



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY

**COMMUNITY IS STRONGER
THAN CANCER**



WHAT'S INSIDE

JULY/AUGUST 2024

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

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



Weekly Support Groups

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

PEOPLE LIVING WITH CANCER SUPPORT GROUP

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

FAMILY & FRIENDS SUPPORT GROUP

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

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

BREAST CANCER STAGE 1-3 SUPPORT GROUP

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

GENERAL CANCER CONNECTION GROUP

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

Open to anyone affected by cancer to connect with others & get support.

SURVIVORSHIP & BEYOND CONNECTION GROUP

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

For those who have completed their cancer treatment.

ENNEAGRAM WORKSHOP

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

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

BRAIN TUMOR CONNECTION GROUP

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

For patients or family and caregivers impacted by brain tumors, who live in Ohio & Kentucky, interested in giving and receiving support. *July Speaker: Elizabeth Shaughnessy, MD- The Importance of Movement/Exercise & Overview of Survivorship Services & Resources*

BREAST CANCER SURVIVORSHIP CONNECTION GROUP

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

The Breast Cancer Survivorship Connection Group is a professionally led support group providing information and peer support to patients who have completed active treatment for breast cancer. This meeting is open to anyone living in Ohio. In person alternates between Blue Ash & Christ Hospital.

OFFSITE July 17: The Christ Hospital Joint & Spine Center | 2139 Auburn Ave.45219

LIFE TRANSITIONS BEREAVEMENT SUPPORT

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

July will be July 17 & 24, no meeting on July 3)

For those who have lost a loved one to cancer.

PROSTATE CANCER CONNECTION & EDUCATION GROUPS

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

For men & their loved ones living with prostate cancer in Ohio & Kentucky. *July Speaker: Amber Michael, BSN, RN (Nurse Navigator with Christ Hospital)- "Meet Your Village" & Learn about Supportive Services Available*

YOUNG ADULT CONNECTION & SOCIAL GROUP

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

For any person ages 20-40 living with or supporting others with cancer.

METASTATIC STAGE IV BREAST CANCER SUPPORT GROUP

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

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

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

Education

TECHNOLOGY HELP DESK

Mondays in July, 11:00 AM - 1:00 PM: In Person

Join us at our Digital Sherpa® help desk where you will learn how to become more tech savvy and utilize the internet to find information about clinical trials, and how to explore resources and access information about your health online. The Digital Sherpa® program is designed to help individuals learn to use technology as a tool to help them through their cancer journey.

HEMP-BASED OTC CANNABINOIDS: THE HEALTHCARE PROFESSIONAL PERSPECTIVE

Monday, July 8, 6:00 PM - 7:30 PM: In Person

During this presentation, Dr. Rosenbaum will describe the history & legal regulation of cannabinoids in the USA, review Cannabinoid pharmacology, and discuss state regulation, pros/cons regarding available OTC formulations, quality, claimed indications.

EMERGING FROM THE HAZE

Tuesday, 10-Week Series Beginning July 9, 11:00 AM - 1:00 PM: Virtual

In partnership with UC Health, this is a workshop designed to help cancer survivors who are having trouble with cognitive functions, emotions, or other quality of life issues following cancer treatments.

CANCER TRANSITIONS (4 WEEK SERIES)

Tuesday, July 23 & 30 & August 13 & 20, 6:30 PM - 8:00 PM: Hybrid

Cancer Transitions is a 90-minute, four-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. *Attendance in all 4 sessions is required.*

DEBUNKING MYTHS ABOUT DIETARY SUPPLEMENTS

Monday, July 29, 6:00 PM - 7:00 PM: In Person

Join Dr. Cathy Rosenbaum, to discuss how to choose a high-quality dietary supplements. Dr. Rosenbaum will also review the Gut-Brain-Microbiome Axis & evidence-based indications/side effects/interactions for various dietary supplements.

