



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY

WHAT'S INSIDE

JULY / AUGUST 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 Hailey Riegler, MSW, CSW, LSW, at 513-791-4060. 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

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

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 OH & KY. 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 Conference 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 during this time.

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 August 21st.

Education - Cooking

MIDLIFE GLOW UP: RECLAIM YOUR ENERGY, HEALTH & CONFIDENCE

Thursday, July 10, 6:00 PM - 7:00 PM: In Person

This powerful workshop is your reset button. Led by Jen Beck, a trusted expert who's helped thousands of women ditch the overwhelm, balance their hormones, & finally feel home in their bodies again.

COOKING FOR WELLNESS: OVEN FREE MEALS!

Saturday, July 19, 3:00 PM - 5:00 PM: In Person

Join Chef Rhonda as she shares a menu of dishes with no oven needed! Just the thing to keep things cool & delicious!

FOOD AS MEDICINE: SUPPORTING CANCER WELLNESS THRU NUTRITION

Tuesday, July 22, 2:00 PM - 3:00 PM: Hybrid

Discover the healing potential of food in this presentation focused on nutrition for those impacted by cancer. We'll explore how nutrient-dense foods can help strengthen the body, manage treatment side effects, & promote overall well-being. Presented by: *La Soupe's Food as Medicine Director Hannah Griswold, MS, RDN, LDN, CDCES.*

CONNECT TO COMMUNITY

Wednesday, July 23, 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 and resources available to you!

COOKING FOR WELLNESS: SHEET PAN MEALS

Thursday, August 7, 6:30 PM - 8:30 PM: In Person

Cooking your dinner entree & sides simultaneously in one pan is surprisingly flavorful & couldn't be easier. Chef Rhonda will demonstrate a few of her favorite sheet pan meals, along with kitchen tips & techniques you don't want to miss!

Offsite: Findlay Market Demo Kitchen | 1719 Elm Street. 45202

INTEGRATIVE ONCOLOGY RECOVERY: PSYCHEDELIC-ASSISTED PSYCHOTHERAPY, MEDICAL CANNABIS & TRADITIONAL CHINESE MEDICINE

Monday, August 11, 6:30 PM - 8:30 PM: In Person

This trauma-informed presentation explores compassionate, whole-person approach to cancer care for individuals navigating cancer & the caregivers who walk beside them. Examine how these modalities can ease physical discomfort, support emotional resilience, & foster spiritual integration. Panel discussion included, bring questions. Presented by *One Heart Mental Health Collaborative.*

COOKING FOR WELLNESS: IT'S TOMATO SEASON!

Saturday, August 16, 11:00 AM - 1:00 PM: In Person

Lettuce celebrate this versatile vegetable with a few delicious delights by Registered Dietitian, Lisa Andrews of Sound Bites Nutrition. Try stuffed tomato bites, cilantro tomato corn salad, and quinoa tabouli.

COOKING FOR WELLNESS: HEALTHY EATING

Wednesday, August 20, 5:30 PM - 7:30 PM: In Person

If healthy eating is something that sometimes feels out of reach, this is the class for you. Join Chef Rhonda Marcotte, owner of Flourish Culinary Services in Cincinnati, as she demonstrates recipes that are flavorful, nutritionally balanced, affordable & that won't have you in the kitchen all day.

Offsite: CareSource Nutrition Kitchen | 2469 Salem Ave, Dayton, OH, 45406



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

Every Other Tuesday, 6:30 PM - 7:30 PM: In Person

OFFSITE: [Corinthian Baptist Church](#) | 1920 Tennessee Ave. 45237

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

WALK IT LIKE IT'S HOT

Monday, 6:15 PM- 7:15 PM: In Person

OFFSITE: [Swaim Park](#) | 7650 Cooper Rd. 45242

Power walker? Casual stroller? Beginner? Walk with us! All fitness levels welcome.

