



COMMUNITY IS STRONGER THAN CANCER.



WHAT'S INSIDE

MARCH / APRIL 2025

**FREE IN-PERSON & VIRTUAL SUPPORT, HEALTHY LIFESTYLE,
SOCIAL, FAMILY, & EDUCATION OPPORTUNITIES**

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



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

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

Wednesday, March 19, 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. March Speaker: Phytoestrogen presented by Kristen L. Leavitt, MHA, RDN, CSO, LD, April Speaker: Tom Tressler & Dr. Kelly McLean.

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.

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.

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. March Speaker: Abby Reed, RN, April Speaker: Matt Hennies, RDN

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. January: Craft, February: Dr. Freese

OFFSITE: The Christ Hospital Tumor Board Conference Room | 2139 Auburn Ave. 45219

Education - Cooking

EMERGING FROM THE HAZE

Tuesdays, March 4 & 11, 1:00 PM - 3:00 PM: Virtual

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

EMERGING THERAPIES IN BLOOD CANCER TREATMENT

Thursday, March 13, 6:30 PM - 8:00 PM: Hybrid

In collaboration with The Leukemia & Lymphoma Society, please join us for an educational program for patients & their families to learn about the latest blood cancer treatment as well as new & emerging therapy options.

EMOTIONAL FREEDOM TECHNIQUE (EFT- TAPPING)

Saturday, March 15, 1:00 PM - 2:30 PM

EFT- Tapping is a simple & effective technique administered by gently tapping the acupuncture points to transform negative emotions like fear, worry, anxiety & restore our emotional balance. In this workshop, you'll learn how EFT works, the clues to effectively do tapping for yourself & case studies that will inspire you.

COOKING FOR WELLNESS: USHER IN SPRING WITH CHEF RHONDA!

Thursday, March 20, 12:30 PM - 2:30 PM: In Person

Get ready to shake off the Winter chill & welcome the colors, flavors & freshness of springtime. In this class, we'll talk about what produce is in season & what to start looking for at the markets & farm stands.

NAVIGATING CANCER-RELATED FATIGUE, CANCER FOG, AND SLEEP ISSUES

Wednesday, April 9, 5:30 PM - 7:00 PM

Are you struggling with persistent fatigue, mental fogginess, or sleep issues? These are common effects from cancer and treatment and can greatly impact your well-being. Join us for an in-depth discussion led by Mollie Roberto OTR/L designed to help you understand and manage these challenges. In collaboration with The Christ Hospital Health Network.

Offsite: The Christ Hospital Joint & Spine Center 6th Floor: 2139 Auburn Ave., Cincinnati, OH, 45219

COOKING FOR WELLNESS: DASH TO LOWER BLOOD PRESSURE

Saturday, April 12, 11:00 AM - 1:00 PM: In Person

Have you heard of DASH (Dietary Approaches to Stop Hypertension)? You don't have to have high blood pressure to benefit from the DASH diet. Put health in your hands & join Registered Dietitian, Lisa Andrews of Sound Bites Nutrition for an informative, tasty cooking demonstration featuring a seasonal salad & baked pasta primavera.

EVIDENCE-BASED PSYCHOLOGICAL TREATMENTS FOR SEXUAL CONCERNS FOLLOWING CANCER

Monday, April 21, 6:30 PM - 7:30 PM: In Person

This talk will describe psychological treatments for sexual concerns that have been shown to be helpful for cancer survivors (& their partners). Treatments include Mindfulness, Cognitive-Behavioral Therapy & Couples Therapy.

SPRING INTO WELLNESS KITCHEN

Tuesday, April 22, 11:30 AM - 1:00 PM: In Person

Join CSC & registered dietitians from TriHealth to learn a playful take on food that connects season & health.

OFFSITE: TriHealth Group Health- Western Ridge | 6409 Good Samaritan Dr. 45247

CONNECT TO COMMUNITY

Wednesday, April 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!

MANAGING STRESS & ANXIETY ON YOUR JOURNEY

Monday, April 28, 6:00 PM - 7:00 PM: In Person

Learn practical techniques to manage stress & anxiety throughout your cancer journey. This session offers guidance on mindfulness, relaxation strategies, & emotional support to help you navigate challenges with resilience & peace of mind.

