOURNEY: THE CHALLENGES, REALITIES, & REWARDS

Thursday, February 12, 6:30 PM - 7:30 PM: In Person

Join us for an informative & supportive look at the caregiving journey- from stepping into the role to navigating common worries, mental health concerns, shifting family dynamics & the importance of taking a moment to pause.

Offsite: Epiphany Lutheran Church | 10551 Sheehan Rd., Dayton, OH, 45458

#### COOKING FOR WELLNESS: CITRUS CELEBRATION

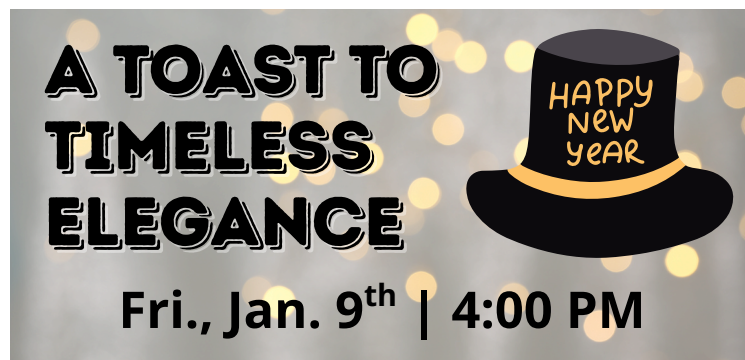
Saturday, February 21, 11:00 AM - 1:00 PM

February is the perfect time to enjoy winter citrus! Join Chef Rhonda as she offers tasty recipes & samples that show off nature's "zesty" bounty.

#### CONNECT TO COMMUNITY

4th Wednesdays, 10:00 AM - 11:00 AM: Hybrid

New to Cancer Support Community? Join us for a brief orientation to discover our programs, services, & how to get involved. Learn how to access the support & resources available to you!



## Healthy Lifestyles

### CHAIR YOGA

2nd & 4th 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: Hybrid

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, January 10, & February 7, 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

4th Tuesday, 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.

### WATERCOLOR 8 WEEK SERIES

Mondays Beginning January 5, 1:00 PM - 3:00 PM: In Person

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

### ROLLIN' INTO WINTER: SNOWMAN TP COVERS

Monday, January 5, 3:00 PM - 4:00 PM: In Person

Turn an ordinary roll of toilet paper into an adorable snowman decoration.

### A TOAST TO TIMELESS ELEGANCE

Friday, January 9, 4:00 PM - 6:30 PM: In Person

An evening of laughter, music, & sparkling refreshments. Dress in your favorite vintage-inspired outfit, mingle with friends, & enjoy a sophisticated, yet cozy New Year's celebration.

### SNOWMAN SMILES: A WINTER PAINT WORKSHOP

Monday, January 12, 3:00 PM- 4:00 PM: In Person

Create a charming, cheerful snowman using simple step-by-step guidance.

## Art - Family - Social



### NEW YEAR, NEW VISION: VISION BOARD WORKSHOP

Monday, January 12, 6:00 PM - 7:00 PM: In Person

Start the new year with intention and inspiration. Join us to create your 2026 vision board, set meaningful goals, & connect with others in a supportive space.

**Offsite:** Walnut Hills Library | 2533 Kemper Lane. 45206

### COMMUNITY BOOK CLUB

2<sup>nd</sup> Tuesdays, Beginning January 13, 1:30 PM - 2:30 PM: Hybrid

For our first book, we will be reading The Rosie Project by Graeme Simsion, a thoughtful and engaging story that offers plenty to discuss. Join us to discuss & share perspectives.



### THE GREAT GOAT CUDDLE

Wednesday, January 14, 1:30 PM - 2:30 PM: In Person

Take a break and fill your heart with joy at CSC's Baby Goat Therapy Session. Come cuddle, play, & connect with our adorable baby goats.