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 SHARE & MINI SESSIONS

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

TAI CHI

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

SOUND MEDITATION

Friday, July 11 & Thursday, August 7, 12:00 PM - 1:00 PM: In Person

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

Art - Family - Social

GROUP EMPOWERMENT DRUMMING FOR SURVIVORS WELLNESS

Beginning Monday June 30, 6:30 PM - 7:30 PM: In Person *6-Week Series*

In partnership with UC Health, RHYTHMS® drumming is offered by Cincinnati Music and Wellness Coalition facilitators. This fun group program helps strengthen the immune system, reduce stress, improve mood, promote creativity & bonding.

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.

SPOONFUL OF SUMMER: DIY SUGAR SCRUBS & FRUIT INFUSED WATER

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

Make your own custom sugar scrub using natural ingredients-perfect for glowing summer skin. Then sip & sample fresh fruit infused water from our hydration.

Offsite: [Walnut Hills Library](#) | 2533 Kemper Lane. 45206

MELODIES & MOODS: LIVE PIANO MOMENTS

Thursday, July 10, 12:30 PM - 1:30 PM: In Person

Enjoy a young & talented pianist filling the room with beautiful music, creating the perfect backdrop to relax, unwind & enjoy the moment.

Art - Family - Social

CACTUS ROCK PAINTING

Monday, July 14, 3:00 PM - 4:00 PM: In Person

Come join our Cactus Rock Painting Group & dive into a fun, creative, & relaxing craft!

RELISH THE ROAD TRIP

Tuesday, July 15, 3:00 PM - 4:00 PM: In Person

This National Hot Dog Day, pack your appetite & join us for a coast-to-coast celebration of America's most iconic eats.

SLICE OF SUMMER: CITRUS COASTER PAINTING PARTY

Monday, July 21, 4:00 PM - 5:00 PM: In Person

Transform natural wood slices into bright & cheerful citrus coasters!



MOVIE IN THE PARK

Thursday, July 24, 8:00 PM - 10:00 PM: In Person

Join CSC at Summit Park for A Minecraft Movie—fun for all ages! Enjoy an interactive LEGO experience with the Brixilated Community Build. Bring your favorite snacks & look for the red blankets on the lawn or bring your lawn chair! Movie begins at dusk.

Offsite: [Summit Park](#) | 4335 Glendale Milford Rd. 45242



GARDEN TALES & TRAM TRAILS

Friday, July 25, 9:45 AM - 11:30 AM: In Person

Hop aboard for a one-of-a-kind adventure through the stunning and historic Spring Grove Cemetery & Arboretum. This private tram tour (with no walking involved) will take you through gorgeous gardens, towering trees, & fascinating stories from the past—all in one unforgettable ride. Space is limited, all ages welcome!

Offsite: [Spring Grove Cemetery](#) | 4521 Spring Grove Ave. 45232



MOSAICS

Saturday, July 26, 11:00 AM - 1:00 PM: In Person

Participants will make a whimsical mosaic pendant. Anke Pietsch will show hot to arrange glass pieces to create a beautiful & wearable piece of art! Recommended for ages 14 & up.

CHOCOLATE DELIGHTS

Monday, July 28, 3:00 PM - 4:00 PM

Calling all chocolate lovers! Come indulge in a fun & flavorful group where we'll chat about all things chocolate- it's rich history, fun facts, & personal faves.



PROM & PARTY: ALL AGES WELCOME!

Friday, August 1, 6:00 PM - 7:30 PM: In Person

Step into an evening of excitement for families to come together and enjoy an evening of lively music, dancing, and delicious treats. No matter your age, there's something special for everyone to enjoy.

NO-SEW FABRIC TASSEL KEYCHAINS

Monday, August 4, 6:00 PM - 7:00 PM: In Person

Add a pop of color to your keys, bag, or zipper with a handmade tassel keychain!