LET'S TALK: A CHAT WITH THE EXPERTS

Monday, August 12, 6:00 PM - 7:30 PM: In Person

Join us for an interactive session where YOU lead the discussion with cancer care experts. Ask questions, share experiences, & shape the conversation on patient-centered care, treatment access, caregiver support, survivorship & so much more. *Light refreshments provided.*

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

SENIOR HOUSING 101

Thursday, August 15, 12:00 PM - 1:30 PM: In Person

Join Stuart Solomon as he guides you through the process of looking for senior housing. His presentation will help create a step-by-step pathway to better understanding what your insurance covers, what to look for in a senior community, & how to make the best choices for you and your loved ones. *Lunch will be provided.*

IMMUNIZATION INSIGHTS: THE ROLE OF VACCINES IN CANCER CARE

Thursday, August 22, 6:30 PM - 7:30 PM: Hybrid

Join CSC for this informative presentation on vaccines for National Immunization Awareness Month. In this presentation, Dr. Melissa Erickson, to address the benefits, safety, & scheduling immunizations for cancer survivors both in active cancer treatment & those who are post-treatment.

New to CSC?

Join us for Connect to Community!

2nd Thursday at 10 AM Virtually

4th Tuesday at 2 PM In-New to CSC?

A great way to learn more about all CSC's free programs!



Cooking-Nutrition

COOKING FOR WELLNESS: PANTRY FINDS

Saturday, July 20, 11:00 AM - 1:00 PM: In Person

Pantry Finds is a cooking class that focuses on bringing out your inner chef. Chef Theresa will use recipes that upcycle what you have available in your kitchen. We will utilize fresh produce that is in season as well as explore container gardening at your home. Let's grow what we eat!

SLICE, SIZZLE, SAVOR: A PIZZA COOKING EXTRAVAGANZA

Wednesday, July 24, 1:30 PM - 3:30 PM: In Person

Discover the secrets to perfect homemade pizza in our interactive cooking demo. From dough to toppings, unlock the art of crafting delicious pies that will tantalize your taste buds!

COOKING FOR WELLNESS: SUMMER HARVEST

Thursday, August 22, 6:00 PM - 8:00 PM: In Person

If foods like berries, tomatoes, zucchini, and peaches are filling your kitchen, join Chef Rhonda as she demonstrates and samples easy and nutritious recipes to use up that delicious bounty!

OFFSITE: Findlay Market Demo Kitchen | 1719 Elm Street, 45202

COOKING FOR WELLNESS: SEASONAL SALADS OF SUMMER

Saturday, August 24, 11:00 AM - 1:00 PM:

Join Registered Dietitian, Lisa Andrews to tantalize your taste buds with interesting salads from the season's freshest ingredients.

Healthy Lifestyles

CHAIR YOGA

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

ART OF LIVING MEDITATION

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

CALMING YOGA FOR YOU

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

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

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

LINE DANCING

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

ZUMBA- INSPIRED DANCE

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

YOGA FOR WELLBEING

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

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

HEALTHY STEPS: LEBED - LYMPHEDEMA PREVENTION

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

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

RESET. REVIVE. RENEW: YOGA FOR ALL LEVELS

Wednesday, July 10 & Thursdays, July 25 & August 8 & 22, 6:30 PM-7:30 PM: In Person

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

STRENGTH TRAINING

Thursday, July 18 & August 1, 6:30 PM - 7:30 PM: In Person

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

GROUP EMPOWERMENT DRUMMING FOR SURVIVORS' WELLNESS

Thursdays, 6-Week Series Beginning July 18, 6:30 PM - 7:30 PM: In Person

HealthRHYTHMS® is offered by facilitators Cincinnati Music and Wellness Coalition. It is a fun group drumming program shown to help strengthen the immune system, reduce stress, improve mood, and promote creativity and bonding. Offered in partnership with UC Health.

PILATES & RELAXATION

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

Healthy Lifestyles

REIKI SHARE & MINI SESSIONS

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

REIKI ENERGY RENEWAL

2nd Friday, Session 1, 6:00 PM- 7:00 PM & Session 2, 7:00 PM - 8:00 PM: In Person

TAI CHI

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

SOUND MEDITATION

Thursday, August 8, 12:00 PM - 1:00 PM: In Person

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

NATURE JOURNALING: NOTICING & DOCUMENTING WITH FRESH EYES

Saturday, August 17, 10:00 AM - 12:00 PM: In Person

Unwind and connect with nature through this relaxing and enjoyable process of documenting the natural world through sketches, poems, and notes.

Offsite: Address will be provided to those who register to attend.

