



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY

**SO THAT NO
ONE FACES
CANCER
ALONE**

Brand new to CSC? Want to reconnect? Join us for *Connect to Community*, an in-person or virtual orientation to the programs and services we offer.

Call at 513.791.4060 or email info@cancer-support.org to learn more & get involved!

**WHAT'S
INSIDE**



JANUARY/FEBRUARY CALENDAR 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

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

OFFSITE: UC West Chester Lobby Conference Room | 7700 University Dr. 45069

4th Monday, 6:30 PM-8:00 PM: In person (No Group in December)

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

HEREDITARY CANCER RISK CONNECTION GROUP

Bi-Monthly, 2nd Wednesday, 6:30 PM-8:00 PM: Virtual

For those with a genetic risk of cancer (for example the BrCa I or II gene; Lynch Syndrome and more).

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, interested in giving and receiving support.

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 Ohio & Kentucky.

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 - Cooking - Nutrition

COOKING FOR WELLNESS: GLUTEN- FREE, THAT'S FOR ME!

Saturday, January 13, 11:00 AM- 1:00 PM: In Person

Join registered dietitian Lisa Andrews of Sound Bites Nutrition to see & taste some delicious, gluten-free dishes. Samples will be provided!

VISIONARY PATHS: GOAL SETTING & VISION BOARD MASTERY

Tuesday, January 23, 1:00 PM- 2:00 PM: In Person

Join MSW intern, Chrissy Sealy, to learn why setting goals (both long term & short term) are beneficial to you & create vision boards for 2024!

PELVIC FLOOR

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

The pelvic floor is a group of muscles that are important in core stability, bladder and bowel function, and sexual health. Get an overview of the pelvic floor muscles, why they are important, what can happen when they are not working correctly - urinary incontinence, prolapse, and pelvic pain.

COPING WITH TREATMENT END & CANCER SURVEILLANCE PLAN

Wednesday, January 31, 2:00 PM - 3:30 PM: Hybrid

No two cancer surveillance plans are the same! Join Oncology Nurse Practitioner Alondra Cassidy to better understand your cancer specific surveillance plan & provide you with the knowledge and tools to better support your post treatment journey.

SIX STEPS TO PUT YOUR FINAL AFFAIRS IN ORDER

Monday, February 5, 6:00 PM - 7:30 PM: In person

Let attorney Mark Reckman help you take some worry off your mind. Mark will guide you through the steps necessary to make sure your personal & legal affairs are squared away, allowing you to relax about these details & enjoy all that your future has to offer.

EMPOWERING YOU: NAVIGATING CANCER RISK IN THE AFRICAN AMERICAN COMMUNITY

Tuesday, February 6th, 2:00 PM - 3:00 PM: Offsite

Join us to empower yourself with knowledge and take proactive steps towards a healthier future. We'll discuss the risks, warning signs, & essential screenings for prevalent cancers in the African American community and also learn about the healthcare resources available.

OFFSITE: Avondale Library | 3566 Reading Rd. 45229

CULTURAL SPICE: CELEBRATING BLACK HISTORY THROUGH COOKING

Saturday, February 17, 11:00 AM - 1:00 PM: In Person

Join Chef Rhonda Marcotte as she shines the spotlight on the Gullah Corridor. Learn what makes the food of this US region so unique, & enjoy a few examples!

MINDFULNESS WORKSHOP

Tuesday, February 20, 1:00 PM - 2:00 PM: In Person

Join MSW intern, Chrissy Sealy, as she leads you through a mindfulness workshop. The benefits of mindfulness will be discussed and a mindfulness activities such as a Full-Body scan will be done.

COOKING WITH KROGER HEALTH: WHOLESOME WHOLE GRAINS

Wednesday, February 28, 1:30 PM - 3:30 PM: In Person

Kroger Health registered dietitian Marcella Ranieri is here to answer all of your whole grain questions from what they are, to why they are recommended, & how to prepare them in the kitchen!

LIVING & WORKING WITH CANCER: 2 PART SERIES

Thursday, February 22 & February 29, 6:00 PM - 7:00 PM: In Person

This two-part seminar will discuss the concerns, challenges, and considerations for living and working with cancer.