Offsite: [Walnut Hills Library](#) | 2533 Kemper Lane. 45206

PRESSED & GLOWING

Monday, August 11, 3:00 PM - 4:00 PM: In Person

In this creative circle, we'll craft glowing lanterns using delicate pressed blooms—celebrating nature, mindfulness, & a little everyday magic.

NEW PARTICIPANT BRUNCH

Wednesday, August 20, 9:30 AM - 10:30 AM: In Person

Have you joined CSC community recently? Is so, we'd love to welcome you with a lovely brunch to connect with other community members, staff & volunteers!

KNOT YOUR AVERAGE CRAFT

Monday, August 25, 3:30 PM - 4:30 PM: In Person

Ready to try something new & creative? Join us for a fun String Art Workshop where you'll craft beautiful, custom artwork using just cardboard, nails, & colorful string.



PASTA WITH A PURPOSE: A NIGHT OF CONNECTION & COMMUNITY

Friday, August 29, 5:30 PM - 7:00 PM: In Person

Join us for a warm & welcoming evening dedicate to good food, heartfelt conversation, & the power of coming together. All ages are welcome to enjoy a spaghetti dinner & share strength, stories, & smiles around the table. Come for pasta, stay for connection. **Bring the whole family!**

July 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 July 24th @ 8pm 10:00a Calming Yoga @ West Chester Presbyterian Church  7 3:00p Line Dancing @ Greater Liberty Baptist Church  5:30p Calming Yoga  6:00p Spoonful of Summer: DIY Sugar Scrub & Fruit Infused Water @ Walnut Hills Library  6:15p Walk It Like It's Hot! @ Swaim Park  6:30p Group Empowerment Drumming 	1 2:00p Calming Yoga for You @ TriHealth Pavilion  2:30p Bingo  6:30p Enneagram  6:30p Line Dancing @ Corinthian Baptist Church 	2 9:30a Chat & Craft  10:30a Healthy Steps  12:00p Tai Chi  12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital  6:30p Life Transitions 	3 Independence Day Observed CSC Closed 4 5	11 12:00p Sound Meditation 	12 10:00a Art of Living Meditation 
10:00a Calming Yoga @ West Chester Presbyterian Church  7 3:00p Line Dancing @ Greater Liberty Baptist Church  5:30p Calming Yoga  6:00p Spoonful of Summer: DIY Sugar Scrub & Fruit Infused Water @ Walnut Hills Library  6:15p Walk It Like It's Hot! @ Swaim Park  6:30p Group Empowerment Drumming 	8 2:00p Calming Yoga for You @ TriHealth Pavilion  2:30p Bingo  7:00p PanCan 	9 9:30a Chat & Craft  10:30a Healthy Steps  12:00p Tai Chi  7:00p Prostate Cancer Connection Group  7:00p Reiki 	10 11:00a Coffee Chat  12:30p Melodies & Moods: Live Piano Moments  3:00p Bingo  4:15p Line Dancing  5:30p Chair Yoga  6:00p Midlife Glow Up: Reclaim Your Energy, Health & Confidence  6:30p Young Adult Connection Group 	11 12:00p Sound Meditation 	12 10:00a Art of Living Meditation 
10:00a Calming Yoga @ West Chester Presbyterian Church  14 3:00p Line Dancing @ Greater Liberty Baptist Church  3:00p Cactus Rock Painting  5:30p Calming Yoga  6:15p Walk It Like It's Hot! @ Swaim Park  6:30p Group Empowerment Drumming 	15 2:00p Calming Yoga for You @ TriHealth Pavilion  2:30p Bingo  3:00p Relish the Road Trip  6:30p Line Dancing @ Corinthian Baptist Church 	16 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 	17 10:00a Coffee Chat  1:30p Lung Cancer Connection Group @ Christ  3:00p Bingo  4:15p Line Dancing  5:30p Chair Yoga  6:30p IMF Multiple Myeloma 	18	19 10:00a Art of Living Meditation  10:00a Yoga for Wellbeing @ Queen City Healthplex  3:00p Cooking for Wellness: Oven Free Meals! 
10:00a Calming Yoga @ West Chester Presbyterian Church  21 3:00p Line Dancing @ Greater Liberty Baptist Church  4:00p Slice of Summer: Citrus Coaster Painting Party  5:30p Calming Yoga  6:15p Walk It Like It's Hot! @ Swaim Park  6:30p Group Empowerment Drumming 	22 11:00a Courage Caps  2:00p Calming Yoga for You @ TriHealth Pavilion  2:00 Food as Medicine: Supporting Cancer Wellness  2:30p Bingo 	23 9:30a Chat & Craft  10:00a Connect to Community  10:30a Healthy Steps  12:00p Tai Chi 	24 11:00a Coffee Chat  3:00p Bingo  4:15p Line Dancing  5:30p Chair Yoga  8:00p Movie in the Park! @ Summit Park 	25 9:45a Garden Tales & Tram Trails @ Spring Grove Cemetery 	26 10:00a Art of Living Meditation  11:00a Mosaics 
10:00a Calming Yoga @ West Chester Presbyterian Church  28 3:00p Line Dancing @ Greater Liberty Baptist Church  3:00p Chocolate Delights  6:15p Walk It Like It's Hot! @ Swaim Park  6:30p Group Empowerment Drumming 	29 2:00p Calming Yoga for You @ TriHealth Pavilion  2:30p Bingo  6:30p Line Dancing @ Corinthian Baptist Church 	30 9:30a Chat & Craft  10:30a Healthy Steps  12:00p Tai Chi  7:00p Prostate Cancer Education Group 	31 11:00a Coffee Chat  3:00p Bingo  4:15p Line Dancing  5:30p Chair Yoga 	 Midlife Glow Up: Reclaim your energy, health, and confidence July 10 th @ 6:00pm	

