



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



# WHAT'S INSIDE

## JULY/AUGUST 2026

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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 Caitlin Drouillard-Ahlrichs, LMSW at 513-791-4060. Groups are professionally facilitated, confidential, and 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 Wednesdays, 12:00 PM - 2:00 PM: In Person

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

*OFFSITE: Christ Hospital Joint & Spine Center, 6<sup>th</sup> Floor | 2139 Auburn Ave. 45219*

### BRAIN CANCER CONNECTION GROUP

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

Open to brain cancer survivors or caregivers. See website for more details.

### 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.

### LUNG CANCER CONNECTION GROUP

3rd Thursdays, 1:30 PM - 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, 6:30 PM - 8:30 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 & loved ones. *Offered every other month. Offered August 20th.*

### GENERAL CANCER CONNECTION GROUP

3rd Mondays, 6:00 PM - 8:00 PM: In Person

For anyone with cancer into long-term survivorship, caregivers, and loved ones.

### BREAST CANCER SURVIVORSHIP CONNECTION GROUP

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

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

More Support & Connection Groups 



### PRISM OF HOPE: LGBTQ+ CANCER SUPPORT GROUP

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

A warm & inclusive environment for those in the queer community affected by cancer. This group is designed for LGBTQ+ individuals to connect with others who have shared experiences, provide support, & build community.

*OFFSITE: The TreeHouse Cincinnati | 103 William Howard Taft Rd 45219*

### SISTERS CIRCLE: CONNECTION FOR WOMEN OF COLOR

2nd Wednesdays, 6:30 PM - 8:00 PM: In Person

Created for women of color to connect with others who share similar lived experiences, offer support, & build community. Come as you are to share, listen, & find strength together in a relaxed, judgment free space where your voice & experience truly matter.

*OFFSITE: Legacies Upscale Resale | 3854 Paxton Ave. 45209*

## Education - Cooking

### THE A TO ZZZ'S OF SLEEP HEALTH

Thursday, July 9, 6:00 PM - 7:30 PM: Hybrid

Dr. Cathy Rosenbaum shares on the stages of the sleep cycle, causes for insomnia, & pros/cons of medications, supplements, nutrition, and lifestyle choices to improve sleep.

### COOKING FOR WELLNESS: IT'S PEACH TIME

Thursday, July 9, 6:30 PM - 8:30 PM: In Person

Chef Rhonda shows off her favorite fruit in all of its juicy versatility. Leave the class armed with recipes & samples to get you inspired for all the picnics & summer suppers!

*Offsite: Findlay Market Demo Kitchen: 1719 Elm Street, Cincinnati, OH, 45202*

### COOKING FOR WELLNESS: COOL DISHES FOR HOT DAYS

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

Chef Mona Bronson Fuqua prepares dishes that aren't a long time in a hot kitchen!



### HOW MONEY WORKS - MEN ONLY

Wednesday, July 15, 5:00 PM - 6:00 PM: In Person

Financial literacy workshop focused on empowering men with the knowledge, tools, & confidence to make informed financial decisions & build a stronger future for themselves & their families. *In collaboration with Wealthwave Team-World Financial Group.*

### CHIROPRACTIC NERVOUS SYSTEM CARE FOR STRESS RELIEF

Wednesday, July 22, 1:30 PM - 2:30 PM: In Person

Dr. Jayden Armstrong of Momentum Chiropractic discussed how chiropractic care helps by directly impacting nervous systems, identify how to manage stressors on your body, & also answer any questions regarding chiropractic care & how it can best benefit you.

### BUILD YOUR OWN SALAD JARS

Wednesday, August 5, 2:00 PM - 3:30 PM: In Person

Learn how to prepare easy, on-the-go salad jars (with vegetarian & gluten-free options).

### STEP INTO CINCINNATI HISTORY

Monday, August 10, 9:00 AM - 10:00 AM: In Person

Local cemetery docent leads a walk through Walnut Hills Cemetery - learn about local history & get our steps in along the way! Please park right by the front entrance gate.