### SIP & STROKE: CSC STYLE

Saturday, January 17, 12:00 PM - 2:00 PM: In Person

Calling all young adults, ages 18-40. Join us for a laid-back paint event designed just for you. This is a self-paced, no-instructor event, perfect if you enjoy painting in your own style without pressure.

### WINTER WONDERS COASTER-MAKING

Tuesday, January 20, 1:00 PM - 2:00 PM: In Person

Create your own set of winter-themed coasters using easy Mod Podge techniques & cute temporary tattoos!



### FAMILY FUN AT THE MUSEUM

Friday, January 23, 10:00 AM - 5:00 PM: In Person

Join us at the Cincinnati Museum Center for a day full of hands-on activities, discovery, & fun for the whole family.

**Offsite:** Cincinnati Museum Center | 1301 Western Ave. 45203

### BUTTON UP THE LOVE: VALENTINE'S CARD WORKSHOP

Monday, February 2, 3:00 PM - 4:00 PM: In Person

We'll transform colorful donated buttons into charming card designs you can copy or customize.



### SUPER BOWL WARM-UP PARTY: LET THE FUN BEGIN

Saturday, February 7, 1:00 PM - 2:30 PM: In Person

Why wait for Sunday? Join us the day before for a fun, family-friendly celebration featuring football trivia, festive vibes, & lots of laughter for the big game.

### WRAPPED IN LOVE WREATHS

Monday, February 9, 3:00 PM - 4:00 PM: In Person

Inspired by the patriotic wreaths everyone loved, we'll be creating beautiful ribbon wreaths in soft pinks, bold reds, and charming Valentine patterns.

### HEART & SOUL: DIY BATH SALT SACHETS

Monday, February 9, 6:00 PM - 7:00 PM: In Person

Celebrate self-care this February by creating your own heart-shaped bath salt sachets.

**Offsite:** Walnut Hills Library | 2533 Kemper Lane. 45206

### CRAFTING CONNECTIONS

Tuesday, February 10, 12:00 PM - 2:00 PM: In Person

Join us for an uplifting afternoon where we will craft & exchange handmade valentines, nibble on festive treats, & so much more.

### LOVE IN EVERY BEAD

Monday, February 16, 3:00 PM - 4:00 PM: In Person

Join us for a creative Heart Picture Craft session with jewelry & beads!



### MINI PAINT POUR PARTY

Saturday, February 28, 12:00 PM - 1:30 PM: In Person

Mix & pour colorful paints onto small canvases or tiles, letting gravity create beautiful, one-of-a-kind designs.

