



**SO THAT NO ONE FACES  
CANCER ALONE**



# WHAT'S INSIDE

**MARCH/APRIL 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

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 & Kentucky, interested in giving and receiving support. Group will have speakers in March, April, May, July & September.

#### 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

### WHO YA GOIN' CALL? STRESS BUSTERS!

Monday, March 4, 6:00 PM - 7:00 PM: In Person

Join Dr. Cathy Rosenbaum, Rx Integrative Solutions to understand & define life stress, burnout, moral injury, generational trauma, grief, & PTSD.

### A SWEET TAKE ON PIE

Saturday, March 2, 11:00 AM - 1:00 PM: In Person

Join Anke Pietsch for some special sweet pies for the the upcoming Pi day (3/14) including gluten-free Almond Chocolate Tart and Chocolate Chip Scones.

### CANCER TRANSITIONS: 4-WEEK SERIES

Monday, March 4, 11 & 18 & April 1, 6:30 PM - 8:00 PM: Hybrid

Cancer Transitions is a free, 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.*

### UNDERSTANDING BENEFITS OF SUPPORTIVE PALLIATIVE CARE

Thursday, March 21, 6:30 PM - 7:30 PM: Hybrid

Cara Horst, a medical student and CSC Public Health intern, will discuss how supportive palliative care can help with managing symptoms as well as offering communication support and aiding in decision-making

### FOOD LABEL LINGO: TIPS & TRENDS

Tuesday, March 26, 12:00 PM- 1:00 PM: Virtual

Registered Dietitian Lisa Andrews of Sound Bites Nutrition deep dives into label requirements with tips and tricks for getting the most food in your food!

### COOKING FOR WELLNESS: A TOUR OF AFRICA

Thursday, March 28, 12:30 PM - 2:30 PM: In Person

Join Chef Gabi and immerse yourself in the art of cooking as we showcase and savor delicious meals from North, South, East, and West Africa. Enjoy a sensory experience while exploring the rich tapestry of African cuisine.

### MEDICINAL APPLICATIONS OF CANNABIS FOR CANCER

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

Dr. James Weeks delves into the therapeutic properties of medicinal cannabis, offering potential relief for symptoms associated with different types of cancer. Discover how cannabis can also mitigate side effects from common cancer treatments like chemotherapy and immunotherapy.

### COOKING FOR WELLNESS: PLANT BASED PROTEINS

Wednesday, April 17, 6:00 PM - 8:00 PM: In Person

Join Chef Rhonda Marcotte, of Flourish Culinary Services, to learn how to get the proteins you need when you don't eat meat.

OFFSITE: Findlay Market Kitchen | 1719 Elm St. 45202

### A PATIENT & CAREGIVERS GUIDE TO MENTAL HEALTH & CANCER

Thursday, April 25, 6:30 PM - 8:00 PM: Hybrid

This workshop educates participants on conversations with their care team about mental health, how it may change after a cancer diagnosis, and how to connect to mental health resources and support for you and your caregiver.

### COOKING FOR WELLNESS: SPRING INTO HEALTH

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

Your health is what's in season this spring! Join Registered Dietitian Lisa Andrews of Sound Bites Nutrition as she prepares recipes that support immunity & overall health.

## 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

### MINI MEDITATION

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

### RESET. REVIVE. RENEW: YOGA FOR ALL LEVELS

Wednesday, March 6 & 13 & April 3 & 17, 6:00 PM-7:00 PM

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

### 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

### SOUND MEDITATION

Thursday, March 7 & April 4, 12:00 PM- 1:00 PM: In Person

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

### MINDFULNESS BASED STRESS REDUCTION ORIENTATION

Wednesday, March 6, 1:30 PM - 2:30 PM: In Person

Learn more about an 6 week series designed to transform your relationship with stress, open pathways to better health & enjoyment of life.

## 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

## Art - Family - Social

### WATERCOLOR FUN:8-WEEK SERIES

Mondays, March 4 - April 22, 1:00 PM - 3:00 PM: In Person

Create your own sanctuary by learning to paint in watercolor! Each week builds on the previous week, attendance is highly encouraged for all 8 sessions.

