

**COMMUNITY IS STRONGER THAN CANCER.**



CSC's Emerging Leaders Board Member Rudy Jones  
and Former Board Member Laurence Jones

# WHAT'S INSIDE

## SEPTEMBER/OCTOBER 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

## 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. 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 October 16th.

## Education - Cooking

### BACK TO YOU - TOTAL WELLNESS: NAVIGATING YOUR CANCER JOURNEY WITH BRAIN & BODY OPTIMIZATION

Wednesday, September 17, 6:30 PM - 8:00 PM: In Person

Discover a comprehensive approach to health & well-being with insights from Dr. Gary Huber and Michael Gelfgot from Activate Brain & Body Fitness. Discuss holistic healing & lifestyle changes for cancer management & how integrating cognitive & physical exercises, particularly dual-task training, can effectively combat "chemo brain" & enhance overall vitality. **Light refreshments provided.**

### SWIPE & DINE

Friday, September 19, 12:00 PM - 1:00 PM: In Person

Come enjoy a free lunch & learn about Swipe & Dine, a local program designed to support adults 60 & older with access to healthy, affordable meals.

### COOKING FOR WELLNESS: A PLANT - POWERED EXPERIENCE

Thursday, September 25, 12:00 PM - 2:00 PM: In Person

Join Chef Theresa for a fun & flavorful cooking demo featuring three crowd-pleasing dishes: vibrant Vegetable Paella, hearty Three-Bean Soup, & crispy Homemade Egg Rolls. Learn simple techniques, time-saving tips, & how to bring big flavor to plant-based meals. **Recipes & Samples provided.**

### COOKING FOR WELLNESS: COMFORTING CARBAPALOOZA

Wednesday, October 15, 2:00 PM - 4:00 PM: In Person

Pasta, rice, potatoes, oh my! Sometimes a little carb explosion can be good for the soul. Join Chef Mona for a savory or sweet surprise. **Recipes & Samples provided.**

### EDUCATION & EMPLOYMENT FOR YOUNG ADULTS WITH CANCER

Thursday, October 9, 6:00 PM - 7:00 PM: In Person

Join us for a program supporting Young Adults Living with Cancer as they navigate school & work during or after cancer treatment.

### DEBUNKING MYTHS ABOUT DIETARY SUPPLEMENTS

Monday, October 20, 6:00 PM - 7:30 PM: In Person

Join Dr. Cathy Rosenbaum, Holistic Clinical Pharmacy, Founder/CEO Rx Integrative Solutions to discuss how to choose a high-quality dietary supplement. Dr. Rosenbaum will also review the Gut-Brain-Microbiome Axis & evidence-based indications/side effects/interactions for various dietary supplements

### CONNECT TO COMMUNITY

Wednesday, September 24 & October 22, 10:00 AM - 11:00 AM: Hybrid

New to CSC? 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: A GHOULISHLY GUIDE TO HEALTHY EATING

Thursday, October 30, 11:00 AM - 1:00 PM: In Person

In partnership with TriHealth, join us for a delightful Autumn meal. **Recipes & Samples provided.**

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

The graphic is divided into two horizontal sections. The top section is for 'CSC FAMILIES at the ZOO' and features the word 'ZOO' in large, stylized letters with zebra, tiger, and leopard patterns. To the right, it says 'SAT 10/4' and '10AM MEET Family Friendly'. Below this, it states 'Limited tickets available - First come first serve per family.' The bottom section is for the 'TEEN SERVICE GROUP' and features a photo of four diverse young women smiling and laughing. Overlaid on the photo is the text 'TEEN SERVICE GROUP' in large, bold, colorful letters. At the bottom of the photo, it says '9.7.25 @ 10-12PM - 9.21.25 @ 10-12PM'.

## 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: ALL FITNESS LEVELS WELCOME!

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

**OFFSITE:** Swaim Park | 7650 Cooper Rd. 45242

### 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

Saturday, September 6 & October 4, 11:00 AM - 12:00 PM: In Person

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

### WALK & ROLL: A HIKING ADVENTURE

Friday, October 10, 10:00 AM - 11:30 AM: In Person

Join us for a morning of connection, nature, & adventure as we partner with Luke 5 Adventures for an inclusive hike through the scenic trails of French Park.