Healthy Lifestyles

CHAIR YOGA

Thursday, January 11 & 25 & February 1, 8, 22, & 29

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

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

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

HAPPY FEET DANCE

Thursdays, 4:00 PM-5:00 PM: In Person

YOGA FOR WELLBEING

Saturdays, 10:00 AM - 11:00 AM

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

MINI MEDITATION

Wednesdays, 9:00 AM-9:10 AM: Virtual

MIXIN' IT UP: YOGA, PILATES, & MEDITATION

Mondays, 10:30 AM-11:30 AM: Virtual

PILATES & RELAXATION

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

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

YOGA THERAPY IN CANCER

Wednesdays, 10:30 AM-11:30 AM

OFFSITE: The Christ Hospital | 2139 Auburn Ave. 45219

ZUMBA GOLD: LOW INTENSITY

Mondays, 12:00 PM- 1:00 PM: Virtual

SOUND MEDITATION

Thursday, January 4 & February 1, 12:00 PM- 1:00 PM: In Person

Join Ashley of Simply Magic as she guides you through meditation using crystals & 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 Tuesdays 11:00 AM - 1:00 PM: In person

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!

Art - Family - Social

TOAST TO TRIVIA: BRUNCHING INTO THE NEW YEAR

Thursday, January 18, 11:30 AM - 1:00 PM: In Person

As the clock ticks toward noon, join us for brunch with munchies & mimosas, and a side of brain teasing Jeopardy style trivia.

FAMILY EVENT: MINDFULNESS JARS

Saturday, January 20, 1:00 PM - 2:00 PM: In Person

Mindfulness jars are beautiful, fun to make, and a great tool for reducing stress. Join us to make your own and learn easy deep breathing techniques.

CRAFT CLASS: QUILLED PAPER PEACOCK

Monday, January 22, 3:00 PM - 4:00 PM: In person

NEW PARTICIPANT BRUNCH

Wednesday, January 24, 9:30 AM - 10:30 AM: In Person

Have you joined our community for the first time in 2023? If so, we'd love to welcome you with a lovely brunch to connect with other community members, staff, and volunteers!

SCATTERGORIES SHOWDOWN

Wednesday, January 24, 1:30 PM - 2:30 PM

Join us for an afternoon of laughter, quick thinking, and friendly competition in our Scattergories Showdown!

VIRTUAL VIBES & MOCKTAILS: CHEERS FROM AFAR

Friday, January 26, 5:30 PM - 6:30 PM: Virtual

Join MSW intern, Josie Milton for an evening of conversation and non-alcoholic drinks from the comfort of your own home.

GYN SOCIAL: YARN WRAPPED WINE BOTTLE VASES

Monday, January 29, 4:30 PM - 5:30 PM: In Person

During this hands-on workshop for Cervical Cancer Awareness Month, you will craft beautiful teal yarn-wrapped vases, symbolizing strength, resilience, & the interconnectedness of our community.

FAMILY FRIENDLY: CREATIVE COPING KITS: THERAPEUTIC ART GROUP

Saturday, February 3, 1:00 PM - 2:00 PM: In Person

Join us to create coping kits for yourself and/or your loved ones as a family that will allow you to express your feelings creatively, connect with others, and explore coping skills helpful during a cancer journey.

"SOUPER" BOWL COOKOFF & TRIVIA

Thursday, February 8, 12:30 PM - 1:30 PM: In Person

Join us to kickoff Super Bowl weekend by making your favorite soup or chili to share with others. Enjoy a warm bowl of soup and play Super Bowl trivia.

FRIENDS NIGHT OUT WITH SOUL PALETTE

Friday, February 9, 6:00 PM - 7:30 PM: In Person

Join us for a unique paint experience featuring Cincinnati's own Soul Palette. You will have the ability to express yourself creatively & evoke your "inner artist" with our selected paint image.

FAMILY FRIENDLY: COCOA, COOKIES, & CUPID CRAFTS

Saturday, February 10, 1:00 PM - 2:30 PM: In Person

Join us for a heart-filled celebration where crafting, snacking, and family fun collide in a spectacular Valentine's Day event.

CRAFT CLASS: FELT HEART GARLAND

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

LOVE ON A PLATE: VALENTINE'S SPAGHETTI SOIRÉE

Wednesday, February 14, 6:00 PM- 7:30 PM: In Person

We'll be sharing the love of community this Valentine's Day with Spaghetti and Garlic Bread dinner. Enjoy the evening with your partner or come alone- all are welcome!

A TRIP AROUND THE WORLD

Thursday, February 22, 1:00 PM - 2:30 PM: In Person

Volunteers, facilitators and members of the community will come together for a cultural celebration of countries from all around the world!