*Limited space available, RSVP today!today!*

### CASCARONES

Thursday, March 7, 1:00 PM - 2:00 PM: In person

Explore the Hispanic tradition of Cascarones! Decorate confetti-filled eggs & share luck by cracking them over someone.

### CRAFT CLASS: BRUSHES & BLOOMS PAINTED TOTE BAGS

Monday, March 11, 6:00 PM - 7:00 PM: In Person

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

### FAMILY FEUD: UNLEASH THE FUN

Wednesday, March 13, 2:00 PM - 3:00 PM: In Person

Join MSW intern Josie Milton for an afternoon of Family Feud!

### HER LEGACY LUNCHEON FOR WOMEN'S HISTORY MONTH

Thursday, March 14, 11:30 AM - 1:00 PM: In Person

Join us for a memorable afternoon of community, crafting, knowledge, & celebration in honor of Women's History Month.

### CRAFT CLASS: EMBROIDERY HOOP WREATH

Monday, March 18, 3:00 PM - 4:00 PM In Person

Join us in making spring wall hangings using scraps of fabric!

### GET YOUR GREEN ON: A SHAMROCKIN' ST. PATRICK'S DAY CELEBRATION

Tuesday, March 19, 2:00 PM - 3:00 PM: In Person

Wear your favorite green attire and join MSW intern Chrissy for a St. Patty's Day celebration! Snacks & desserts will be provided.

### THE ART OF HEALING: A CANCER ART SHOW

Friday, April 5, 6:30 PM - 8:00 PM: In Person

Join us as we showcase a diverse collection of artworks created by people living with cancer and their loved ones. Light refreshments will be served.

### WINGED WONDERS: A BIRD WATCHING ADVENTURE

Friday, April 12, 10:00 AM - 12:00 PM: In Person

Grab your binoculars for the Cincinnati Nature Center for some bird-watching! Bird guide books will be provided. *Space is VERY limited. RSVP BY 4/3.*

Offsite: [Cincinnati Nature Center](#) | 4949 Tealtown Rd. 45150

### SIP THROUGH TIME: A TEA-RRIFIC JOURNEY

Tuesday, April 16, 1:00 PM - 2:00 PM: In Person

Bring your favorite tea to enjoy as MSW intern Chrissy presents history & health benefits of tea.

### ICE CREAM DELIGHT

Monday, April 22, 2:00 PM - 3:00 PM: In Person

Join MSW intern Josie Milton for scoop, sprinkle & savor the fun at our Ice Cream Social!

### A JOYFUL NOISE WATCH PARTY

Wednesday, April 24, 6:00 PM - 7:00 PM: Hybrid

With Theatre Within, learn simple techniques for better singing. Beginners welcome!

### CRAFTING ILLUMINATION: THE ART OF CANDLE MAKING

Thursday, April 25, 12:30 PM - 1:30 PM: In Person

Light up hope with LuciLux Organix as we craft candles for a cause.

### PINK PARTY

Friday, April 26, 6:00 PM - 8:00 PM

With drink by **potion**

The color pink symbolizes love of oneself and others. Wear your favorite pink outfit and join us for fun crafts, self-care activities, and refreshments with a special pink drink!

# March 2024 | Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Join us for these **FREE** upcoming programs around the community!



**Yoga for All**  
3/6 & 3/13 - 4/3 & 4/17  
Walnut Hills Library



**Craft Class**  
MON. MARCH 11  
Walnut Hills Library



**Cooking Class**  
FRI. APRIL 17  
Findlay Market Kitchen

Please call us at 513.791.4060 if you need **help with transportation or parking** for these programs.