**Offsite:** French Park | 3012 Section Rd. 45237

## 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

Halloween Costume Contest at Bingo on October 30<sup>th</sup>! Put the "boo" in beautiful.

### 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.

### TEAL EXPRESSIONS: A CANVAS OF HOPE

Friday, September 5, 1:00 PM - 2:30 PM: In Person

JA creative & inspiring workshop where art meets awareness. Use teal to paint personalized canvases & add meaningful decorations like teal buttons & more!

### VASE & BLOOM: A FLORAL CANVAS PAINTING EXPERIENCE

Monday, September 8, 3:00 PM - 4:00 PM: In Person

Capture the timeless beauty of a blooming bouquet in a vase, on canvas!

### SEASONED WITH LOVE: DIY SPICE BLEND BAR

Monday, September 8, 6:00 PM - 7:00 PM: In Person

A cozy afternoon where you'll mix your own spice blends to take home & enjoy.

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

## Art - Family - Social

### A MODERN MOMENT AT THE MUSEUM

Friday, September 12, 10:45 AM - 12:00 PM: In Person

Experience the Cincinnati Art Museum like never before-through a guided, one-hour journey into its vibrant modern & contemporary art collection.

**Offsite:** Cincinnati Art Museum: 953 Eden Park Drive | Cincinnati, OH 45202

### SALSA & SOUL: A CELEBRATION OF HISPANIC HERITAGE

Monday, September 15, 11:00 AM - 12:00 PM: In Person

Celebrate Hispanic culture & legacy in honor of Hispanic Heritage month. Join us for refreshments, Salsa dance lessons, a game of Lateria & a craft!

### DOT MANDALA ON ROCKS-A HEALING ART SESSION

Friday, September 19, 1:30 PM - 2:30 PM: In Person

Learn the mindful practice of creating intricate dot patterns using simple tools & vibrant colors. Dot mandalas are beautiful designs, meditative grounding & deeply therapeutic.

### A IS FOR AUTUMN: AN APPLE LUNCH CELEBRATION

Monday, September 22, 12:30 PM - 2:00 PM

Welcome the first day of Fall with an apple-themed lunch!

### LIGHTWORKS: PERSONALIZED CANDLE ART

Monday, September 22, 3:00 PM - 4:00 PM: In Person

In this hands-on session, you'll personalize your own candles using stamping, markers, & colorful tissue paper to create a one-of-a-kind design that reflects your style.

### BOARDS & BROTHERHOOD

Wednesday, September 24, 6:00 PM - 7:00 PM: In Person

In honor of Prostate Cancer Awareness Month, we're bringing men together for a laid-back afternoon of cornhole, conversation, & connection.

### BEADS OF HOPE

Friday, September 26, 1:00 PM - 2:00 PM

Join us for a heart-warming, creative escape as we create bracelets using beautiful, high-quality beads in inspiring colors & textures.

### THE GREAT FAMILY TRIVIA CHALLENGE & GAME DAY

Saturday, September 27, 1:00 PM - 3:00 PM: In Person

Join us for an afternoon of fun, laughter, & friendly competition.

### CREATIVE ROOTS OF RESILIENCE: DRAMA THERAPY

Friday, October 3, 10, 24 & 31, 1:00 PM - 2:00 PM: In Person

Offered in partnership with Rooted Compassion. this experiential group that blends the nervous system education with creative arts practices to support emotional regulation, skill-building, & connection. *It's encouraged to attend all 4 sessions.*

### A GENTLE PATH: LABYRINTH EXPERIENCE FOR SUPPORT & HEALING

Monday, October 6, 3:45 PM - 5:00 PM: In Person

A special event that offers a quiet, supportive space to pause, breathe, & reconnect with your inner self through the ancient practice of labyrinth walking.

### WITCHES KITCHEN: SPOOKY SNACK LAB

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

Bubble, bubble, snacks to juggle! Stir up your own spellbinding trail mix in our creepy-cute Witches Kitchen! Choose from an eerie array of treats like twisted pretzels, ghostly marshmallows, monster cereals, candy corn, mini cookies, & more.