# January 2026: Blue Ash, Offsite & Virtual

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|--|--|---|---|
|  <p><b>Stronger Together:</b><br/><i>A Conversation on Gynecologic Cancers</i><br/>In Partnership With <b>OHC</b><br/>SPECIALISTS IN CANCER AND BLOOD DISORDERS<br/><b>Wed., Jan. 14   6:00PM</b></p>  |   |  |  <p><b>CSC Closed-New Year's Observed</b></p>  |   | <p><b>1</b> 10:00a Yoga for Wellbeing @ Queen City Healthplex</p> <p><b>2</b> 10:00a Art of Living Meditation</p>                                   |
| <p><b>5</b> 10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Rollin' Into Winter: Snowman TP Covers</p> <p>5:30p Calming Yoga</p>  | <p><b>6</b> 1:00p EFT/Tapping: Emotional Freedom Technique</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p> <p>6:30p Enneagram</p> | <p><b>7</b> 9:30a Chat &amp; Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital</p> <p>6:30p Life Transitions</p>  | <p><b>8</b> 11:00a Coffee Chat</p> <p>3:00p Bingo</p> <p>4:15p Groove &amp; Rhythm Line Dance</p> <p>5:30p Chair Yoga</p> <p>6:30p Young Adult Connection Group</p>  | <p><b>9</b> 4:00p A Toast to Timeless Elegance</p>                          | <p><b>10</b> 10:00a Art of Living Meditation</p> <p>11:00a Sound Meditation</p>   |
| <p><b>12</b> 10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Snowman Smiles: A Winter Paint Workshop</p> <p>5:30p Calming Yoga</p> <p>6:00p New Year, New Vision: Vision Board @ Walnut Hills Library</p> | <p><b>13</b> 1:30p Community Book Club</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>  | <p><b>14</b> 9:30a Chat &amp; Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>1:30p The Great Goat Cuddle</p> <p>6:00p Stronger Together: A Discussion on GYN Cancers</p> <p>7:00p Prostate Cancer Information Group</p> <p>7:00p Reiki Healing</p> | <p><b>15</b> 10:00a Coffee Chat</p> <p>12:00p Cooking for Wellness: Heart Healthy Moroccan Cooking</p> <p>1:30p Lung Cancer Connection Group @ Christ</p> <p>3:00p Bingo</p> <p>4:15p Groove &amp; Rhythm Line Dance</p> <p>6:30p IMF Multiple Myeloma</p> | <p><b>16</b></p>  | <p><b>17</b> 10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p> <p>12:00p Sip &amp; Stroke: CSC Style</p> |
| <p><b>19</b> <b>CSC Closed-MLK Day Observed</b></p>  | <p><b>20</b> 2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>   | <p><b>21</b> 9:30a Chat &amp; Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>6:30p Life Transitions</p> <p>6:30p Brain Tumor Group</p> <p>6:30p Breast Cancer Survivorship Group</p>   | <p><b>22</b> 11:00a Coffee Chat</p> <p>3:00p Bingo</p> <p>4:15p Groove &amp; Rhythm Line Dance</p> <p>5:30p Chair Yoga</p> <p>7:00 Pancan Caregiver Group</p>  | <p><b>23</b> 10:00a Family Fun at the Museum @ Cincinnati Museum Center</p> | <p><b>24</b> 10:00a Art of Living Meditation</p>  |
| <p><b>26</b> 10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p>   | <p><b>27</b> 11:00a Courage Caps</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>  | <p><b>28</b> 9:30a Chat &amp; Craft</p> <p>10:00a Connect to Community</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>7:00p Prostate Cancer Education Group</p>  | <p><b>29</b> 11:00a Coffee Chat</p> <p>3:00p Bingo</p> <p>4:15p Groove &amp; Rhythm Line Dance</p>   | <p><b>30</b></p>  | <p><b>31</b> 10:00a Art of Living Meditation</p>  |

Registration requested for all programs.