1

10:00a Art of Living Meditation  
10:00a Yoga for Wellbeing @ Queen City Healthplex  
11:00a A Sweet Take on Pie

2

10:00a Calming Yoga @ West Chester Presbyterian Church  
1:00p Watercolor Fun  
5:30p Calming Yoga for You  
6:00p Who Ya Goin' Call? Stress Busters!  
6:30p Cancer Transitions

4

5:30p Healthy Steps  
6:30p Enneagram

5

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  
12:00p Metastatic Stg IV Breast Cancer @ Christ  
1:30p MBSR Orientation  
6:00p Reset. Revive. Renew @ Walnut Hills Library  
6:30p Life Transitions

6

11:00a Coffee Chat  
12:00p Sound Meditation  
1:00p Cascarones  
3:00p Bingo  
4:00p Line Dance  
5:30p Chair Yoga

7

6:00p Reiki Energy Renewal- Session 1  
7:00p Reiki Energy Renewal- Session 2

8

10:00a Art of Living Meditation  
10:00a Yoga for Wellbeing @ Queen City Healthplex

9

10:00a Calming Yoga @ West Chester Presbyterian Church  
1:00p Watercolor Fun  
5:30p Calming Yoga for You  
6:00p Craft Class: Brushes & Blooms Painted Tote Bags @ Walnut Hills Library  
6:30p Survivorship & Beyond Connection Group  
6:30p Cancer Transitions

11

5:30p Healthy Steps  
7:00p PanCan

12

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 Family Feud  
6:00p Reset. Revive. Renew @ Walnut Hills Library  
6:30p Hereditary Cancer Risk Connection Group  
7:00p Prostate Cancer Group  
7:00p Reiki

13

10:00a Connect to Community: CSC Orientation  
11:00a Coffee Chat  
11:30a Her Legacy Luncheon  
3:00p Bingo  
4:00p Zumba-Inspired Dance  
5:30p Chair Yoga  
6:30p Young Adult Connection & Social Group

14

15

10:00a Art of Living Meditation  
10:00a Yoga for Wellbeing @ Queen City Healthplex

16

10:00a Calming Yoga @ West Chester Presbyterian Church  
1:00p Watercolor Fun  
3:00p Craft Class: Embroidery Hoop Wreath  
5:30p Calming Yoga for You  
6:30p Cancer Transitions

18

2:00p Get Your Green On: A ShamRockin' St. Patrick's Day Celebration  
5:30p Healthy Steps

19

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  
1:30p MBSR  
6:30p Life Transitions  
6:30p Brain Tumor Group  
6:30p General Cancer Connection Group @ UC West Chester

20

11:00a Coffee Chat  
3:00p Bingo  
4:00p Line Dancing  
5:30p Chair Yoga  
6:30p IMF Multiple Myeloma  
6:30p Understanding the Benefits of Supportive Palliative Care

21

22

10:00a Art of Living Meditation  
10:00a Yoga for Wellbeing @ Queen City Healthplex

23

10:00a Calming Yoga @ West Chester Presbyterian Church  
1:00p Watercolor Fun  
5:30p Calming Yoga for You  
6:30p General Cancer Connection Group

25

11:00a Courage Caps  
12:00p Food Label Lingo: Tips & Trends  
2:00p Connect to Community: CSC Orientation  
5:30p Healthy Steps

26

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  
1:30p MBSR  
7:00p Prostate Education Group

27

11:00a Coffee Chat  
12:30p Cooking for Wellness: A Tour of Africa  
3:00p Bingo  
4:00p Zumba-Inspired Dance  
5:30p Chair Yoga

28

29

10:00a Art of Living Meditation  
10:00a Yoga for Wellbeing @ Queen City Healthplex

30

Registration requested for all programs.