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

### SAND-TASTIC CREATIONS

Tuesday, October 7, 12:30 PM - 1:30 PM: In Person

Let your imagination flow like grains of sand. In this colorful & creative activity, you will design your own vibrant sand art using layers of bold, bright colors.

### PUMPKIN PALOOZA: A PAINT & DECORATE ADVENTURE!

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

Join us for a festive and fun-filled craft event where we'll be painting & decorating foam or plastic pumpkins with vibrant paints, glitter, stickers, you name it.

### ANNUAL TRUNK OR TREAT

Saturday, October 25, 11:00 AM - 1:00 PM: In Person

Bring your little goblins & ghouls to enjoy a safe and fun trick-or-treating experience!

### CSC BOOK CLUB LAUNCH

Tuesday, October 28, 2:30 PM - 3:30 PM: In Person

For our very first meeting, we're thrilled to welcome special guest Karen E. I. Martin, author of 65 Mortality Drive: One Woman's Journey to a Life Reimagined.

# September 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>  <b>Labor Day CSC Closed</b>	<b>2</b> 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo 6:30p Enneagram	<b>3</b> 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	<b>4</b> 11:00a Coffee Chat 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga	<b>5</b> 1:00p Teal Expressions: A Canvas of Hope	<b>6</b> 10:00a Yoga for Wellbeing @ Queen City Healthplex 10:00a Art of Living Meditation 11:00a Sound Meditation
<b>8</b> 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Vase & Bloom: A Floral Canvas Painting 5:30p Calming Yoga 6:00p Seasoned with Love: DIY Spice Blend Bar @ Walnut Hills Library 6:15p Walk It Like It's Hot! @ Swaim Park	<b>9</b> 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo 6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church 7:00p PanCan	<b>10</b> 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 7:00p Prostate Cancer Information Group 7:00p Reiki	<b>11</b> 11:00a Coffee Chat 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga 6:30p Young Adult Connection Group	<b>12</b> 10:45a A Modern Moment at the Museum @ Cincinnati Art Museum	<b>13</b> 10:00a Art of Living Meditation
<b>15</b> 10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Salsa & Soul: A Celebration of Hispanic Heritage 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga 6:15p Walk It Like It's Hot! @ Swaim Park	<b>16</b> 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo	<b>17</b> 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 6:30p Back to You-Total Wellness: Navigating your Cancer Journey with Brain & Body Optimization	<b>18</b> 10:00a 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	<b>19</b> 12:00p Swipe & Dine 1:30p Dot Mandala on Rocks- A Healing Art Session	<b>20</b> 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
<b>22</b> 10:00a Calming Yoga @ West Chester Presbyterian Church 12:30p A is for Autumn: An Apple Lunch Celebration! 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Lightworks: Personalized Candle Art 5:30p Calming Yoga 6:15p Walk It Like It's Hot! @ Swaim Park	<b>23</b> 11:00a Courage Caps 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo 6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church	<b>24</b> 9:30a Chat & Craft 10:00a Connect to Community 10:30a Healthy Steps 12:00p Tai Chi 6:00p Boards & Brotherhood 7:00p Prostate Cancer Education Group	<b>25</b> 11:00a Coffee Chat 12:00p Cooking for Wellness: A Plant-Powered Experience 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga	<b>26</b> 1:00p Beads of Hope	<b>27</b> 10:00a Art of Living Meditation 1:00p The Great Family Trivia Challenge & Game
<b>29</b> 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga 6:15p Walk It Like It's Hot! @ Swaim Park	<b>30</b> 2:00p Calming Yoga for You @ TriHealth Pavilion 2:30p Bingo	<b>MENS SUPPORT</b>  <b>Sept. 10 @ 7:00PM</b> <b>Sept. 24 @ 7:00PM</b>	<b>Young Adult Connection Group</b>  For any person ages 20-40 living with or supporting someone with cancer in Ohio and Kentucky. <b>Sept. 11 @ 6:30PM</b>		

Registration requested for all programs.