January 2024 | Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CSC Closed New Year's Observed	2 5:30p Healthy Steps 6:30p Enneagram	3 9:00a Mini Med 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Yoga Therapy in Cancer @ Christ Hospital 10:30a Healthy Steps 12:00p Tai Chi 12:00p Metastatic Stg IV Breast Cancer @ Christ 6:30p Life Transitions	4 11:00a Coffee Chat 12:00p Sound Meditation 3:00p Bingo 4:00p Happy Feet Dance	5	6 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
8 10:00a Calming Yoga @ West Chester Presbyterian Church 10:30a Mixin' It Up 12:00p Zumba Gold 5:30p Calming Yoga for You	9 5:30p Healthy Steps 7:00p PanCan	10 9:00a Mini Med 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Healthy Steps 10:30a Yoga Therapy in Cancer @ Christ Hospital 12:00p Tai Chi 6:30p Hereditary Cancer Risk Connection Group 7:00p Prostate Cancer Group 7:00p Reiki	11 10:00a Connect to Community: CSC Orientation 11:00a Coffee Chat 3:00p Bingo 4:00p Happy Feet Dance 5:30p Chair Yoga 6:30p Young Adult Connection & Social 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 11:00a Cooking for Wellness Gluten-Free, That's For Me!
15 CSC Closed Martin Luther King Jr. Day Observed	16 5:30p Healthy Steps	17 9:00a Mini Med 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Healthy Steps 10:30a Yoga Therapy in Cancer @ Christ Hospital 12:00p Tai Chi 6:30p Brain Tumor Group 6:30p Life Transitions 6:30p General Cancer Connection Group @ UC West Chester	18 11:00a Coffee Chat 11:30a Toast to Trivia: Brunching into the New Year 3:00p Bingo 4:00p Happy Feet Dance 6:30p IMF Multiple Myeloma	19	20 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 1:00p Family Event: Mindfulness Jars
22 10:00a Calming Yoga @ West Chester Presbyterian Church 10:30a Mixin' It Up 3:00p Craft Class: Quilled Paper Peacock 12:00p Zumba Gold 5:30p Calming Yoga for You	23 11:00a Courage Caps 1:00p Visionary Paths: Goal Setting & Vision Board Mastery 2:00p Connect to Community: CSC Orientation 5:30p Healthy Steps	24 9:00a Mini Med 9:30a Chat & Craft 9:30a New Participant Brunch 10:00a Pilates & Relaxation 10:30a Healthy Steps 10:30a Yoga Therapy in Cancer @ Christ Hospital 12:00p Tai Chi 1:30p Scattergories Showdown	25 11:00a Coffee Chat 4:00p Happy Feet Dance 4:30p Cancer Survivorship 5:30p Chair Yoga	26 5:30p Virtual Vibes & Mocktails: Cheers from Afar	27 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
29 10:00a Calming Yoga @ West Chester Presbyterian Church 10:30a Mixin' It Up 12:00p Zumba Gold 5:30p Calming Yoga for You 4:30p GYN Social: Yarn Wrapped Wine Bottle Vases 6:00p Pelvic Floor	30 5:30p Healthy Steps	31 9:00a Mini Med 9:30a Chat & Craft 10:00a Pilates & Relaxation 10:30a Healthy Steps 10:30a Yoga Therapy in Cancer @ Christ Hospital 12:00p Tai Chi 2:00p Coping with Treatment Ending: Undergoing YOUR Cancer Surveillance Plan 7:00p Prostate Education Group	<div> <p>TOAST TO TRIVIA BRUNCHING INTO THE NEW YEAR January 18 @ 11:30 am</p> </div> <div> <p>JANUARY IS CERVICAL CANCER AWARENESS MONTH</p> <p>Join us on Monday, January 29 at Blue Ash</p> <p>GYN Social - 4:30 pm Pelvic Floor - 6 pm</p> </div>		

Registration requested for all programs.