Online event



In person event

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



# April 2024 | Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor Fun</p> <p>5:30p Calming Yoga for You</p> <p>6:30p Cancer Transitions</p>	<p><b>2</b></p> <p>5:30p Healthy Steps</p> <p>6:30p Enneagram</p>	<p><b>3</b></p> <p>9:00a Mini Med</p> <p>9:30a Chat &amp; Craft</p> <p>10:00a Pilates &amp; Relaxation</p> <p>10:30a Healthy Steps</p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital</p> <p>12:00p Tai Chi</p> <p>12:00p Metastatic Stg IV Breast Cancer @ Christ</p> <p>1:30p MBSR</p> <p>6:00p Reset. Revive. Renew @ Walnut Hills Library</p> <p>6:30p Life Transitions</p>	<p><b>4</b></p> <p>11:00a Coffee Chat</p> <p>12:00p Sound Meditation</p> <p>3:00p Bingo</p> <p>4:00p Line Dancing</p> <p>5:30p Chair Yoga</p>	<p><b>5</b></p> <p><b>THE ART OF HEALING: A CANCER ART SHOW</b></p> <p>6:30p   In Person</p> <p><i>Want to submit art for display? See below!</i></p>	<p><b>6</b></p> <p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p>
<p><b>8</b></p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor Fun</p> <p>5:30p Calming Yoga for You</p> <p>6:00p Medicinal Applications of Cannabis for Cancer</p> <p>6:30p Survivorship Group</p>	<p><b>9</b></p> <p>5:30p Healthy Steps</p> <p>7:00p PanCan</p>	<p><b>10</b></p> <p>9:00a Mini Med</p> <p>9:30a Chat &amp; Craft</p> <p>10:00a Pilates &amp; Relaxation</p> <p>10:30a Healthy Steps</p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital</p> <p>12:00p Tai Chi</p> <p>1:30p MBSR</p> <p>7:00p Prostate Cancer Group</p> <p>7:00p Reiki</p>	<p><b>11</b></p> <p>10:00a Connect to Community: CSC Orientation</p> <p>11:00a Coffee Chat</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 &amp; Social Group</p>	<p><b>12</b></p> <p>10:00a Winged Wonders: A Bird Watching Adventure @ Cincinnati Nature Center</p> <p>6:00p Reiki Energy Renewal- Session 1</p> <p>7:00p Reiki Energy Renewal- Session 2</p>	<p><b>13</b></p> <p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p>
<p><b>15</b></p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor Fun</p> <p>5:30p Calming Yoga for You</p>	<p><b>16</b></p> <p>1:00p Sip Through Time: A Tea-rrific Journey into History &amp; Health</p> <p>5:30p Healthy Steps</p>	<p><b>17</b></p> <p>9:00a Mini Med</p> <p>9:30a Chat &amp; Craft</p> <p>10:00a Pilates &amp; Relaxation</p> <p>10:30a Healthy Steps</p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital</p> <p>12:00p Tai Chi</p> <p>1:30p MBSR</p> <p>6:00p Reset. Revive. Renew @ Walnut Hills Library</p> <p>6:00p Cooking for Wellness: Plant Based Proteins @ Findlay Market</p> <p>6:30p Life Transitions</p> <p>6:30p Brain Tumor Group</p> <p>6:30p General Cancer Connection Group @ UC West Chester</p>	<p><b>18</b></p> <p>11:00a Coffee Chat</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><b>19</b></p>	<p><b>20</b></p> <p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p> <p>1:30p MBSR All Day Retreat</p>
<p><b>22</b></p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>1:00p Watercolor Fun</p> <p>2:00p Ice Cream Delight</p> <p>3:00p Craft Class: Felt Bird Bookmarks</p> <p>5:30p Calming Yoga for You</p> <p>6:30p General Cancer Connection Group</p>	<p><b>23</b></p> <p>11:00a Courage Caps</p> <p>2:00p Connect to Community</p> <p>5:30p Healthy Steps</p>	<p><b>24</b></p> <p>9:00a Mini Med</p> <p>9:30a Chat &amp; Craft</p> <p>10:00a Pilates &amp; Relaxation</p> <p>10:30a Healthy Steps</p> <p>10:30a Yoga Therapy in Cancer @ Christ Hospital</p> <p>12:00p Tai Chi</p> <p>1:30p MBSR</p> <p>6:00p A Joyful Noise</p> <p>7:00p Prostate Cancer Group</p>	<p><b>25</b></p> <p>11:00a Coffee Chat</p> <p>12:30p Crafting Illumination: The Art of Candle Making</p> <p>3:00p Bingo</p> <p>4:00p Zumba- Inspired Dance</p> <p>5:30p Chair Yoga</p> <p>6:30p A Patients &amp; Caregiver's Guide to Understanding Mental Health &amp; Cancer</p>	<p><b>26</b></p> <p><b>Pink Party</b></p> <p>6:00p   In person</p> <p>Join us for crafts, self-care activities and more with special pink drink by <b>potion</b></p>	<p><b>27</b></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: Spring into Health</p>
<p><b>29</b></p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>5:30p Calming Yoga for You</p>	<p><b>30</b></p> <p>5:30p Healthy Steps</p>	<p><b>Are you new to CSC?</b></p> <p>Join us for a <b>CONNECT TO COMMUNITY!</b></p> <p>2nd Thurs @ 10 AM, Virtual ~ 4th Tues @ 2 PM, In-Person</p> <p>A great way to learn more about all CSC's free programs we offer you and your loved ones.</p>		<p><b>THE ART OF HEALING: A CANCER ART SHOW</b></p> <p><i>Interested in displaying your art in the show?</i></p> <p>Please turn in artwork and complete the form, by scanning the QR code, by March 15. Each artist may submit up to 3 pieces. Artwork may be those created in our classes or at your home!</p> 	