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





# October 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Creative Roots of Resilience: DRAMA THERAPY</b></p> <p>FRIDAYS, OCTOBER 3<sup>RD</sup>, 10<sup>TH</sup>, 24<sup>TH</sup> &amp; 31<sup>ST</sup></p>		<p>9:30a Chat &amp; Craft 10:30a Healthy Steps 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>11:00a Coffee Chat 3:00p Bingo 4:15p Groove &amp; Rhythm Line Dance 5:30p Chair Yoga</p>	<p>1:00p Creative Roots of Resilience: Drama Therapy</p>	<p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p> <p>10:00a Fun at the Zoo @ Cincinnati Zoo</p> <p>11:00a Sound Meditation</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:45p A Gentle Path: Labyrinth Experience for Support &amp; Healing</p> <p>5:30p Calming Yoga</p> <p>6:00p Witches Kitchen: Spooky Snack Lab @Walnut Hills Library</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p>	<p>12:30p Sand-tastic Creations</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Enneagram</p> <p>6:30p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>	<p>9:30a Chat &amp; Craft 10:30a Healthy Steps 12:00p Tai Chi</p> <p>7:00p Prostate Cancer Information Group</p> <p>7:00p Reiki</p>	<p>11:00a Coffee Chat 12:00p Sound Meditation 3:00p Bingo 4:15p Groove &amp; Rhythm Line Dance 5:30p Chair Yoga 6:30p Young Adult Connection Group</p>	<p>10:00a Walk &amp; Roll: A Hiking Adventure @ French Park</p> <p>1:00p Creative Roots of Resilience: Drama Therapy</p>	<p>10:00a Art of Living Meditation</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Pumpkin Palooza: A Paint &amp; Decorate Adventure!</p> <p>5:30p Calming Yoga for You</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>7:00p PanCan</p>	<p>9:30a Chat &amp; Craft 10:30a Healthy Steps 12:00p Tai Chi</p> <p>2:00p Cooking for Wellness: Comforting Carbapalooza</p> <p>6:30p Life Transitions</p> <p>6:30p Breast Cancer Survivorship Connection Group</p>	<p>11:00a Coffee Chat 1:30p Lung Cancer Group @ Christ</p> <p>3:00p Bingo 4:15p Groove &amp; Rhythm Line Dance 5:30p Chair Yoga 6:00p Education &amp; Employment for Young Adults Living with Cancer 6:30p IMF Multiple Myeloma 7:30p Ostomy Group</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 Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p> <p>6:00p Debunking Myths About Dietary Supplements</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>	<p>9:30a Chat &amp; Craft 10:00a Connect to Community 10:30a Healthy Steps 12:00p Tai Chi</p>	<p>11:00a Coffee Chat 3:00p Bingo 4:15p Groove &amp; Rhythm Line Dance 5:30p Chair Yoga</p>	<p>1:00p Creative Roots of Resilience: Drama Therapy</p>	<p>10:00a Art of Living Meditation</p> <p>11:00a Trunk or Treat </p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p> <p>6:15p Walk It Like It's Hot! @ Swaim Park</p>	<p>11:00a Courage Caps</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>2:30p CSC Book Club Launch</p>	<p>9:30a Chat &amp; Craft 10:30a Healthy Steps 12:00p Tai Chi</p> <p>7:00p Prostate Cancer Education</p>	<p>11:00a Coffee Chat 11:00a Cooking for Wellness: A Ghoulishly Guide to Healthy Fall Eating @ Thomas Center</p> <p>3:00p Bingo: Halloween Costume Edition</p> <p>4:15p Groove &amp; Rhythm Line Dance 5:30p Chair Yoga</p>	<p>1:00p Creative Roots of Resilience: Drama Therapy</p>	<p><b>BOOK CLUB</b></p>  <p>10.28</p>

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

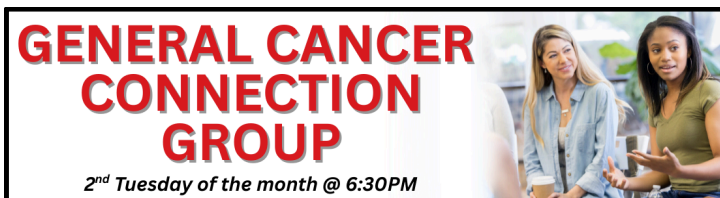
1st & 3rd Wednesdays, 2:00 PM - 3:00 PM: In-Person

### FALL WALK

Friday, September 19, 11:00 AM - 12:00 PM: In Person

Join us for a refreshing fall walk at beautiful Pioneer Park!