Art - Family - Social

CHAT & CRAFT

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

COFFEE CHAT

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

COMMUNITY BINGO

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

COURAGE CAPS

Fourth Tuesdays, 11:00 AM - 3:00 PM: In Person

The Courage Caps project, sponsored by Teal Loving Care, is a program aimed at encouraging and caring for Women with cancer. Courage Caps are distributed to women who are dealing with hair loss due to cancer treatment. You do not need to know how to sew in order to help! In addition to those who sew, volunteers are needed to cut out fabric, iron and package completed caps. **Feel free to pack a lunch!**

CRAFT CLASS: YARN WALL HANGING

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

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

FAMILY CRAFT CLASS: PAINTING FOR A BRIGHTER FUTURE

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

Join MSW interns Ashleigh & Holly to actively engage in painting and decorating clay flowerpots and once dried will add soil and daffodil seeds.

CREATIVITY & CRAFTING

Thursday, July 18, 12:30 PM - 2:30 PM: In Person

Join CSC staff for a fun, afternoon of creativity & crafting! There will be stations set up around the building for you to get your craft on!

COLORFUL CREATIONS: TIE DYE & ROCK PAINTING WORKSHOP *FAMILY PROGRAM*

Thursday, July 25, 1:00 PM - 3:00 PM: In Person

Dive into creativity with our Tie Dye & Rock Painting Workshop! Discover vibrant techniques and craft unique masterpieces to take home. Fun for all ages! **Please bring something to dye, we will provide socks.**

CRAFT CLASS: SCRAPBOOK PAPER BIRDS

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



CRAFT CLASS: CANVAS PAINTING

Monday, August 19, 6:00 PM - 7:00 PM: In Person

Join us for fun and refreshments as we create a beautiful acrylic painting on canvas! No experience necessary & materials will be provided.

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

July 2024 | Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Technology Help Desk 1:00p Watercolor Fun 5:30p Calming Yoga for You	2 5:30p Healthy Steps 6:30p Enneagram	3 Independence Day Observed-Closed	4 Independence Day Observed-Closed	5 Independence Day Observed-Closed	6 Independence Day Observed-Closed
8 10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Technology Help Desk 5:30p Calming Yoga for You 6:00p Craft Class: Yarn Wall Hanging @ Walnut Hills Library 6:00p Hemp-Based OTC Cannabinoids 6:30p Survivorship & Beyond Connection Group	9 11:00a Emerging from the Haze 5:30p Healthy Steps 7:00p PanCan	10 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Healthy Steps 12:00p Tai Chi 6:30p Reset. Revive. Renew @ Walnut Hills Library 7:00p Prostate Cancer Group 7:00p Reiki	11 10:00a Connect to Community: CSC Orientation 11:00a Coffee Chat 12:00p Sound Meditation 3:00p Bingo 4:00p Zumba-Inspired Dance 5:30p Chair Yoga 6:30p Young Adult Connection Group	12 6:00p Reiki Energy Renewal- Session 1 7:00p Reiki Energy Renewal- Session 2	13 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
15 10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Technology Help Desk 3:00p Painting for a Brighter Future 5:30p Calming Yoga for You	16 11:00a Emerging from the Haze 5:30p Healthy Steps	17 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Healthy Steps 12:00p Tai Chi 6:30p Life Transitions 6:30p Brain Tumor Group 6:30p Breast Cancer Survivorship Connection Group @ The Christ Hospital	18 11:00a Coffee Chat 12:30p Creativity & Crafting 3:00p Bingo 4:00p Line Dancing 5:30p Chair Yoga 6:30p IMF Multiple Myeloma 6:30p Strength Training @ Walnut Hills Library 6:30p Group Empowerment Drumming	19	20 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 11:00a Cooking for Wellness: Pantry Finds
22 10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Technology Help Desk 5:30p Calming Yoga for You 6:30p General Cancer Connection Group	23 11:00a Courage Caps 11:00a Emerging from the Haze 2:00p Connect to Community: CSC Orientation 5:30p Healthy Steps 6:30p Cancer Transitions	24 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Healthy Steps 12:00p Tai Chi 1:30p Slice, Sizzle, Savor: A Pizza Cooking Extravaganza	25 11:00a Coffee Chat 1:00p Colorful Creations: Tie Dye & Rock Painting 3:00p Bingo 4:00p Zumba-Inspired Dance 5:30p Chair Yoga 6:30p Reset. Revive. Renew @ Walnut Hills Library 6:30p Group Empowerment Drumming	26	27 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
29 10:00a Calming Yoga @ West Chester Presbyterian Church 5:30p Calming Yoga for You 6:00p Debunking Myths About Dietary Supplements	30 11:00a Emerging from the Haze 5:30p Healthy Steps 6:30p Cancer Transitions	31 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Healthy Steps 12:00p Tai Chi 7:00p Prostate Education Group	 <p>Pizza Cooking Extravaganza Wed. July 24 at 1:30 pm</p>		 <p>Empowerment Drumming Thurs. July 18 at 6:30 pm</p>

Registration requested for all programs.