Registration requested for all programs.

 Online event

 In person event

REGISTER: Call (513) 791-4060, visit [MyCancerSupportCommunity.org](https://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, March 8th, 11:00 AM - 12:00 PM: In Person

Friday, April 5th, 11:00 AM - 12:00 PM: In Person

### HOOP HARMONY: THE ART OF HULA HOOP FITNESS

Thursday, April 18, 2:30 PM - 4:00 PM: In Person

### SATURDAY FLOURISH FOOD SERIES WITH CHEF RHONDA

Saturday, March 2, 12:00 PM - 2:00 PM: In Person

Saturday, April 6, 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: BOW BLISS, MASTERING THE ART OF RIBBON

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

Have you ever wanted to learn how to use ribbon to create beautiful bows? Join our talented volunteer, Lydia, for the secrets to bow making!

### CRAFT CLASS: CHERRY BLOSSOM WINE GLASS ARTISTRY

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

Join us for an enchanting class where we will use cotton swabs & paint to create beautiful cherry blossom wine glasses.

### CRAFT CLASS: WATERCOLOR JOURNAL

Wednesday, April 24, 5:00 PM - 6:30 PM: In Person

Join us in creating beautiful watercolor journals. Learn techniques such as blending & mixing. No experience required & materials will be provided.

## Group Support - Education

### HELPING EACH OTHER BREAST CANCER GROUP

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

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

### CLEARING THE PATH: A KIDNEY CANCER INFO SESSION

Thursday, March 21, 3:00 - 4:00 PM: Hybrid

Explore the basics of kidney cancer, including risk factors, common symptoms, the importance of early detection and treatment options.

### RADIANT RESILIENCE: SKIN CARE ESSENTIALS WITH WALGREENS

Friday, April 26, 11:00 AM - 1:00 PM: In Person

Join Walgreens' Beauty Area Expert, Tara Butler and beauty consultants for skin care and body care seminars.

## Family - Social

### ENCHANTING ESCAPES: CRAFTING A MAGICAL FAIRY GARDEN

Friday, March 8, 1:00 PM - 2:00 PM: In Person

Join us in making miniature fairy themed gardens! No experience necessary and materials will be provided.

### BINGO!

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

Join us a few friendly games of Bingo and a chance at winning a prize!

### SAT. FOOD SERIES

**MARCH 2 & APRIL 6**

12PM | CSC @ St. Elizabeth Edgewood

With Chef Rhonda

### Clearing the Path:

**A KIDNEY CANCER INFO SESSION**

**THUR. MARCH 21**

**3:00 PM | @ NKY & Virtual**

## Eastgate Programs

## CSC @ Mercy Health Medical Building

601 Ivy Gateway | Cincinnati, OH, 45245

## Healthy Lifestyles - Art - Social

### YOGA WELLNESS

Wednesday, March 20 & April 17, 2:00 PM - 3:00 PM: Hybrid

### DANCING THROUGH THE AGES

Wednesday, March 20 & April 17, 12:00 PM - 1:00 PM: In Person

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

### HEALTHY STEPS

Wednesday, March 20 & April 17, 1:00 PM - 2:00 PM: In Person

### CRAFT CLASS: BUTTON PEOPLE PORTRAIT

Wednesday, March 20, 10:00 AM - 11:00 AM: In Person

Join us in making button people pictures of your family, friends, or even your pets!