*Offsite: Jewish Cemeteries of Greater Cincinnati Walnut Hills Cemetery | 3400 Montgomery Road, Cincinnati, Ohio 45207*

### COOKING FOR WELLNESS: LOW RISK/HIGH REWARD DESSERTS

Saturday, August 15, 11:00 AM - 1:00 PM: In Person

Chef Rhonda demonstrates a few sweet treats that are kind to your glucose levels, while still satisfying those cravings.

### WOMEN'S PELVIC FLOOR PRESENTATION

Monday, August 31, 5:00 PM - 6:30 PM: In Person

Dr. Lisa Kelly, Physical Therapist trained in Pelvic Floor rehabilitation, provides an overview of pelvic floor muscles & their role in bladder, bowel, sexual, & core function.

### 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 free 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

### GROOVE & RHYTHM LINE DANCING

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

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

Tuesdays, 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

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

1st & 3rd Thursdays, 5:30 PM - 6:30 PM: In Person

### 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

### GUIDED IMAGERY WITH CHRIS POPA

3rd Tuesdays, 1:00 PM - 2:00 PM: In Person

### MEN'S MORNING MILES

Mondays Beginning May 11<sup>th</sup>, 11:00 AM - 12:00 PM: In Person

Take a walk with other men and enjoy the outdoors with a community.

Offsite: Swaim Park | 7650 Cooper Rd. 45242

### YOGA: LEAVE YOUR STRESS & TENSION ON THE MAT

3rd Wednesdays, 7:00 PM - 8:00 PM: In Person

Offsite: Ault Park | 5090 Observatory Circle, Cincinnati, OH 45208

### A GENTLE PATH: LABRYINTH EXPERIENCE

Thursday, July 30, 1:00 PM - 2:30 PM: In Person

This gathering offers a quiet, supportive space where you can slow down, take a breath, & reconnect with yourself through the gentle practice of labyrinth walking.

## 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

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

### COURAGE CAPS: SPONSORED BY TEAL LOVING CARE

4th Tuesdays, 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, and package.

### LIGHT UP THE SKY PAINTING

Monday, July 6, 3:00 PM - 4:30 PM: In Person

Myrna leads painting a city skyline & fireworks, embellishing with sparkling beads.

More Art - Family - Social 



### BUNCO NIGHT

Friday, July 10, 5:30 PM - 7:30 PM: In Person

A fun, social night playing Bunco! There will be food, music, prizes, & tons of fun!

### PATRIOTIC TABLE DECORATION

Monday, July 13, 3:00 PM - 4:30 PM: In Person

Celebrate the 250th birthday of our nation by decorating patriotic mason jars.

### COMMUNITY BOOK CLUB

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

Provides a welcoming space for members to connect, share perspectives, & enjoy meaningful conversations. Call 513-791-4060



### SUMMER FUN SERIES

Fridays, Beginning July 17<sup>th</sup>, 5:00 PM - 7:00 PM: In Person

Friday family fun! Each Friday holds a different activity, check the website for info!

### MIXED MEDIA BOTANICAL PAINTING

Monday, July 20, 3:00 PM - 4:30 PM: In Person

Create a botanical painting with pinecones transformed into blooming flowers.

### WELCOME SIGN DECORATING

Monday, July 27, 3:00 PM - 4:30 PM: In Person

Decorate a personalized welcome sign for your front door or entryway!



### PASTA NIGHT

Wednesday, July 29, 4:30 PM - 6:00 PM: In Person

An all ages community dinner of pasta, garlic bread, & salad! We will have vegetarian & gluten-free options! Come for the food, stay for the community!



### NATIONAL WATERMELON DAY

Monday, August 3, 3:00 PM - 4:30 PM: In Person

Celebrate National Watermelon Day as we show you a few ways to enjoy watermelon while also creating a summery watermelon decoration for your home or office!