Online event



In person event

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



February 2024 | Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>EMPOWERING YOU</div> <div>NAVIGATING CANCER RISK IN THE AFRICAN AMERICAN COMMUNITY</div> <div>TUESDAY, FEB. 6 AT 2 PM AVONDALE LIBRARY FEATURING SONYA WELLS MSN, APRN, FNP-C</div> <div></div>		<div>CULTURAL SPICE</div> <div>Celebrating Black History Through Cooking</div> <div></div> <div>SATURDAY, FEB. 17 @ 11 AM BLUE ASH</div>		11:00a Coffee Chat  1	2	3
10:00a Calming Yoga @ West Chester Presbyterian Church  5	2:00p Empowering You: Navigating Cancer Risk in The African American Community  6	9:00a Mini Med  7	11:00a Coffee Chat  8	6:00p Reiki Energy Renewal- Session 1  9	10:00a Art of Living Meditation  10	
10:30a Mixin' It Up  5	5:30p Healthy Steps  6	9:30a Chat & Craft  7	12:30p "Souper" Bowl Cookoff & Trivia  8	6:00p Friends Night Out with Soul Palette  9	10:00a Yoga for Wellbeing @ Queen City Healthplex  10	
12:00p Zumba Gold  5	6:30p Enneagram  6	10:00a Pilates & Relaxation  7	3:00p Bingo  8	7:00p Reiki Energy Renewal- Session 2  9	1:00p Family Friendly: Cocoa, Cookies, & Cupid Crafts  10	
5:30p Calming Yoga for You  5		10:30a Healthy Steps  7	4:00p Happy Feet Dance  8			
6:00p Six Steps to Put Your Final Affairs in Order  5		10:30a Yoga Therapy in Cancer @ Christ Hospital  7	5:30p Chair Yoga  8			
		12:00p Metastatic Stg IV Breast Cancer @ Christ  7	6:30p Young Adult Connection & Social Group  8			
		12:00p Tai Chi  7				
		6:30p Life Transitions  7				
10:00a Calming Yoga @ West Chester Presbyterian Church  12	5:30p Healthy Steps  13	9:00a Mini Med  14	11:00a Coffee Chat  15		10:00a Art of Living Meditation  17	
10:30a Mixin' It Up  12	7:00p PanCan  13	9:30a Chat & Craft  14	3:00p Bingo  15		10:00a Yoga for Wellbeing @ Queen City Healthplex  17	
12:00p Zumba Gold  12		10:00a Pilates & Relaxation  14	4:00p Happy Feet Dance  15			
3:00 p Craft Class: Felt Heart Garland  12		10:30a Healthy Steps  14	6:30p IMF Multiple Myeloma  15		11:00a Cultural Spice: Celebrating Black History Through Cooking  17	
5:30p Calming Yoga for You  12		10:30a Yoga Therapy in Cancer @ Christ Hospital  14				
6:30p Survivorship Group  12		12:00p Tai Chi  14				
		6:00p Love on a Plate: Valentine's Couples Spaghetti Soiree  14				
		7:00p Prostate Cancer Group  14				
		7:00p Reiki  14				
10:00a Calming Yoga @ West Chester Presbyterian Church  19	1:00p Mindfulness Workshop  20	9:00a Mini Med  21	10:00a Connect to Community: CSC Orientation  22	23	24	
10:30a Mixin' It Up  19	5:30p Healthy Steps  20	9:30a Chat & Craft  21	11:00a Coffee Chat  22		10:00a Art of Living Meditation  24	
12:00p Zumba Gold  19		10:00a Pilates & Relaxation  21	1:00p World Cancer Day Celebration  22		10:00a Yoga for Wellbeing @ Queen City Healthplex  24	
5:30p Calming Yoga for You  19		10:30a Healthy Steps  21	3:00p Bingo  22			
		10:30a Yoga Therapy in Cancer @ Christ Hospital  21	4:00p Happy Feet Dance  22			
		12:00p Tai Chi  21	5:30p Chair Yoga  22			
		6:30p Life Transitions  21	6:00p Living & Working with Cancer  22			
		6:30p General Cancer Connection Group @ UC West Chester  21				
10:00a Calming Yoga @ West Chester Presbyterian Church  26	11:00a Courage Caps  27	9:00a Mini Med  28	11:00a Coffee Chat  29	World Cancer Day		
10:30a Mixin' It Up  26	2:00p Connect to Community  27	9:30a Chat & Craft  28	3:00p Bingo  29	Join us on February 22 at 1 pm in Blue Ash as we celebrate another World Cancer Day. Volunteers, facilitators and members of the community will come together for a cultural celebration of countries from all around the world!		
12:00p Zumba Gold  26	5:30p Healthy Steps  27	10:00a Pilates & Relaxation  28	4:00p Happy Feet Dance  29	If you are interested in presenting a country, please reach out to Asha Rone at arone@cancer-support.org .		
5:30p Calming Yoga for You  26		10:30a Healthy Steps  28	5:30p Chair Yoga  29			
6:30p General Cancer Connection Group  26		10:30a Yoga Therapy in Cancer @ Christ Hospital  28	6:00p Living & Working with Cancer  29			
		12:00p Tai Chi  28				
		1:30p Cooking with Kroger Health: Wholesome Whole Grains  28				
		7:00p Prostate Cancer Group  28				