Registration requested for all programs.



Online event



In person event

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



August 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Integrative Oncology Recovery: <i>Psychedelic-Assisted Psychotherapy, Medical Cannabis & Traditional Chinese Medicine</i></p>  <p>August 11th @ 6:30pm</p>		<p>PASTA WITH A PURPOSE</p>  <p>August 29th @ 5:30pm</p>		<p>1</p> <p>6:00p Prom & Party: All Ages Welcome</p>	<p>2</p> <p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p> <p>6:00p No-Sew Fabric Tasse Keychains @ Walnut Hills Library</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p> <p>6:30p Group Empowerment Drumming</p> <p>4</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Enneagram</p> <p>5</p>	<p>9:30a Chat & 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>6</p>	<p>11:00a Coffee Chat</p> <p>12:00p Sound Meditation</p> <p>3:00p Bingo</p> <p>4:15p Line Dancing</p> <p>5:30p Chair Yoga</p> <p>6:30p Cooking for Wellness: Sheet Pan Meals @ Findlay Demo Kitchen</p> <p>7</p>	<p>8</p>	<p>10:00a Art of Living Meditation</p> <p>9</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church</p> <p>3:00p Pressed & Glowing</p> <p>5:30p Calming Yoga for You</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p> <p>6:30p Integrative Oncology Recovery</p> <p>11</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Line Dancing @ Corinthian Baptist Church</p> <p>7:00p PanCan</p> <p>12</p>	<p>9:30a Chat & Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>7:00p Prostate Cancer Connection Group</p> <p>7:00p Reiki</p> <p>13</p>	<p>11:00a Coffee Chat</p> <p>3:00p Bingo</p> <p>4:15p Line Dancing</p> <p>5:30p Chair Yoga</p> <p>6:30p Young Adult Connection Group</p> <p>14</p>	<p>15</p>	<p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p> <p>11:00a Cooking for Wellness: It's Tomato Season!</p> <p>16</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p> <p>18</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>19</p>	<p>9:30a Chat & Craft</p> <p>9:30a New Participant Brunch</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>5:30p Cooking for Wellness @ CareSource Dayton</p> <p>6:30p Life Transitions</p> <p>6:30p Breast Cancer Survivorship Connection Group</p> <p>20</p>	<p>11:00a Coffee Chat</p> <p>1:30p Lung Cancer Group @ Christ</p> <p>3:00p Bingo</p> <p>4:15p Line Dancing</p> <p>5:30p Chair Yoga</p> <p>6:30p IMF Multiple Myeloma</p> <p>7:30p Ostomy Group</p> <p>21</p>	<p>22</p>	<p>10:00a Art of Living Meditation</p> <p>23</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church</p> <p>3:30p Knot Your Average Craft</p> <p>5:30p Calming Yoga</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p> <p>25</p>	<p>11:00a Courage Caps</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Line Dancing @ Corinthian Baptist Church</p> <p>26</p>	<p>9:30a Chat & Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>7:00p Prostate Cancer Education</p> <p>27</p>	<p>11:00a Coffee Chat</p> <p>3:00p Bingo</p> <p>4:15p Line Dancing</p> <p>5:30p Chair Yoga</p> <p>28</p>	<p>5:30p Pasta with a Purpose: A Night of Connection & Community</p> <p>29</p>	<p>10:00a Art of Living Meditation</p> <p>30</p>