### PRESSED BLOOMS PANEL

Monday, August 10, 3:00 PM - 4:30 PM: In Person

Press dried flowers between panels of glass to create a mini botanical garden.



### BREWS & BREAKTHROUGHS

Wednesday, August 12, 6:00 PM - 7:00 PM: In Person

Pull up a chair, grab a drink, & join us for a relaxed, **men-only** conversation with Dr. Kurian from St. Elizabeth. This isn't a lecture. It's a chance to talk honestly about what it's like to navigate cancer as a man.

Offsite: West Sixth Brewery | 100 W 6<sup>th</sup> St., Covington, KY 41011

### DRAGONFLIES & FIREFLIES

Monday, August 17, 3:00 PM - 4:30 PM: In Person

Paint dragonflies on bottles & add fairy light to create sparkle.



### CHILI COOK-OFF

Wednesday, August 19, 1:30 PM - 3:30 PM: In Person

Join us for a summer Chili Cook-Off! Enter as a participant with your famous chili or just come by to taste all the entries! Help us pick a winner & crown them as CSC Chili Royalty!



### PUPPY PLAYDATE

Wednesday, August 26, 1:30 PM - 2:30 PM: In Person

Celebrate National Dog Appreciation Day with CSC by bringing your pup for a playdate in the back garden! We will have "pup cups" for the dogs & light snacks for the humans!

### BUTTON BLOSSOMS

Monday, August 31, 3:00 PM - 4:00 PM: In Person

Create beautiful blooming pictures with buttons.

## BREWS & BREAKTHROUGHS

with Dr. Kurian of St. Elizabeth

### WEDNESDAY, AUGUST 12 | 6PM

West Sixth Brewing | Covington, KY



# July 2026: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Yoga @ Ault Park</b> 7/15 &amp; 8/19</p>  <p><i>*bring your own mat</i></p>		<p>9:30a Chat &amp; Craft <b>1</b></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>11:00a Coffee Chat <b>2</b></p> <p>1:30p Bingocize</p> <p>3:00p Bingo</p> <p>4:15p Groove &amp; Rhythm Line Dance</p> <p>5:30p Healthy Steps</p>	<p><b>3</b></p> <p>CSC Closed - Independence Day Observed</p>	<p><b>4</b></p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church <b>6</b></p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Light Up the Sky Painting</p> <p>5:30p Calming Yoga</p>	<p>1:30p Bingocize <b>7</b></p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p> <p>6:30p Enneagram</p>	<p>9:30a Chat &amp; Craft <b>8</b></p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>6:30p Sisters Circle @ Legacies Upscale Resale</p> <p>7:00p Prostate Cancer Information Group</p> <p>7:00p Reiki Healing</p>	<p>11:00a Coffee Chat <b>9</b></p> <p>1:30p Bingocize</p> <p>3:00p Bingo</p> <p>4:15p Groove &amp; Rhythm Line Dance</p> <p>5:30p Chair Yoga</p> <p>6:00p The A to Zzz's of Sleep Health</p> <p>6:30p Cooking for Wellness: It's Peach Season @ Findlay Market Demo Kitchen</p>	<p><b>10</b></p> <p>5:30p Bunco Night</p>	<p><b>11</b></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 <b>13</b></p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Patriotic Table Decoration</p> <p>5:30p Calming Yoga</p>	<p><b>14</b></p> <p>1:30p Community Book Club</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>	<p>9:30a Chat &amp; Craft <b>15</b></p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>2:00p Cooking for Wellness: Cool Dishes for Hot Days</p> <p>5:00p How Money Works-Men Only</p> <p>6:30p Breast Cancer Survivorship Group</p> <p>6:30p Life Transitions</p> <p>6:30p Brain Cancer Connection Group (Virtual Only)</p> <p>6:30p Prism of Hope: LGBTQ+ Support Group @ TreeHouse Cinc</p> <p>7:00p Yoga: Leave Your Stress &amp; Tension on the Mat @ Ault Park</p>	<p>11:00a Coffee Chat <b>16</b></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>5:30p Healthy Steps</p> <p>6:30p IMF Multiple Myeloma</p>	<p><b>17</b></p> <p>5:00p Summer Fun Series : Grill Out</p>	<p><b>18</b></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 <b>20</b></p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Mixed Media Botanical Painting</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p> <p>6:00p General Cancer Connection Group</p>	<p><b>21</b></p> <p>1:00p Guided Imagery</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>	<p><b>22</b></p> <p>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>1:30p Chiropractic Nervous System Care for Stress Relief</p>	<p><b>23</b></p> <p>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><b>24</b></p> <p>5:00p Summer Fun Series: Movie Night</p>	<p><b>25</b></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 <b>27</b></p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Groove &amp; Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Welcome Sign Decorating</p> <p>5:30p Calming Yoga</p>	<p><b>28</b></p> <p>11:00a Courage Caps</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>5:00p Groove &amp; Rhythm Line Dance @ Corinthian Baptist Church</p>	<p><b>29</b></p> <p>9:30a Chat &amp; Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>4:30p Pasta Night!</p> <p>7:00p Prostate Cancer Education Group</p>	<p><b>30</b></p> <p>11:00a Coffee Chat</p> <p>2:00p A Gentle Path: Labyrinth Experience</p> <p>3:00p Bingo</p> <p>4:15p Groove &amp; Rhythm Line Dance</p>	<p><b>31</b></p> <p>5:00p Summer Fun Series : Karaoke &amp; Dessert</p>	<p><b>NEW TO CSC?</b></p> <p>Join <b>Connect To Community</b> on the <b>4<sup>th</sup> WED</b> of each month to learn more!</p>