Emerging Therapies in Blood Cancer Treatment

Thursday, March 13
6:30 PM - 8:00 PM

with
Dr. Girnius



In partnership with  LEUKEMIA & LYMPHOMA SOCIETY

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

Every Other Monday, Beginning March 10, 3:00 PM - 4:00 PM: In Person

OFFSITE: [Greater Liberty Baptist Church](#) | 6209 Desmond Ave. 45227

Every Other Tuesday, Beginning March 11, 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

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

INDIVIDUALIZED REIKI HEALING (IN A GROUP SETTING)

All in-person: 2nd Friday, "Full Session", 6:00 - 6:50 PM

"Try- It" Session 1, 7:00 - 7:20 PM / "Try- It Session 2, 7:30 - 7:50 PM

Lie back & relax as advanced student-practitioners offer individualizes Reiki healing sessions supervised by their teacher, Reiki Master Ralph Dehner, in a group setting. No experience with Reiki is necessary. Choose light or no touch.

TAI CHI

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

SOUND MEDITATION

1st Thursdays, 12:00 PM - 1:00 PM: In Person

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

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

4th Tuesday, 11:00 AM - 3:00 PM: In Person

Sponsored by Teal Loving Care, 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 completed caps. **Feel free to pack a lunch!**

BLOOM & BRUSH: FLOWER PLANTING & CLAY POT PAINTING

Monday, March 3, 6:00 PM - 7:00 PM: In Person

Unleash your creativity & green thumb in this relaxing workshop! Paint a custom clay pot to match your style & plant beautiful flowers to take home & enjoy!

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

CRAFT CLASS: WORDS OF WISDOM FROM INSPIRATIONAL WOMEN

Monday, March 10, 3:00 PM - 4:00 PM: In Person

Celebrate Women's History Month by collaging personalized canvases with quotes & pictures from influential women.

PI DAY BAKING DELIGHT

Friday, March 14, 1:00 PM - 3:00 PM: In Person

Celebrate Pi Day with Anke as she bakes some delicious treats! Learn how to make flaky scones & a traditional German round almond chocolate cake that's completely gluten-free.

Art - Family - Social

FAMILY FRIENDLY: LUCKY LEPRECHAUN CELEBRATION

Saturday, March 15, 1:00 PM - 2:30 PM: In Person

Celebrate St. Patrick's Day with a festive blend of crafts, games & treats.

NEW PARTICIPANTS BRUNCH

Wednesday, March 26, 10:00 AM - 11:00 AM: In Person

Have you joined our community for the first time in 2025? If so, we'd love to welcome you with a lovely brunch to connect with our community members, staff, & volunteers!

YOUNG ADULT SOCIAL- 90S MUSIC BINGO

Friday, March 28, 6:30 PM - 8:00 PM: In Person

Join us for an unforgettable night at the 90s Music Bingo Extravaganza! This unique event is for young adults & combines the classic game of bingo with the iconic music of the 1990s. Dress in your best '90s outfit- think flannel shirts, baggy jeans, neon windbreakers, & scrunchies. The best-dressed participants will win a prize!

SNACK & STACK: DIY CHARCUTERIE BOARD WORKSHOP

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

Join us for a fun & flavorful adventure in charcuterie! Learn how to stack & style your own mini board with an array of meats, cheeses, & tasty treats. Impress your friends or savor your masterpiece yourself - either way, it's a snack-tastic time!

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

CRAFT CLASS: BLOOMING BOOKMARKS

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

Celebrate spring & creativity by making your own flower-inspired bookmarks!

A NIGHT OF GRATITUDE FOR OUR VOLUNTEERS
Wednesday, April 23, 5:30 PM - 7:00 PM: In Person

Join us for an evening of celebration & appreciation as we honor the incredible volunteers who make our mission possible! Enjoy a delicious dinner, heartfelt recognition & a chance to connect with fellow volunteers & staff. Your dedication & compassion have made a lasting impact, & this night is all about YOU! We can't wait to celebrate your kindness and generosity.

SPRING INTO SELF-CARE: A COMMUNITY NIGHT OUT

Friday, April 25, 5:30 PM - 7:00 PM: In Person

Celebrate the season of renewal with an uplifting day of self-care & connection. Join us for activities like DIY aromatherapy crafts, take part in a guided stretching session, & plant herbs to take home. Together, we'll embrace the fresh energy of spring while fostering relaxation & community bonds.

CUPCAKE MAGIC: DECORATE LIKE A PRO!

Monday, April 28, 3:00 PM - 4:30 PM: In Person

Join us for a fun & hands-on cupcake decorating class led by Jane from Cakes Come True & Truffles Too! Learn expert tips & techniques to create beautifully decorated cupcakes using frosting, sprinkles & more.