### CRAFT CLASS: PAINT A MINI BIRDHOUSE!

Friday, April 12, 1:00 PM - 2:00 PM: In Person

## Cooking- Social

### CINCINNATI TRIVIA

Wednesday, March 20, 11:00 AM - 12:00 PM: In Person

How well do you think you know Cincinnati? Come test your knowledge against others and possibly take home a trophy!

### COOKING FOR WELLNESS WITH PEP TALK NUTRITION

Thursday, March 28, 5:30 PM - 7:00 PM: Hybrid

### VOLUNTEERS ARE CRITICAL TO OUR MISSION.

We are looking for help to assist with setting up and hosting programs & share hobbies & talents at our Eastgate location!



# March/April 2024 | NKY & EASTGATE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



WED. MARCH 20

WED. APRIL 17

Craft - Fun - Dancing - Healthy Steps - Yoga



					1 10:00a Restorative Yoga	2 12:00p Saturday Flourish Food Series with Chef Rhonda
4 6:30p HEO Breast Cancer Group	5 10:30a YCAT Yoga	6	7 1:30p Tai Chi Flow	8 10:00a Restorative Yoga 11:00a Strength and Rehabilitation 1:00p Enchanting Escapes: Crafting a Magical Fairy Garden	9	
11 11:00a Craft Class: Bow Bliss, Mastering the Art of Ribbon Craft	12 10:30a YCAT Yoga 11:45a Meditation with Meena	13	14 1:30p Tai Chi Flow	15 10:00a Restorative Yoga	16	
18	19 10:30a YCAT Yoga	20 10:00a Craft Class @ East 11:00a Trivia @ East 12:00p Dancing @ East 1:00p Healthy Steps @ East 2:00p Yoga Wellness @ East 6:00pm Cupcake Decorating	21 1:30p Tai Chi Flow 3:00p Clearing the Path: A Kidney Cancer Information Session	22 10:00a Restorative Yoga	23	
25	26 10:30a YCAT Yoga 11:45a Meditation with Meena	27	28 1:30p Tai Chi Flow 5:30p Cooking for Wellness with Pep Talk Nutrition	29 10:00a Restorative Yoga	30	

April 1 6:30p HEO Breast Cancer Group	2 10:30a YCAT Yoga	3	4 1:30p Tai Chi Flow	5 10:00a Restorative Yoga 11:00a Strength and Rehabilitation	6 12:00p Saturday Flourish Food Series with Chef Rhonda
8 11:00a Craft Class: Cherry Blossom Wine Glass Artistry	9 10:30a YCAT Yoga 11:45a Meditation with Meena	10	11 1:30p Tai Chi Flow	12 10:00a Restorative Yoga 1:00p Craft Class: Paint a Mini Birdhouse! @ East	13
15	16 10:30a YCAT Yoga	17 12:00p Dancing @ East 1:00p Healthy Steps @ East 2:00p Yoga Wellness @ East	18 1:30p Tai Chi Flow 2:30p Hoop Harmony: Mastering the Art of Hula Hoop Fitness	19 10:00a Restorative Yoga 1:00p Bingo!	20
22	23 10:30a YCAT Yoga 11:45a Meditation with Meena	24 5:00p Craft Class: Watercolor Journal	25 1:30p Tai Chi Flow	26 10:00a Restorative Yoga 11:00a Radiant Resilience: Skin Care Essentials with Walgreens	27
29	30 10:30a YCAT Yoga	<p><b>REVITALIZE &amp; THRIVE: STRENGTH &amp; REHABILITATION</b>  <b>Fridays: March 8th &amp; April 5th   11:00 AM - 12:00 PM in NKY</b>  <i>Movement &amp; resistance training exercises to help build &amp; maintain muscle, reduce fatigue, and improve balance</i></p>			

# About CSC



**AT THE LYNN STERN CENTER**  
4918 Cooper Road | Cincinnati, OH 45242


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

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

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

**ORDER NOW**

Cancer Support Community's 4th Annual

# PAR-TEE

for *Hope* 05.17.2024



**The event includes:**

- 3 hours of game play
- Hearty brunch & snacks
- Beer, wine & specialty cocktails
- Contests & raffles
- Access to clubs or bring yours
- VIP experiences

**Secure your bay(s) Today!**

**BAY FOR 6 START**

**\$850**

**TOPGOLF**  
West Chester, OH

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