Registration requested for all programs.

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



# August 2026: Blue Ash, Offsite & Virtual

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**Cooking For Wellness:  
Low Risk/High Reward  
Desserts  
with Chef Rhonda**

**8/15 @ 11AM**



**ALL AGES  
SUMMER  
FUN  
SERIES**

**FRIDAYS 7/17 - 8/21**

<b>1</b>	10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
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<b>3</b>	10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Men's Morning Miles @ Swaim Park 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p National Watermelon Day! Craft & Snack 5:30p Calming Yoga
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<b>4</b>	2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 6:30p Enneagram
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<b>5</b>	9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital 2:00p Build Your Own Salad Jars 6:30p Life Transitions
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<b>6</b>	11:00a Coffee Chat 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps
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<b>7</b>	5:00p Summer Fun Series: Hula Hoop Craft & Learn
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<b>8</b>	10:00a Art of Living Meditation
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<b>10</b>	9:00a Step into Cincinnati History @ Jewish Cemeteries 10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Men's Morning Miles @ Swaim Park 3:00p Pressed Blooms Panel 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga for You
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<b>11</b>	1:30p Community Book Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 7:00p PanCan
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<b>12</b>	9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 6:00p Brews & Breakthroughs *Men Only* @ West Sixth Brewing 6:30p Sisters Circle @ Legacies Upscale Resale 7:00p Prostate Cancer Information Group 7:00p Reiki Healing
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<b>13</b>	11:00a Coffee Chat 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga
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<b>14</b>	5:00p Summer Fun Series: S'mores Bonfire Night
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<b>15</b>	10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 11:00a Cooking for Wellness: Low Risk/ High Reward Desserts
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<b>17</b>	10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Men's Morning Miles @ Swaim Park 3:00p Dragonflies & Fireflies 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga for You 6:00p General Cancer Connection Group
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<b>18</b>	1:00p Guided Imagery 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church
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<b>19</b>	9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 1:30p Chili Cook-Off 6:30p Breast Cancer Survivorship Connection Group 6:30p Life Transitions 6:30p Brain Cancer Connection Group (Virtual Only) 6:30p Prism of Hope: LGBTQ+ Cancer Support Group @ TreeHouse Cinci 7:00p Yoga: Leave Your Stress & Tension on the Mat @ Ault Park
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<b>20</b>	11:00a Coffee Chat 1:30p Lung Cancer Group @ Christ 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps 6:30p IMF Multiple Myeloma 6:30p Ostomy Group 7:00p PanCan Caregiver Group
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<b>21</b>	5:00p Summer Fun Series: Adults Only: Bounce House & Bubbly
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<b>22</b>	10:00a Art of Living Meditation
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<b>24</b>	10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Men's Morning Miles @ Swaim Park 5:30p Calming Yoga for You
<b>31</b>	10:00a Calming Yoga @ West Chester Presbyterian Church 11:00a Men's Morning Miles @ Swaim Park 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Button Blossoms 5:00p Women's Pelvic Floor Presentation 5:30p Calming Yoga for You