Online event



In person event

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



August 2024 | Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 <p>Mon. Aug 12 Let's Talk: A Chat With The Experts 6:00 PM</p>	 <p>Thurs. Aug. 22 Cooking at Findlay Market: Summer Harvest 6:00 PM</p>		<p>1</p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p> <p>6:30p Strength Training @ Walnut Hills Library </p> <p>6:30p Group Empowerment Drumming </p>	<p>2</p>	<p>3</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p>
<p>5</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>5:30p Calming Yoga for You </p>	<p>6</p> <p>11:00a Emerging from the Haze </p> <p>5:30p Healthy Steps </p> <p>6:30p Enneagram </p>	<p>7</p> <p>9:30a Chat & Craft </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>12:00p Metastatic Stg IV Breast Cancer @ Christ </p> <p>6:30p Life Transitions </p>	<p>8</p> <p>10:00a Connect to Community: CSC Orientation </p> <p>12:00p Sound Meditation </p> <p>3:00p Bingo </p> <p>4:00p Zumba- Inspired Dance </p> <p>5:30p Chair Yoga </p> <p>6:30p Young Adult Connection Group </p> <p>6:30p Group Empowerment Drumming </p> <p>6:30p Reset. Revive. Renew @ Walnut Hills Library </p>	<p>9</p> <p>6:00p Reiki Energy Renewal- Session 1 </p> <p>7:00p Reiki Energy Renewal- Session 2 </p>	<p>10</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p>
<p>12</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>3:00p Craft Class: Scrapbook Paper Birds </p> <p>5:30p Calming Yoga for You </p> <p>6:00p Let's Talk: A Chat with the Experts @ Walnut Hills Library </p> <p>6:30p Survivorship Group </p>	<p>13</p> <p>11:00a Emerging from the Haze </p> <p>5:30p Healthy Steps </p> <p>6:30p Cancer Transitions </p> <p>7:00p PanCan </p>	<p>14</p> <p>9:30a Chat & Craft </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>7:00p Prostate Cancer Group </p> <p>7:00p Reiki </p>	<p>15</p> <p>12:00p Senior Housing 101 </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p> <p>6:30p IMF Multiple Myeloma </p> <p>6:30p Group Empowerment Drumming </p>	<p>16</p>	<p>17</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p> <p>10:00a Nature Journaling @ Broadwell Center </p>
<p>19</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>5:30p Calming Yoga for You </p> <p>6:00p Craft Class: Canvas Painting @ Walnut Hills Library </p>	<p>20</p> <p>11:00a Emerging from the Haze </p> <p>5:30p Healthy Steps </p> <p>6:30p Cancer Transitions </p>	<p>21</p> <p>9:30a Chat & Craft </p> <p>10:00a Pilates & Relaxation </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>6:30p Life Transitions </p> <p>6:30p Brain Tumor Connection Group </p> <p>6:30p Breast Cancer Survivorship Connection Group </p>	<p>22</p> <p>3:00p Bingo </p> <p>4:00p Zumba- Inspired Dance </p> <p>5:30p Chair Yoga </p> <p>6:00p Cooking for Wellness: Summer Harvest @ Findlay Market </p> <p>6:30p Reset. Revive. Renew @ Walnut Hills Library </p> <p>6:30p Group Empowerment Drumming </p> <p>6:30p Immunization Insights </p>	<p>23</p>	<p>24</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: Seasonal Salads of Summer </p>
<p>26</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>5:30p Calming Yoga for You </p> <p>6:30p General Cancer Connection Group </p>	<p>27</p> <p>11:00a Courage Caps </p> <p>11:00a Emerging from the Haze </p> <p>2:00p Connect to Community: CSC Orientation </p> <p>5:30p Healthy Steps </p>	<p>28</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>10:00a Pilates & Relaxation </p> <p>12:00p Tai Chi </p> <p>1:30p Cost of Care </p> <p>7:00p Prostate Cancer Group </p>	<p>29</p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p>	<p>30 31</p> <p>LABOR DAY</p> <p>Offices closed</p> 	

Registration requested for all programs.