March 2025: Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>LINE DANCING Join us in the Community!</p> <p>Every other Monday at Greater Liberty Baptist Church at 3 PM or Every other Tuesday at Corinthian Baptist Church at 6:30 PM</p> 		 <p>Cooking For Wellness: Usher in Spring with Chef Rhonda</p> <p>Thursday, March 20 12:30 - 2:30 PM</p> 		<p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p>	
<p>3 </p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor </p> <p>5:30p Calming Yoga </p> <p>6:00p Bloom & Brush: Flower Planting & Clay Pot Painting @ Walnut Hills Library </p>	<p>4 </p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </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>7</p>	<p>8 </p> <p>10:00a Art of Living Meditation </p>
<p>10 </p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor </p> <p>3:00p Craft Class: Words of Wisdom from Inspirational Women </p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church </p> <p>5:30p Calming Yoga </p>	<p>11 </p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </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>6:30p Emerging Therapies in Blood Cancer Treatment </p>	<p>14 </p> <p>1:00p Pi Day Baking Delight </p> <p>6:00p Individualized Reiki Healing: Full Session </p> <p>7:00p Individualized Reiki Healing: Try It Session 1 </p> <p>7:30p Individualized Reiki Healing: Try It Session 2 </p>	<p>15 </p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p> <p>11:30a Emotional Freedom Technique (EFT) </p> <p>1:00p Family Friendly: Lucky Leprechaun Celebration </p>
<p>17 </p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor </p> <p>5:30p Calming Yoga </p>	<p>18 </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p>	<p>19 </p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>6:30p Life Transitions </p> <p>6:30p Brain Tumor Group </p> <p>6:30p Breast Cancer Survivorship Group </p>	<p>20 </p> <p>11:00a Coffee Chat </p> <p>12:30p Cooking for Wellness: Usher in Spring with Chef Rhonda </p> <p>1:30p Lung Cancer Connection 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>21</p>	<p>22 </p> <p>10:00a Art of Living Meditation </p>
<p>24 </p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>1:00p Watercolor </p> <p>3:00p Line Dancing @ Greater Liberty Baptist </p> <p>5:30p Calming Yoga </p>	<p>25 </p> <p>11:00a Courage Caps </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>6:30p Line Dancing @ Corinthian Baptist Church </p>	<p>26 </p> <p>9:30a Chat & Craft </p> <p>10:00a New Participant Brunch </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>7:00p Prostate Cancer Education Group </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>6:30p Young Adult Social- 90s Music Bingo </p>	<p>29 </p> <p>10:00a Art of Living Meditation </p>
<p>31 </p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>5:30p Calming Yoga </p>					

Registration requested for all programs.



Online event



In person event

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



April 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 2:00p Calming Yoga for You @ TriHealth Pavilion 6:30p Enneagram	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 11:00a Coffee Chat 12:00p Sound Meditation 3:00p Bingo 4:15p Line Dancing 5:30p Chair Yoga	4	5 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
7 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Line Dancing @ Greater Liberty Baptist Church 5:30p Calming Yoga 6:00p Snack & Stack: DIY Charcuterie Board Workshop	8 2:00p Calming Yoga for You @ TriHealth Pavilion 6:30p Line Dancing @ Corinthian Baptist Church 7:00p PanCan	9 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 6:30p Navigating Cancer-Related Fatigue, Cancer Fog, and Sleep Issues @Christ Hospital 7:00p Prostate Cancer Connection Group 7:00p Reiki	10 11:00a Coffee Chat 3:00p Bingo 4:15p Line Dancing 5:30p Chair Yoga 6:30p Young Adult Connection Group	11 6:00p Individualized Reiki Healing: Full Session 7:00p Individualized Reiki Healing: Try It Session 1 7:30p Individualized Reiki Healing: Try It Session 2	12 10:00a Art of Living Meditation 11:00a Cooking for Wellness: DASH to Lower Blood Pressure
14 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Craft Class: Blooming Bookmarks 5:30p Calming Yoga for You	15 2:00p Calming Yoga for You @ TriHealth Pavilion	16 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 6:30p Life Transitions 6:30p Breast Cancer Survivorship Connection Group	17 11:00a Coffee Chat 1:30p Lung Cancer Connection Group @ Christ Hospital 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
21 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Line Dancing @ Greater Liberty Baptist Church 5:30p Calming Yoga 6:30p Evidence-Based Psychological Treatments for Sexual Concerns Following Cancer	22 11:00a Courage Caps 11:30a Spring Into Wellness Kitchen @TriHealth Group Health 2:00p Calming Yoga for You @ TriHealth Pavilion 6:30p Line Dancing @ Corinthian Baptist Church	23 9:30a Chat & Craft 10:00a Connect to Community 10:30a Healthy Steps 12:00p Tai Chi 5:30p Heartfelt Thanks: A Night of Gratitude for Our Volunteers	24 11:00a Coffee Chat 3:00p Bingo 4:15p Line Dancing 5:30p Chair Yoga	25 5:30p Spring Into Self-Care: A Community Night Out	26 10:00a Art of Living Meditation
28 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Cupcake Magic: Decorate Like a Pro! 5:30p Calming Yoga	29 2:00p Calming Yoga for You @ TriHealth Pavilion	30 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 7:00p Prostate Cancer Education Group	<p><i>Heartfelt Thanks:</i> A Night of Gratitude for Our Volunteers Wed., April 23, 5:30 - 7:00 PM Dinner, recognition & a chance to connect with fellow volunteers & staff. This night is all about YOU!!!</p> <p><i>Thank you!</i></p> 		