<b>25</b>	11:00a Courage Caps 2:00p Calming Yoga for You @ TriHealth Pavilion
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<b>26</b>	9:30a Chat & Craft 10:00a Connect to Community 10:30a Healthy Steps 12:00p Tai Chi 1:30p Puppy Playdate 7:00p Prostate Cancer Education Group
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<b>27</b>	11:00a Coffee Chat 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga
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<b>28</b>	
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<b>29</b>	10:00a Art of Living Meditation
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Registration requested for all programs.

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



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

### RESTORTATIVE YOGA

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

### YCAT: YOGA THERAPY IN CANCER

**Tuesdays & 1st & 3rd Thursdays 10:30 AM - 11:45 AM: Hybrid**

### MEDITATION WITH MEENA

**2nd Tuesdays, 12:00 PM - 1:00 PM: Hybrid**

### STRENGTH TRAINING

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

### TAI CHI

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

### WALKING CLUB

**4th Fridays, 11:30 AM - 12:30 PM: In Person**

## Cooking - Social - Art - Education

### FLOURISH FOOD SERIES

**1st & 3rd Fridays, 11:30 AM - 1:30 PM: In Person**

Chef Rhonda from Flourish Culinary Services prepares meals that nourish & empower. Tastings & recipes will be provided. *Due to holidays, class on July 10<sup>th</sup>.*

### COOKING FOR WELLNESS WITH INCUBATOR KITCHEN

**4th Tuesdays 12:00 PM - 1:30 PM: In Person**

With Incubator Kitchen & St. Elizabeth - join us for a cooking demo & samples!

### TREAT YOURSELF TUESDAY IN FT. THOMAS

**Tuesday, July 7, 11:00 AM - 1:00 PM: In person**

At the Ft. Thomas Cancer Center learn more about CSC & take home a free goody bag packed with useful information and a creative craft activity!

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

### CANDLE WREATH WORKSHOP

**Tuesday, July 7, 1:30 PM - 2:30 PM: In Person**

Come create a candle holder! All supplies provided.

*Offsite: Ft. Thomas Carrico Library | 1000 Highland Ave. Ft. Thomas, KY, 41075*

More Cooking - Social - Art - Education 

### BIRD HOUSE BOUTIQUE

**Wednesday, July 8, 2:00 PM - 3:00 PM**

Decorate your own birdhouse! All supplies will be provided, just bring creativity!

### COMMUNITY BOOK CLUB

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

Provides a welcoming space for members to connect, share perspectives, & enjoy meaningful conversations. *Call 513-791-4060 to learn what we are reading in July & August!*

### CRAFTERNOON

**Wednesday, July 29, 1:00 PM - 3:00 PM: In Person**

Don't let the heat of summer keep you away - join us for our first-ever Crafternoon!



### MEN'S COFFEE MEETUP

**Wednesday, July 29, 1:00 PM - 3:00 PM: In Person**

Enjoy a cup of coffee, good conversation, & a time to relax & connect with others.