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





# February 2026: Blue Ash, Offsite & Virtual

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY    | SATURDAY  |
|--|---|---|--|-----------|---|
| <b>2</b><br>10:00a Calming Yoga @ West Chester Presbyterian Church<br><br>1:00p Watercolor<br><br>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church<br><br>3:00p Button Up the Love: Valentine's Card Workshop<br><br>5:30p Calming Yoga   | <b>3</b><br>2:00p Calming Yoga for You @ TriHealth Pavilion<br><br>2:30p Bingo<br><br>5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church<br><br>6:30p Enneagram   | <b>4</b><br>9:30a Chat & Craft<br>10:30a Healthy Steps<br>12:00p Tai Chi<br><br>12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital<br><br>6:30p Life Transitions | <b>5</b><br>11:00a Coffee Chat<br>3:00p Bingo<br><br>4:15p Groove & Rhythm Line Dance  | <b>6</b>  | <b>7</b><br>10:00a Art of Living Meditation<br><br>10:00a Yoga for Wellbeing @ Queen City Healthplex<br><br>11:00a Sound Meditation<br><br>1:00p Super Bowl Warm-Up Party |
| <b>9</b><br>10:00a Calming Yoga @ West Chester Presbyterian Church<br><br>1:00p Watercolor<br><br>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church<br>3:00p Wrapped in Love Wreaths<br><br>5:30p Calming Yoga<br>6:00p Heart & Soul: DIY Bath Salt Sachets @ Walnut Hills Library | <b>10</b><br>12:00p Crafting Connections<br>1:30p Community Book Club<br><br>2:00p Calming Yoga for You @ TriHealth Pavilion<br><br>2:30p Bingo<br><br>6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church<br>7:00p PanCan | <b>11</b><br>9:30a Chat & Craft<br>10:30a Healthy Steps<br>12:00p Tai Chi<br>7:00p Prostate Cancer Information Group<br><br>7:00p Reiki Healing   | <b>12</b><br>11:00a Coffee Chat<br>3:00p Bingo<br><br>4:15p Groove & Rhythm Line Dance<br>5:30p Chair Yoga<br>6:30p Young Adult Connection Group<br><br>6:30p Caregiver Journey @ Epiphany Lutheran Dayton         | <b>13</b> | <b>14</b><br>10:00a Art of Living Meditation  |
| <b>16</b><br>10:00a Calming Yoga @ West Chester Presbyterian Church<br><br>1:00p Watercolor<br><br>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church<br><br>3:00p Love in Every Bead<br>5:30p Calming Yoga for You   | <b>17</b><br>2:00p Calming Yoga for You @ TriHealth Pavilion<br><br>2:30p Bingo   | <b>18</b><br>9:30a Chat & Craft<br>10:30a Healthy Steps<br>12:00p Tai Chi<br><br>6:30p Life Transitions<br><br>6:30p Breast Cancer Survivorship Connection Group                          | <b>19</b><br>11:00a Coffee Chat<br>1:30p Lung Cancer Group @ Christ<br>1:30p Rocks of Empowerment: A Black History Month Art Activity<br><br>3:00p Bingo<br>4:15p Groove & Rhythm Line Dance<br>7:30p Ostomy Group | <b>20</b> | <b>21</b><br>10:00a Art of Living Meditation<br><br>10:00a Yoga for Wellbeing @ Queen City Healthplex<br><br>11:00a Cooking for Wellness: A Citrus Celebration            |
| <b>23</b><br>10:00a Calming Yoga @ West Chester Presbyterian Church<br><br>1:00p Watercolor<br><br>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church<br><br>5:30p Calming Yoga for You   | <b>24</b><br>11:00a Courage Caps<br>2:00p Calming Yoga for You @ TriHealth Pavilion<br><br>2:30p Bingo  | <b>25</b><br>9:30a Chat & Craft<br>10:00a Connect to Community<br>10:30a Healthy Steps<br>12:00p Tai Chi<br><br>7:00p Prostate Cancer Education Group                                     | <b>26</b><br>11:00a Coffee Chat<br>3:00p Bingo<br><br>4:15p Groove & Rhythm Line Dance<br>5:30p Chair Yoga   | <b>27</b> | <b>28</b><br>10:00a Art of Living Meditation<br><br>12:00p Mini Paint Pour Party  |

**Rocks Of Empowerment:**  
A Black History Month Art Activity

**Thurs., Feb. 19**  
1:30PM

COMMUNITY BOOK CLUB  
2ND TUESDAYS @ 1:30PM



Registration requested for all programs.

**REGISTER:** Call (513) 791-4060, visit [MyCancerSupportCommunity.org](https://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 & 1<sup>st</sup> & 3<sup>rd</sup> 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**

## Cooking & Food Fun

### FLOURISH FOOD SERIES

**1st & 3rd Fridays, 11:30 AM - 1:30 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.

### COOKING FOR WELLNESS WITH INCUBATOR KITCHEN

**4th Tuesdays 11:45 AM - 1:15 PM: In Person**

Join CSC in collaborating with Incubator Kitchen and St. Elizabeth for a cooking demo and sample.

### COMFORT FOOD RECIPE EXCHANGE

**Wednesday, January 28, 2:00 PM - 3:00 PM: In Person**

Join us for a cozy gathering where we'll swap our favorite comfort-food recipes & turn them into a digital community cookbook

## Social - Art

### TREAT YOURSELF TUESDAY IN FT. THOMAS

**Tuesday, January 6, 11:00 AM - 1:00 PM: In person**

Join us at the Ft. Thomas Cancer Center and take home a free goody bag packed with useful information & a creative craft activity!