Registration requested for all programs.



Online event



In person event

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



Group Support - Healthy Lifestyles - Cooking

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, 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

3rd Wednesdays, 2:00 PM - 3:00 PM: In-Person

SATURDAY FLOURISH FOOD SERIES WITH CHEF RHONDA

1st Saturday, 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

4th Tuesday, 11:45AM - 1:15 PM: In-Person

Each month, a talented chef will demonstrate different recipes, which you will get to enjoy during the class!

Education - Social - Art

COMMUNITY BINGO

Tuesday, March 4, 1:00 PM - 2:00 PM: In Person

CANCER TRANSITIONS (4 WEEK SERIES)

Thursdays in March, 6:00 PM - 7:30 PM: Hybrid

Cancer Transitions is a free workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. **Attendance at all 4 sessions is required.**

PRESSED FLOWER LANTERNS

Friday, March 7, 12:00 PM - 1:00 PM: In Person

COMMON NUTRITION MYTHS IN CANCER CARE

Monday, March 24, 6:00 PM - 7:00 PM: In Person

Join Susan Wallace, MS, RD, LD to address some common myths & questions such as "Does Sugar feed cancer?", "Can I eat soy?", & more. Susan will also discuss the Evidence-Based Cancer Nutrition Guidelines to help Cancer patients & survivors navigate diet choices.

NEW PARTICIPANT BRUNCH

Thursday, April 3, 10:00 AM - 11:00 AM: In Person

Have you joined our community for the first time in 2025? If so, we'd love to welcome you with a lovely brunch to connect with other community members, staff, & volunteers!

JEWELRY BOX CRAFT

Friday, April 4, 12:00 PM - 1:00 PM: In Person

DIY FLORAL BOOKMARK

Tuesday, April 15, 1:00 PM - 2:00 PM: In Person

MINDFUL JOURNALING

Thursday, April 17, 2:30 PM - 4:00 PM: In Person

Join us for a transformative Mindful Journaling Workshop designed to help you explore your thoughts & emotions through the art of journaling.

Dearborn IN Programs

CSC @ St. Elizabeth Dearborn Cancer Center

17525 Greendale Plaza Dr | Greendale, IN 47025

We look forward to seeing you for "Treat Yourself Thursdays" on the 4th Thursday of each month in Dearborn, Indiana!

Healthy Lifestyles - Art

RESTORATIVE MOVEMENT

Thursday, March 27 & April 24, 12:00PM - 1:00PM: In-Person

CRAFTS & COMMUNITY

Thursday, April 10, 1:00 PM - 2:00 PM: In Person

Join us for a fun social at the Lawrenceburg Public Library! Enjoy a variety of crafts while learning about Cancer Support Community. Whether you're creating or connecting, it's a great way to relax & engage with others.

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

Social Activities

SHAMROCK COASTER CRAFT

Thursday, March 27, 11:00 AM - 12:00 PM: In Person

Use wooden hearts to create a shamrock coaster or decoration for St. Patrick's Day!

BINGO

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

Playing games is a great way to have fun, reduce stress, and stay connected to one another. Join other Cancer Support Community members for a fun morning of BINGO.

Treat Yourself Thursdays in Indiana!