Offsite: Pioneer Park: 3951 Madison Pike, Covington, KY, 41017



## Education - Social - Art - Cooking

### DIY LEAF PRINT TOTE BAGS

Thursday, September 11, 12:00 PM - 1:00 PM: In Person

Collect real fall leaves & use fabric paint to make leaf prints on plain tote bags.

### KEYS FOR A CAUSE

Friday, September 26, 1:00 PM - 2:00 PM: In Person

Create a teal ribbon keychain to show support & raise awareness for ovarian cancer.

### AUTUMN MIX & MINGLE

Thursday, October 9, 11:00 AM - 12:00 PM

Join us for a casual social event where you can connect over seasonal drinks like pumpkin spice lattes, apple cider and more.

### FALL FOODIE LUNCH

Thursday, October 16, 11:00 AM - 12:00 PM: In Person

Bring your favorite fall-inspired dish to share & enjoy a variety of seasonal flavors with friends!

### FALL INTO WELLNESS: COPING WITH DARKER DAYS

Friday, October 30, 3:00 PM - 4:00 PM: In Person

As the days grow shorter & darker, many people face challenges like low mood, decreased energy, & stress. The workshop offers education on how seasonal changes affect mental health, including signs of Seasonal Affective Disorder, & practical coping strategies to build resilience.

### 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.

# 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, September 25 & October 23, 12:00PM - 1:00PM: In-Person

### MINDFUL MOMENT BAG

Thursday, September 25, 11:00 AM - 12:00 PM: In Person

This thoughtfully curated Mindful Moment Bag is designed to help you pause, breathe, & reset during a busy week.



### FAMILY FALL FESTIVAL

Friday, October 17, 5:00 PM - 7:00 PM: In Person

Join us for spooktacular free family fun at St. Elizabeth Dearborn, Indiana Cancer Center. Bring your little goblins & ghouls to enjoy a safe & fun trick-or-treating experience! We'll have themed trunks, tasty treats, & festive activities such as music, face painting, crafts, & games.

### BOO-ST YOUR SPIRITS BAG

Thursday, October 23, 11:00 AM - 12:00 PM: In Person

Packed with festive fun and calming goodies, this bag offers the perfect pause in your week. Inside you'll find a blend of treats and tools to help you relax, recharge, & enjoy the spirit of the season — no tricks, just treats for your mind and mood!

Our Restorative Movement Program is designed to be adaptable to all abilities, with exercises and modifications that accommodate varying comfort levels and physical capacities. Whether you're looking to relieve stress, improve circulation, or find a moment of calm, it offers a supportive and inclusive environment to enhance your overall well-being. Give it a try this month!