*Offsite: St. E Ft. Thomas | 85 N. Grand Ave. Ft. Thomas, KY, 41075*

### COFFEE & CONNECTION

**Friday, January 9, 11:00 AM - 12:00 PM: In Person**

Ring in the new year with community & creativity! We'll reflect on what's past, reconnect with one another, & plan the fun programs and events ahead.

### DIY TIE-DYE BOOKMARKS

**Wednesday, January 14, 11:30 AM - 12:30 PM: In Person**

Get creative with us as we make colorful tie-dye watercolor bookmarks! All supplies are provided.

### COMMUNITY BOOK CLUB

**3rd Tuesday, 3:00 PM - 4:00 PM: Hybrid**

For our first book, we will be reading The Rosie Project by Graeme Simsion, a thoughtful and engaging story that offers plenty to discuss. Join us to discuss & share perspectives.

### WINTER DIAMOND DOT KEYCHAIN

**Thursday, January 29, 2:00 PM - 3:00 PM: In Person**

Create your own sparkling design—all supplies are provided.

### TREAT YOURSELF MONDAY IN GRANT COUNTY

**Monday, February 2, 11:00 AM - 1:00 PM: In Person**

Join us at the Grant County Cancer Center and take home a free goody bag packed with useful information & a creative craft activity!

*Offsite: St. E Grant County | 238 Barnes Rd. Williamstown, KY, 41097*

### DIY HEART TRINKET DISHES

**Wednesday, February 11, 3:00 PM - 4:00 PM: In Person**

Celebrate Valentine's Day with a DIY heart-shaped trinket dish! All supplies included.

### DIY TAPER CANDLE PAINTING

**Wednesday, February 25, 3:00 PM - 4:00 PM: In Person**

Add a little glow to your day! We'll be hand-painting gorgeous taper candles, ideal for gifting or brightening your home.

# 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, February 26, 12:00PM - 1:00PM: In-Person**



### TREAT YOURSELF THURSDAY

**Thursday, February 26, 11:00 AM - 1:00 PM: In Person**

Join us at the Dearborn Cancer Center and take home a free goody bag packed with useful info and resources, a creative craft activity, and other surprises and community-building!