South Dearborn, In | St. Elizabeth Cancer Center

March 27 - and - April 24



Generously funded by:



March-April 2025: NKY & Dearborn

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Common Nutrition Myths in Cancer Care

Monday, March 24

6:00 - 7:00 PM | St. Elizabeth in NKY

MYTHS VS FACTS

CANCER Transitions
Four week survivorship series
3.6.25 - 3.27.25



12:00p Flourish Food Series with Chef Rhonda

<p>3</p> <p>6:30p HEO Breast Cancer Group</p>	<p>4</p> <p>10:30a YCAT Yoga</p> <p>1:00p Bingo</p>	<p>5</p>	<p>6</p> <p>1:30p Tai Chi Flow</p> <p>6:00p Cancer Transitions</p>	<p>7</p> <p>10:00a Restorative Yoga</p> <p>12:00p Pressed Flower Lanterns</p>	<p>1</p>
<p>10</p>	<p>11</p> <p>10:30a YCAT Yoga</p> <p>11:45a Meditation</p> <p>6:30p General Connection Group</p>	<p>12</p>	<p>13</p> <p>1:30p Tai Chi Flow</p> <p>6:00p Cancer Transitions</p>	<p>14</p> <p>10:00a Restorative Yoga</p>	<p>15</p>
<p>17</p>	<p>18</p> <p>10:30a YCAT Yoga</p>	<p>19</p> <p>2:00p Strength Training</p>	<p>20</p> <p>1:30p Tai Chi Flow</p> <p>6:00p Cancer Transitions</p>	<p>21</p> <p>10:00a Restorative Yoga</p>	<p>22</p>
<p>24</p> <p>6:00p Common Nutrition Myths in Cancer Care</p>	<p>25</p> <p>10:30a YCAT Yoga</p> <p>11:45a Cooking with Incubator Kitchen</p>	<p>26</p>	<p>27</p> <p>11:00a Shamrock Coaster Craft @ Dearborn</p> <p>12:00 Restorative Movement @ Dearborn</p> <p>1:30p Tai Chi Flow</p> <p>6:00p Cancer Transitions</p>	<p>28</p> <p>10:00a Restorative Yoga</p>	<p>29</p>
<p>31</p>	<p>April 1</p> <p>10:30a YCAT Yoga</p>	<p>2</p>	<p>3</p> <p>10:00a New Participant Brunch</p> <p>1:30p Tai Chi Flow</p>	<p>4</p> <p>10:00a Restorative Yoga</p> <p>12:00p Jewelry Box Craft</p>	<p>5</p> <p>12:00p Flourish Food Series with Chef Rhonda</p>
<p>7</p> <p>6:30p HEO Breast Cancer Group</p>	<p>8</p> <p>10:30a YCAT Yoga</p> <p>11:45a Meditation</p> <p>6:30p General Cancer Connection Group</p>	<p>9</p>	<p>10</p> <p>1:00p Crafts & Community @ Lawrenceburg Public Library</p> <p>1:30p Tai Chi Flow</p>	<p>11</p> <p>10:00a Restorative Yoga</p>	<p>12</p>
<p>14</p>	<p>15</p> <p>10:30a YCAT Yoga</p> <p>1:00p DIY Floral Benchmark</p>	<p>16</p> <p>2:00p Strength Training</p>	<p>17</p> <p>1:30p Tai Chi Flow</p> <p>2:30p Mindful Journaling</p>	<p>18</p> <p>10:00a Restorative Yoga</p>	<p>19</p>
<p>21</p>	<p>22</p> <p>10:30a YCAT Yoga</p> <p>11:45a Cooking with Incubator Kitchen</p>	<p>23</p>	<p>24</p> <p>11:00a Bingo @ Dearborn</p> <p>12:00p Restorative Movement @ Dearborn</p> <p>1:30p Tai Chi Flow</p>	<p>25</p> <p>10:00a Restorative Yoga</p>	<p>26</p>
<p>28</p>	<p>29</p> <p>10:30a YCAT Yoga</p>	<p>30</p>	<p>DOWNLOAD OUR NEW APP!</p> <p>Connection - Updates - Resources</p>  		

About CSC



AT THE LYNN STERN CENTER

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WE BELIEVE COMMUNITY IS STRONGER THAN CANCER.

Cancer Support Community Greater Cincinnati-Northern KY (CSC) is a relentless ally for anyone who strives to manage the realities of this disruptive disease. We are 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 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](https://www.MyCancerSupportCommunity.org)

 info@cancer-support.org

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

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

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

GREAT FOOD FOR A GREAT CAUSE

WED. MARCH 19 | 5:00 - 9:00 PM | FOR CSC



Cancer Support Community's 5th Annual

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for
Hope

05.09.2025

10A-1P | TOPGOLF WEST CHESTER

Join us for a unique golf outing with 3 hours of gaming, food & drink, prizes & raffles, and more!