### COMMUNITY KICKBACK (FORMERLY BACKYARD BASH)

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

A family-friendly celebration and open to everyone - not just those connected to cancer - and it's packed with activities: bounce house, face painting, DJ, pizza and snacks, giveaways, games, & community resources.

*Offsite: Middleton-Mills Park, Shelter #2: 3415 Mills Rd., Covington, KY 41015*

### TREAT YOURSELF MONDAY IN GRANT COUNTY

**Monday, August 3, 11:00 AM - 1:00 PM: In Person**

Join us at the Grant County Cancer Center to learn more about CSC & take home a free goody bag packed with useful information & a creative craft activity!

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

### WATERCOLOR POSTCARDS

**Monday, August 3, 1:30 PM - 2:30 PM: In Person**

Unleash your creativity to bring a garden to life using canvas, paint, & buttons.

*Offsite: Grant County Public Library | 201 Barnes Rd., Williamstown, KY, 41097*

### HANDMADE BUTTON BOUTIQUE

**Wednesday, August 12, 2:00 PM - 3:00 PM**

Create handmade button bouquets using colorful buttons, wire, & floral materials.



### BREWS & BREAKTHROUGHS

**Wednesday, August 12, 6:00 PM - 7:00 PM: In Person**

Pull up a chair, grab a drink, & join us for a relaxed, **men-only** conversation with Dr. Matthew Kurian from St. Elizabeth Healthcare. This isn't a lecture. It's a chance to talk honestly about what it's like to navigate cancer as a man

*Offsite: West Sixth Brewery | 100 W 6<sup>th</sup> St., Covington, KY 41011*

### PAINT & POUR POTS

**Wednesday, August 26, 2:00 PM - 3:00 PM: In Person**

Create your own colorful planter in this fun & relaxing Paint & Pour Pots workshop!

# Dearborn IN Programs

# CSC @ St. Elizabeth Dearborn Cancer Center

17525 Greendale Plaza Dr | Greendale, IN 47025

## Healthy Lifestyles - Social - Art

### TREAT YOURSELF THURSDAY

**Thursday, July 23 & August 27, 11:00 AM - 1:00 PM: In Person**

Join Jennifer Meininger, Program Manager, at the Dearborn Cancer Center to learn more about CSC! Take a free goody bag with useful info & resources, experience relaxing breathwork, a creative craft, & other surprises and community-building!

### CANDLE WREATH WORKSHOP


**Wednesday, August 5, 10:30 AM - 12:30 PM: In Person**

Come create a candle holder, all supplies provided!