 Online event

 In person event

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



Healthy Lifestyles - Cooking - Art

RESTORATIVE YOGA

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

YCAT: YOGA THERAPY IN CANCER

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

MEDITATION WITH MEENA

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

MOVING FOR LIFE

Saturday, July 13 & August 3, 10:45 AM - 11:45 AM: In Person

SATURDAY FLOURISH FOOD SERIES WITH CHEF RHONDA

Saturdays, July 13 & August 3 12:00 PM- 2:00 PM: In Person

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

COOKING WITH INCUBATOR KITCHEN COLLECTIVE

Wednesdays, July 10 & August 14, 11:15 AM - 1:15PM: In Person

WRITING WITH INTENTION: A MINDFUL JOURNALING EXPERIENCE

Thursday, August 1, 10:00 AM - 12:00 PM: In Person

Create your own Journal and then learn about mindfulness as you write using provided prompts.

CRAFT CLASS: RAG WREATH

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

Join us in making wreaths using scrap fabric.

CRAFT CLASS: PHOTO COASTERS

Thursday, August 22, 10:00 AM - 12:00 PM: In Person

Add photos to ceramic tiles to make drink coasters! Please bring a printout of the photo you'd like to use or email to srichards@cancer-support.org.

Group Support - Education - Social

HELPING EACH OTHER BREAST CANCER GROUP

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

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

GENERAL CANCER CONNECTION GROUP

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

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

BONE HEALTH ESSENTIALS

Wednesday, July 24, 3:00 PM - 4:00 PM : Hybrid

Join Mallory Mosko, PA-C, of St. Elizabeth, for this informative session dedicated to understanding and improving your bone health.

PAWS AND UNWIND WITH PET PARTNERS OF GR. CINCINNATI

Friday, August 16, 11:15 AM - 12:15 PM : In Person

End your week with a visit from animals from Pet Partners of Greater Cincinnati! Interact, pet, and play while learning about the therapeutic benefits of animal-assisted interactions, or get a photo with the pets in our special photo booth!.

SOCIAL SCOOP UP: ICE CREAM SOCIAL

Friday, July 19, 1:00 PM - 2:00 PM : In Person

Join us for a delightful afternoon of cool treats and warm company at our Ice Cream Social! Indulge in a variety of delicious ice cream flavors and toppings as you mingle with fellow members of our community.

BACKYARD BASH

Saturday, August 10, 11:00 AM - 1:00 PM: In Person

Step back into the era of the Wild West at our thrilling Northern Kentucky Backyard Bash! Dust off your cowboy boots and saddle up for a rip-roaring adventure through a landscape straight out of the frontier days. Enjoy samplings of our healthy lifestyle programs, food, games, crafts and more! Round up the whole family, and come on down!

Eastgate Programs

CSC @ Mercy Health Medical Building

601 Ivy Gateway | Cincinnati, OH, 45245

Healthy Lifestyles - Art - Social

YOGA WELLNESS

Wednesday, July 17 & August 21, 2:00 PM - 3:00 PM: In Person

DANCING THROUGH THE AGES

Wednesday, July 17, 12:00 PM - 1:00 PM: In Person

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

HEALTHY STEPS

Wednesday, August 21, 1:00 PM - 2:00 PM: In Person

CRAFT CLASS: PAPER WREATH

Thursday, July 11, 3:00 PM - 4:00 PM: In Person

CRAFT CLASS: PAINTED ROCK CACTUS

Wednesday, July 17, 10:00 AM - 11:30 PM: In Person

CRAFT CLASS: SUN CATCHERS

Friday, August 9, 1:00 PM - 2:00 PM: In Person

CRAFT CLASS: FLOWER POT PAINTING

Thursday, August 15, 3:00 PM - 4:00 PM

Social - Cooking - Education

NATURE CENTER LUNCH & WALK

Thursday, July 11, 12:00 PM - 2:00 PM: In Person

Pack your lunch and join us at the Cincinnati Nature Center!

EMPOWERING WELLNESS: MANAGING SIDE EFFECTS DURING AND AFTER TREATMENT

Wednesday, July 17, 3:00 PM - 4:00 PM: Hybrid

Join Kim Mullins, DNP, APRN-CNP, AOCNP of OHC as she discusses common side effects such as fatigue, nausea, hair loss, and changes in appetite, and how to cope with them effectively.