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

RESTORTATIVE 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

TAI CHI FLOW

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

REVITALIZE & THRIVE: STRENGTH & REHABILITATION

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

Friday, February 9, 11:00 AM - 12:00 PM: In Person

WE'VE GOT THE BEAT: HEALING DRUM CIRCLE

Saturday, February 3, 11:00 AM - 12:00 PM: In Person

SATURDAY FLOURISH FOOD SERIES WITH CHEF RHONDA

Saturday, January 6, 12:00 PM - 2:00 PM: In Person

Saturday, February 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.

CRAFT CLASS: WOOD PHOTO TRANSFERS

Monday, January 8, 11:00 AM - 12:00 PM: In Person

COOKING FOR WELLNESS: INCUBATOR KITCHEN COLLECTIVE

Wednesday, January 10, 12:00 PM - 2:00 PM: In Person

Wednesday, February 14, 12:00 PM - 2:00 PM: In Person

COOKING FOR WELLNESS: SIZZLE & SAVOR

Friday, January 26, 11:30 AM - 1:30 PM: Hybrid

Join Chef Gabi Odebo from Aframeals as she prepares dishes full of Caribbean flavors. Tastings will be provided!

CRAFT CLASS: FLORAL PRESSED CANDLE

Monday, February 12, 11:00 AM - 12:00 PM: In Person

Group Support - Education

HELPING EACH OTHER BREAST CANCER GROUP

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

Will be held January 8th due to holiday.

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

CLEARING THE FOG: CHEMO BRAIN CLARITY

Friday, February 9, 11:00 AM - 12:00 PM: Hybrid

Join Dr. Kotlove, Medical Oncologist at St. Elizabeth Healthcare, as he discusses cancer-related cognitive change and answers any questions you may have.

PROFESSIONAL PATHS: BALANCING CAREERS & CANCER JOURNEYS

Tuesday, February 20, 12:00 PM - 1:00 PM: Hybrid

Join Stephanie Green, APRN, as she helps you navigate topics such as speaking to your co-workers, legal protection, and reasonable accommodations, as well as answer any questions you may have.

A PATHWAY TO PERSONAL PEACE BEYOND STRESS

Thursday, February 29, 11:30 AM - 1:30 PM

Join Lawren Watson, Life Coach from Pathway Consulting, as she discusses the topic of stress and answers any questions you may have.

Family - Social

NEW PARTICIPANT BRUNCH

Friday, January 12, 11:00 AM - 12:30 PM: In Person

Have you joined our community for the first time in 2023? If so, we'd love to welcome you with a lovely brunch to connect with other community members, staff, and volunteers!

RECIPE EXCHANGE: COZY CUISINES

Friday, January 19, 3:00 PM - 4:00 PM: In Person

Have a favorite recipe that you'd like to share with others? Join us as we exchange some "comfort food" recipes and add them to whimsical little recipe books.

Eastgate Programs

CSC @ Mercy Health Medical Building

601 Ivy Gateway | Cincinnati, OH, 45245

Healthy Lifestyles - Art - Social

YOGA WELLNESS

Wednesday, January 17 & February 21, 2:00 PM - 3:00 PM: Hybrid

DANCING THROUGH THE AGES

Wednesday, January 17 & February 21, 12:00 PM - 1:00 PM: In Person

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

HEALTHY STEPS

Wednesday, January 17 & February 21, 1:00 PM - 2:00 PM: In Person

CRAFT CLASS: AIR PLANT HOLDER

Wednesday, January 17, 10:00 AM - 11:00 AM: In Person

Join us in making cute wall hangings for your plant to thrive!

CRAFT CLASS: WATERCOLOR JOURNALS

Wednesday, January 17, 3:00 PM - 4:00 PM: In Person

CRAFT CLASS: "STAINED GLASS" PAINTING

Wednesday, February 21, 10:00 AM - 11:00 AM: In Person

Join us in making a beautiful stained glass portrait on canvas.

Cooking- Social

BINGO!

Wednesday, January 17, 11:00 AM - 12:00 PM: In Person

Join us for a friendly game of Bingo and take a chance at winning some fun prizes!

BRUSH, SIP & SOCIALIZE

Wednesday, February 7, 6:00 PM - 7:30 PM: In Person

Love is in the air at CSC! Join us in painting a fun candy heart painting on canvas while enjoying some light refreshments.