*Offsite: Lawrenceburg Public Library | 150 Mary St., Lawrenceburg, IN, 47025*



# July - August 2026: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>SAT. AUG. 1</b> <b>11am - 1pm</b>		<b>1</b> 2:00p Strength Training	<b>2</b> 10:30a YCAT Yoga 12:00p Tai Chi	 <b>3</b> CSC Closed- Independence Day Observed	
<b>6</b> 6:30p HEO Breast Cancer Group	<b>7</b> 10:30a YCAT Yoga 11:00a Treat Yourself Tuesday @ St. E Ft. Thomas 1:30a Candle Wreath Workshop @ Ft. Thomas Library	<b>8</b> 2:00p Birdhouse Boutique 2:00p Strength Training	<b>9</b> 10:30a Birdhouse Boutique @ Lawrenceburg Public Library 12:00p Tai Chi	<b>10</b> 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	<b>11</b>
<b>13</b>	<b>14</b> 10:30a YCAT Yoga 12:00p Meditation 6:30p General Connection Group	<b>15</b> 2:00p Strength Training	<b>16</b> 10:30a YCAT Yoga 12:00p Tai Chi	<b>17</b> 10:00a Restorative Yoga	<b>18</b>
<b>20</b>	<b>21</b> 10:30a YCAT Yoga 3:00p Community Book Club	<b>22</b>	<b>23</b> 11:00a Treat Yourself Thursday @ St. E Dearborn 12:00p Tai Chi	<b>24</b> 10:00a Restorative Yoga 11:30a Walking Club	<b>25</b>
<b>27</b>	<b>28</b> 10:30a YCAT Yoga 12:00p Cooking with Incubator Kitchen	<b>29</b> 1:00p Crafternoon 1:00p Men's Coffee Meetup	<b>30</b> 12:00p Tai Chi	<b>31</b> 10:00a Restorative Yoga	<b>August 1</b> 11:00a Community Kickback @ Middleton Mills Park 
11:00a Treat Yourself Monday @ St. E Grant County 1:15p Watercolor Post Cards @ Grant County Library 6:30p HEO Breast Cancer Group	<b>3</b> 10:30a YCAT Yoga	<b>4</b> 10:30a YCAT Yoga	<b>5</b> 10:30a Candle Wreath @ Lawrenceburg Public Library 2:00p Strength Training	<b>6</b> 10:30a YCAT Yoga 12:00p Tai Chi	<b>7</b> 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda
<b>10</b> 10:30a YCAT Yoga 12:00p Meditation 6:30p General Cancer Connection Group	<b>11</b> 2:00p Handmade Button Boutique 2:00p Strength Training 6:00p Brews & Breakthroughs *Men Only* @ West Sixth Brewing	<b>12</b>	<b>13</b> 12:00p Tai Chi	<b>14</b> 10:00a Restorative Yoga	<b>15</b>
<b>17</b> 10:30a YCAT Yoga 3:00p Community Book Club	<b>18</b> 10:30a YCAT Yoga 3:00p Community Book Club	<b>19</b> 2:00p Strength Training	<b>20</b> 10:30a YCAT Yoga 12:00p Tai Chi	<b>21</b> 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	<b>22</b>
<b>24</b> 10:30a YCAT Yoga 12:00p Cooking with Incubator Kitchen	<b>25</b> 10:30a YCAT Yoga 12:00p Cooking with Incubator Kitchen	<b>26</b> 2:00p Paint & Pour Pots	<b>27</b> 11:00a Treat Yourself Thursday @ St. E Dearborn 12:00p Tai Chi	<b>28</b> 10:00a Restorative Yoga 11:30a Walking Club	<b>29</b>
<b>31</b>	 <b>WALKING CLUB: 4<sup>TH</sup> FRIDAYS</b>		 <b>Candle Wreath Workshop</b> <b>Wed. Aug. 5 @ 10:30AM</b> Lawrenceburg Public Library		

# About CSC



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

## 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 and navigation designed to enhance quality of life & strengthen survivorship. Offered in person & virtually, our **community-based support is at no cost.**

Cancer Support Community's program has been recognized by the Institute of Medicine as a vital and complementary component to one's cancer treatment and is built around five pillars – support services, wellness, education, social connectedness, & information assistance and referral.

**Every day, people with cancer and their loved ones find support, education, & hope at Cancer Support Community.** You can take the first step to living with, through, and beyond cancer by joining our community!

## FINDING TREASURE. FUNDING HOPE.



Donate, consign, discover, and buy to support! **100% of proceeds benefit Cancer Support Community's mission!**

ShopLegacies.com | 3854 Paxton Ave, Cincinnati, OH 45209

## AT THE LYNN STERN CENTER

4918 Cooper Road | Cincinnati, OH 45242

# Shop, donate & consign for cancer patients.

At Legacies Upscale Resale Store, your purchases, donations & consignment of home goods & decor, artwork, lighting, jewelry, & boutique items help fund free cancer support programs across our tri-state region!

100% of proceeds are reinvested in CSC's mission. Visit them soon & often!

## ShopLegacies.com

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



[MyCancerSupportCommunity.org](https://www.MyCancerSupportCommunity.org)

(513) 791-4060

[info@cancer-support.org](mailto:info@cancer-support.org)

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

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

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