## DID YOU KNOW?

## Family Fall Festival

Free All Ages Fun in Greendale, IN

FRI. OCT. 17 | 5-7 PM

TRUNK OR TREAT - PLAY AREA - MUSIC - SNACKS

St. Elizabeth Center Parking Lot



# September - October 2025: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 	<b>2</b> 10:30a YCAT Yoga	<b>3</b> 2:00p Strength Training	<b>4</b> 10:30a YCAT Yoga	<b>5</b> 10:00a Restorative Yoga	<b>6</b> 12:00p Flourish Food Series with Chef Rhonda
<b>8</b>	<b>9</b> 10:30a YCAT Yoga 11:45a Meditation 6:30p General Connection Group	<b>10</b>	<b>11</b> 12:00p DIY Leaf Print Tote Bags	<b>12</b> 10:00a Restorative Yoga	<b>13</b>
<b>15</b>	<b>16</b> 10:30a YCAT Yoga	<b>17</b> 2:00p Strength Training	<b>18</b> 10:30a YCAT Yoga 2:30p Mindful Journaling	<b>19</b> 10:00a Restorative Yoga 11:00a Fall Walk @ Pioneer Park	<b>20</b>
<b>22</b>	<b>23</b> 10:30a YCAT Yoga 11:45a Cooking with Incubator Kitchen	<b>24</b>	<b>25</b> 11:00a Mindful Moment Bag @ Dearborn 12:00 Restorative Movement @ Dearborn	<b>26</b> 10:00a Restorative Yoga 12:00p Keys for a Cause	<b>27</b>
<b>29</b>	<b>30</b> 10:30a YCAT Yoga	<b>October 1</b> 2:00p Strength Training	<b>2</b> 10:30a YCAT Yoga	<b>3</b> 10:00a Restorative Yoga	<b>4</b> 12:00p Flourish Food Series with Chef Rhonda
<b>6</b> 6:30p HEO Breast Cancer Group	<b>7</b> 10:30a YCAT Yoga	<b>8</b>	<b>9</b> 11:00a Autumn Mix & Mingle	<b>10</b> 10:00a Restorative Yoga	<b>11</b>
<b>13</b>	<b>14</b> 10:30a YCAT Yoga 11:45a Meditation 6:30p General Cancer Connection Group	<b>15</b> 2:00p Strength Training	<b>16</b> 10:30a YCAT Yoga 11:00a Fall Foodie Lunch 2:30p Mindful Journaling	<b>17</b> 10:00a Restorative Yoga <b>5:00p Family Fall Festival @ Dearborn</b> 	<b>18</b>
<b>20</b>	<b>21</b> 10:30a YCAT Yoga	<b>22</b>	<b>23</b> 11:00a Boo-st Your Spirits Bag @ Dearborn 12:00p Restorative Movement @ Dearborn	<b>24</b> 10:00a Restorative Yoga	<b>25</b>
<b>27</b>	<b>28</b> 10:30a YCAT Yoga 11:45a Cooking with Incubator Kitchen	<b>29</b>	<b>30</b> 3:00p Fall into Wellness: Coping with Darker Days	<b>31</b> 10:00a Restorative Yoga	

**DIY Leaf Print  
Tote Bag  
Sept. 11 @ 12:00PM**



**Mindful Journaling in NKY  
3rd Thursdays, 2:30 PM**



*Combine mindfulness practices & creative writing techniques!*



# 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**

# Meet the Team

## OUR STAFF

**Julie Lueder**

*Operations Coordinator*

**Holly Flower, COTA/L**

*Program Manager*

**Gretchen Ramstetter**

*Vice President of Development  
& Marketing*

**Sonnica Richards**

*Development & Marketing  
Manager*

**Hailey Riegler, MSW,**

**CSW, LSW**

*Program Manager*

**Asha Rone, LMSW**

*Director of Health Equity &  
Engagement*

**Kelly Schoen**

*Executive Director*

**Stephanie Aldridge**

*Legacies Store General Manager*

## OUR BOARD OF DIRECTORS

**Mark Allen**

*FocalPoint Coaching & Training*

**Sheryl Beyersdorfer**

*Elizabeth Berk  
PNC Bank*

**Travis Brock**

*Procter & Gamble*

**Kim Byrwa-Neff, R.N.**

**Benjamin Cox**

*Colleen Darnell, MD  
St. Elizabeth Healthcare*

**Susan Forest Kamphaus**  
*CSC Board President*

**Sally Harding Schott**  
*Wise Temple*

**Julie Leppo**  
*U.S. Bank*

**Victor Moy**

*Moy Investments*

**Melissa Newman, Ph.D.**  
*University of Cincinnati*

**Gerry Powers, MD**  
*ProScan Imaging*

**Brian Ross**

*Melink Corporation*

**Lewis Waitt**

*ALINITI*

**Sonya Wells,**  
**MSN, APRN, FNP-C**

**Eku Williams**  
*CyberSure*

**Brad Wolfe**  
*PwC*

**David Zilch**  
*University of Miami Oxford*



**CANCER SUPPORT  
COMMUNITY**  
GREATER CINCINNATI-  
NORTHERN KENTUCKY

## AT THE LYNN STERN CENTER

4918 Cooper Road | Cincinnati, OH 45242

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



**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