BACKYARD BASH AND CAR SHOW



Saturday, July 27, 11:00 AM - 1:00 PM: In Person

Join us for this fun, family-friendly event, our second annual CSC Classic and Custom Car Show! Trophies given for "kids choice award" in the car and "kiddie car" categories. There will be carnival games, pizza, crafts, and music!

NATURE CENTER WALK

Friday, August 9, 10:00 AM - 12:00 PM: In Person

July/August 2024 | NKY & EASTGATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:30p HEO Breast Cancer Group	2 10:30a YCAT Yoga 11:45 Dancing with Ponies	3 Independence Day Observed-Closed	4 Independence Day Observed-Closed	5 Independence Day Observed-Closed	6 Independence Day Observed-Closed
8	9 10:30a YCAT Yoga 11:45a Meditation with Meena 6:30p General Connection Group	10 11:15a Cooking with Incubator Kitchen	11 12:00p Nature Center lunch & walk 3:00p Craft Class: Paper Wreath @ East	12 10:00a Restorative Yoga	13 10:45a Moving For Life 12:00p Flourish Food Series with Chef Rhonda
15	16 10:30a YCAT Yoga 11:45 Dancing with Ponies	17 10:00a Craft Class: Painted Rock Cactus @ East 12:00p Dancing @ East 2:00p Yoga Wellness @ East 3:00p Managing Side Effects @ East	18	19 10:00a Restorative Yoga 11:00a Craft Class: Rag Wreath 1:00p Ice Cream Social	20
22	23 10:30a YCAT Yoga 11:45a Meditation with Meena	24 3:00p Bone Health Essentials	25	26 10:00a Restorative Yoga	27 11:00a Backyard Bash and Car Show @ East
29	30 10:30a YCAT Yoga	31	August 1 10:00a Writing with Intention: Mindful Journaling Experience 1:30p Tai Chi Flow	2 10:00a Restorative Yoga	3 10:45a Moving for Life 12:00p Saturday Flourish Food Series with Chef Rhonda
5 6:30p HEO Breast Cancer Group	6 10:30a YCAT Yoga 12:00p People Mapping Collage	7	8 1:30p Tai Chi Flow	9 10:00a Restorative Yoga 10:00a Nature Center Walk @ East 1:00p Craft Class: Sun Catchers @ East	10 11:00a Backyard Bash
12	13 10:30a YCAT Yoga 11:45a Meditation with Meena 6:30p General Cancer Connection Group	14 11:15a Cooking with Incubator Kitchen	15 3:00p Craft Class: Flower Pot Painting @ East 1:30p Tai Chi Flow	16 10:00a Restorative Yoga 11:15a Paws and Unwind	17
19	20 10:30a YCAT Yoga	21 1:00p Healthy Steps @ East 2:00p Yoga Wellness @ East	22 10:00a Craft Class: Photo Coasters 1:30p Tai Chi Flow	23 10:00a Restorative Yoga	24
26	27 10:30a YCAT Yoga 11:45a Meditation with Meena	28	29 1:30p Tai Chi Flow	30 LABOR DAY Offices closed	
			WED. July 17 WED. August 21 Craft - Cooking - Dancing Healthy Steps - Yoga		SAT. 7/27 Backyard Bash and Car Show at Eastgate
					SAT. 8/10 Backyard Bash at N. Kentucky

About CSC



AT THE LYNN STERN CENTER

4918 Cooper Road | Cincinnati, OH 45242


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WE BELIEVE COMMUNITY IS STRONGER THAN CANCER.

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


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

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

 (513) 791-4060

 MyCancerSupportCommunity.org

 info@cancer-support.org

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

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

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

CELEBRATE CANCER SURVIVORSHIP ALL SUMMER LONG!

Bring family & friends for our fun free events!

Enter your car!

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

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

SAT. JULY 27

BACKYARD BASH

Eastgate

11:00am-1:00pm

Car Show - Giveaways
Food - Games - Crafts

SAT. AUGUST 10

BACKYARD BASH

Northern Kentucky

11:00am-1:00pm

Fun activities - Food -
Games - Giveaways - Music

CSC brings the Wild West to Backyard Bash!

This year we'll have country line dancing, giveaways and a pianist! There's something for everyone!