Registration requested for all programs.



Online event



In person event

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.

RESTORATIVE 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

TAI CHI FLOW

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

STRENGTH TRAINING

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

WALKING WARRIORS

Thursday, July 10, 9:30 AM - 10:30 AM: In Person

Join us (weather permitting) for a nice walk around St. Elizabeth campus! We will meet in the Integrative Oncology demo kitchen to sign in & fill water bottles.

MINDFUL JOURNALING

3rd Thursdays, 2:30 PM - 3:30 PM: In Person

Join us for a transformative Mindful Journaling Workshop designed to help you explore your thoughts & emotions through the art of journaling. This workshop combines mindfulness practices with creative writing techniques to foster self-awareness, clarity, & emotional well-being.

Education - Social - Art - Cooking

RECIPE EXCHANGE

Thursday, July 10, 11:00 AM - 12:00 PM: In Person

Bring your favorite homemade lunch-themed dish, share recipe with others & discover new recipes to try. A great way to learn, connect, & enjoy meals together.

WOOD MANDALA PAINTING

Thursday, July 18, 11:30 AM - 12:30 PM: In Person

Relax, create, & unwind where you'll paint beautiful designs.

DIY FLOWER PICTURE FRAME

Friday, July 25, 11:00 AM - 12:00 PM: In Person

Create a personalized photo frame by decorating it with flowers of your choice.

DIY WOOL FELT BALL COASTERS

Thursday, August 7, 12:00 PM - 1:00 PM: In Person

This easy DIY project lets you create colorful, handmade coasters that add charm to any space.



WOODEN WHIMSY: CREATE YOUR OWN MOSAIC MASTERPIECE

Thursday, August 21, 11:30 AM - 12:30 PM: In Person

Unleash your creativity in this hands-on craft workshop where you'll design & assemble your own mosaic art piece.

NEW PARTICIPANT BRUNCH

Friday, August 22, 11:00 AM - 12:00 PM: In Person

Have you joined our community for the first time in recently? If so, we'd love to welcome you with a lovely brunch to connect with other community members, staff & volunteers! Ask questions about programs & resources & take a tour!



NORTHERN KENTUCKY BACKYARD BASH!

Saturday, August 23, 11:00 AM - 2:00 PM: In Person

This free, family-friendly event is open to the public & packed with fun activities for all ages-games, entertainment, food & more!

Offsite: Middleton-Mills Park: 3415 Mills Rd. Latonia, KY, 41015 | Shelter #2

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, May 22 & June 26, 12:00PM - 1:00PM: In-Person

CRAFT YOUR CALM: DIY SELF-CARE KIT

Thursday, July 24, 11:00 AM - 12:00 PM: In Person

Create a personalized self-care kit with calming items like bath soaks & candles to nurture your mind & body.