**Treat Yourself Thursdays**

*Free support for Southeastern Indiana*

**Find us at St. Elizabeth Dearborn Cancer Center**



# January - February 2026: NKY & Dearborn

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY |
|---|---|--|--|---|----------|
| <b>We're expanding in NKY!</b><br><b>Ft. Thomas:</b><br><b>Tues. Jan. 6</b><br><b>11:00AM</b>                                     |   |  |  <b>CSC Closed-<br/>New Year's<br/>Observed</b>  | <b>10:00a Restorative<br/>Yoga</b><br><b>11:30a Flourish Food<br/>Series with Chef<br/>Rhonda</b> |          |
| <b>5</b><br><b>6:30p HEO Breast<br/>Cancer Group</b>  | <b>10:30a YCAT Yoga</b><br><b>11:00a Treat Yourself<br/>Tuesday @ St. E Ft.<br/>Thomas</b>              | <b>2:00p Strength Training</b>   | <b>12:00p Tai Chi</b>  | <b>10:00a Restorative<br/>Yoga</b><br><b>11:00a Coffee &amp;<br/>Connection</b>                   |          |
| <b>12</b><br><b>6:30p General<br/>Connection Group</b>  | <b>10:30a YCAT Yoga</b><br><b>11:45a Meditation</b><br><b>6:30p General<br/>Connection Group</b>        | <b>11:30a DIY Tie-Dye<br/>Bookmarks</b>  | <b>10:30a YCAT Yoga</b><br><b>12:00p Tai Chi</b>   | <b>10:00a Restorative<br/>Yoga</b><br><b>11:30a Flourish Food<br/>Series with Chef<br/>Rhonda</b> |          |
|  <b>CSC Closed-<br/>MLK Day<br/>Observed</b>      | <b>10:30a YCAT Yoga</b><br><b>3:00p Community<br/>Book Club</b>   | <b>2:00p Strength Training</b>   | <b>12:00p Tai Chi</b>  | <b>10:00a Restorative<br/>Yoga</b>  |          |
| <b>26</b><br><b>11:45a Cooking with<br/>Incubator Kitchen</b>   | <b>10:30a YCAT Yoga</b><br><b>11:45a Cooking with<br/>Incubator Kitchen</b>                             | <b>2:00p Comfort Food<br/>Recipe Exchange</b>  | <b>12:00p Tai Chi</b><br><b>2:00p Winter Diamond<br/>Dot Keychain</b>  | <b>10:00a Restorative<br/>Yoga</b>  |          |
| <b>February 2</b><br><b>11:00a Treat Yourself<br/>Monday @ St. E Grant<br/>County</b><br><b>6:30p HEO Breast<br/>Cancer Group</b> | <b>10:30a YCAT Yoga</b>   | <b>2:00p Strength Training</b>   | <b>10:30a YCAT Yoga</b><br><b>12:00p Tai Chi</b>   | <b>10:00a Restorative<br/>Yoga</b><br><b>11:30a Flourish Food<br/>Series with Chef<br/>Rhonda</b> |          |
| <b>9</b><br><b>6:30p General Cancer<br/>Connection Group</b>  | <b>10:30a YCAT Yoga</b><br><b>11:45a Meditation</b><br><b>6:30p General Cancer<br/>Connection Group</b> | <b>9:00a Coffee &amp;<br/>Connection</b><br><b>3:00p DIY Heart Trinket<br/>Dishes Workshop</b> | <b>12:00p Tai Chi</b>  | <b>10:00a Restorative<br/>Yoga</b>  |          |
| <b>16</b><br><b>3:00p Community<br/>Book Club</b>   | <b>10:30a YCAT Yoga</b><br><b>3:00p Community<br/>Book Club</b>   | <b>2:00p Strength Training</b>   | <b>10:30a YCAT Yoga</b><br><b>12:00p Tai Chi</b>   | <b>10:00a Restorative<br/>Yoga</b><br><b>11:30a Flourish Food<br/>Series with Chef<br/>Rhonda</b> |          |
| <b>23</b><br><b>11:45a Cooking with<br/>Incubator Kitchen</b>   | <b>10:30a YCAT Yoga</b><br><b>11:45a Cooking with<br/>Incubator Kitchen</b>                             | <b>3:00p DIY Taper<br/>Candle Painting</b>   | <b>11:00a Treat Yourself<br/>Thursday @<br/>Dearborn</b><br><b>12:00p Tai Chi</b>  | <b>10:00a Restorative<br/>Yoga</b>  |          |
| <b>NKY<br/>Book Club</b><br><b>3rd Tuesdays @ 3:00PM</b>  |   |  |  <b>Flourish Food Series</b><br><b>with Chef Rhonda</b><br><b>1st &amp; 3rd Fridays @ 11:30AM</b> |   |          |

**NEW**

# 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.



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## Harry Baruch Davidow

August 23, 1933 - November 27, 2025

We are deeply saddened to share the passing of Harry Davidow, beloved brother of our founder Lynn Stern and one of the earliest champions of what is now the Cancer Support Community alongside his wife April.

Harry once said, "When we started I didn't understand the value of the organization until I saw the results. I was astounded by the idea that the organization really, really helped people and still does." His words capture exactly what he witnessed - the life-changing impact this community has had on thousands of people facing cancer.

Harry's belief in this mission helped build the foundation we stand on today. His legacy will live on in every support group, every act of care, and every moment of hope shared within our walls.

Our hearts are with his family, friends, and everyone who was fortunate enough to know him. May his memory be a blessing.

🌐 [MyCancerSupportCommunity.org](https://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](mailto:info@cancer-support.org)

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