COOKING FOR WELLNESS: MEAL PREP MASTERY

Wednesday, January 31, 5:00 PM - 6:30 PM

Does the thought of having to make meals every day overwhelm you? Learn some tricks on weekly meal prep presented by dietician Karolin Saweres.

January / February 2024 | NKY & EASTGATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CSC Closed New Year's Observed 1	10:30a YCAT Yoga 2	3	1:30p Tai Chi Flow 4	10:00a Restorative Yoga 5	12:00p Saturday Flourish Food Series with Chef Rhonda 6
11:00a Craft Class: Wood Photo Transfers 8 6:30p HEO Breast Cancer Group	10:30a YCAT Yoga 9 11:45a Meditation with Meena	12:00p Cooking for Wellness with Incubator Kitchen 10	1:30p Tai Chi Flow 11	10:00a Restorative Yoga 12 11:00a New Participant Brunch	13
CSC Closed Martin Luther King Jr. Day Observed 15	10:30a YCAT Yoga 16	10:00a Craft Class: Air Plant Holder @ East 17 11:00a Bingo! @ East 12:00p Dancing Through The Ages @ East 1:00p Healthy Steps @ East 2:00p Yoga Wellness @ East 3:00p Craft Class: Watercolor Journals	1:30p Tai Chi Flow 18	10:00a Restorative Yoga 19 11:00am Revitalize & Thrive: Strength & Rehabilitation 3:00p Recipe Exchange: Cozy Cusiness	20
22	10:30a YCAT Yoga 23 11:45a Meditation with Meena	24	1:30p Tai Chi Flow 25	10:00a Restorative Yoga 26 11:30a Cooking for Wellness: Sizzle & Savor	27
29	10:30a YCAT Yoga 30	5:00p Cooking for Wellness: Meal Prep Mastery 31	February 1 1:30p Tai Chi Flow	2 10:00a Restorative Yoga	3 10:30a We've Got the Beat: Healing Drum Circle 12:00p Saturday Flourish Series with Chef Rhonda

5 6:30p HEO Breast Cancer Group	6 10:30a YCAT Yoga	7 6:00p Brush, Sip & Socialize	8 1:30p Tai Chi Flow	9 10:00a Restorative Yoga 11:00am Revitalize & Thrive: Strength & Rehabilitation 11:00am Clearing the Fog: Chemo Brain Clarity	10
12 11:00a Craft Class: Floral Pressed Candle	13 10:30a YCAT Yoga 11:45a Meditation with Meena	14 12:00p Cooking for Wellness with Incubator Kitchen	15 1:30p Tai Chi Flow	16 10:00a Restorative Yoga	17
19	20 10:30a YCAT Yoga 12:00p Professional Paths: Balancing Careers & Cancer Journeys	21 10:00a Craft Class: "Stained Glass" Painting 12:00p Dancing Through The Ages @ East 1:00p Healthy Steps @ East 2:00p Yoga Wellness @ East 6:00p Sweet Masterpiece: Cupcake Decorating @ East	22 1:30p Tai Chi Flow	23 10:00a Restorative Yoga	24
26	27 10:30a YCAT Yoga 11:45a Meditation with Meena	28	29 10:00a Leap Year Java Jive 11:30a A Pathway to Personal Peace Beyond Stress 1:30p Tai Chi Flow	REVITALIZE AND THRIVE: STRENGTH AND REHABILITATION Help build and maintain muscle to reduce fatigue and improve your balance. Feb. 9 11 am @ NKY 	



WEDNESDAY, JANUARY 17



Scan to register!



WEDNESDAY, FEBRUARY 21



About CSC



AT THE LYNN STERN CENTER

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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 175 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

MAKE AN IMPACT...
because COMMUNITY
is Stronger than Cancer

We believe that no one can, or should, face cancer alone. Cancer Support Community strives to provide high-quality cancer care designed to strengthen outcomes & survivorship...all free to patients, survivors & their loved ones.

Whether a gift of cash, donor advised fund, appreciated securities, or a legacy gift, you are enabling us to continue to provide support & services to local individuals & families, and help them through their cancer journey. **The impact we have on the lives of those affected by cancer is only as strong as the spirit of those supporting it.**



"I can't thank CSC enough for helping me regain focus that led me to tap back into faith over fear."

VANITA
CANCER SURVIVOR
& CSC PARTICIPANT



Please join us today to ensure no one faces cancer alone in our region.

Give today online at
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