HARVEST TREASURES FARMERS MARKET

Friday, August 15, 3:00 PM - 6:00 PM: In Person

Browse & purchase a vibrant selection of fresh produce, handcrafted ceramics & paintings, locally made honey & jelly, soothing body balms, fresh-baked sourdough & pretzels, tasty baked goods & unique shirts from talented artisans. Come support local growers, makers, & bakers at this community-centered celebration! This program is open to the public so bring the whole family!



DIY KITE KIT

Thursday, August 28, 11:00 AM - 12:00 PM: In Person

Unleash your creativity with our Make Your Own Kite Kit!



July - August 2025: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	Independence Day Observed CSC Closed 		
7 6:30p HEO Breast Cancer Group 	8 10:30a YCAT Yoga  11:45a Meditation  6:30p General Connection Group 	9	10 9:30a Walking Warriors  11:00a Recipe Exchange  1:30p Tai Chi Flow 	11 10:00a Restorative Yoga 	12
14	15 10:30a YCAT Yoga 	16 2:00p Strength Training 	17 10:30a YCAT Yoga  11:30a Wood Mandala Painting  1:30p Tai Chi Flow  2:30p Mindful Journaling 	18 10:00a Restorative Yoga 	19
21	22 10:30a YCAT Yoga  11:45a Cooking with Incubator Kitchen 	23	24 11:00a Craft Your Calm: DIY Self-Care Kit @ Dearborn  12:00 Restorative Movement @ Dearborn  1:30p Tai Chi Flow 	25 10:00a Restorative Yoga  11:00a DIY Flower Picture Frame 	26
28	29 10:30a YCAT Yoga 	30	31 1:30p Tai Chi Flow 	August 1 10:00a Restorative Yoga 	2 12:00p Flourish Food Series with Chef Rhonda 
4 6:30p HEO Breast Cancer Group 	5 10:30a YCAT Yoga 	6 2:00p Strength Training 	7 10:30a YCAT Yoga  12:00p DIY Wool Felt Ball Coasters  1:30p Tai Chi Flow 	8 10:00a Restorative Yoga 	9
11	12 10:30a YCAT Yoga  11:45a Meditation  6:30p General Cancer Connection Group 	13	14 1:30p Tai Chi Flow 	15 10:00a Restorative Yoga  3:00p Harvest Treasures Farmers Market @ Dearborn 	16
18	19 10:30a YCAT Yoga 	20	21 10:30a YCAT Yoga  2:30p Mindful Journaling 	22 10:00a Restorative Yoga  11:00a New Participant Brunch 	23 11:00 AM Northern Kentucky Backyard Bash @ Middleton-Mills Park
25	26 10:30a YCAT Yoga  11:45a Cooking with Incubator Kitchen 	27	28 11:00a DIY Kite Kit @ Dearborn  12:00p Restorative Movement @ Dearborn  1:30p Tai Chi Flow 	29 10:00a Restorative Yoga 	30
4TH THURSDAYS Dearborn, Indiana 			 NORTHERN KENTUCKY NEW PARTICIPANT brunch  AUGUST 22ND @ 11:00AM 		

- ✓ Crafts
- ✓ Cooking
- ✓ Yoga
- ✓ and More!

About CSC




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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.

 **(513) 791-4060**

 **MyCancerSupportCommunity.org**

 **info@cancer-support.org**

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

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

South Dearborn Indiana
St. Elizabeth Dearborn Cancer Center
17525 Greendale Plaza Drive | Greendale, IN 47025

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STRONGER THAN CANCER

Celebration

Honoring 35 Years of Cancer Support!

Thursday, October 9, 2025

Hotel Covington in NKY | 6:00pm

MyCancerSupportCommunity.org

← *Note the
new date!*

GENEROUSLY BENEFITING

