

COMMUNITY IS STRONGER THAN CANCER.

35
CELEBRATING
YEARS



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

WHAT'S INSIDE

MAY / JUNE 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. *May Speaker: Laura Loch, RDN, CSO, LD, Weight Changes after Treatment & Nutrition Tips, June: Jewelry Box Craft*

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. *May: Sonya Venma, Sound Bathing & Yoga, June: Miranda Seta, Photography Craft*

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. *May: Exercise during & after cancer June: Making your own self-care kit*

OFFSITE: The Christ Hospital Tumor Board Conference 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 during this time. *Will still meet on June 19th.*

GREATER CINCINNATI OSTOMY GROUP HELD AT CSC

3rd Thursdays, 7:30 PM - 9:00 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 and loved ones. *Offered every other month. Offered June 19th*

Education - Cooking

COOKING FOR WELLNESS: A TASTE OF WEST AFRICA

Friday, May 2, 12:30 PM - 2:30 PM: In Person

Join Chef Gabi to learn the art of Jollof Rice, West Africa's most beloved dish! Learn its rich history, global influence, & the secrets to achieving the perfect flavor.

COOKING FOR WELLNESS: KICK UP YOUR COOKOUT!

Wednesday, May 14, 6:30 PM - 8:30 PM: In Person

Memorial Day is just around the corner. As Summer officially begins, you'll want to be ready with a few delicious, balanced & colorful dishes you can contribute to any gathering. Join Chef Rhonda as she demonstrates some recipes to get your party started!

Offsite: Findlay Market Demo Kitchen | 1719 Elm Street. 45202

BREAKFAST WITH TOMORROW'S LEADERS

Thursday, May 15, 11:00 AM - 12:30 PM: In Person

Join us for a delightful morning as local high school students from Madeira serve up breakfast & community spirit! Enjoy a selection of light breakfast items while connecting with these bright young leaders.

HEREDITARY CANCER 101: UNDERSTANDING YOUR RISK & NEXT STEPS

Monday, May 19, 6:30 PM - 7:30 PM: In Person

Join genetic counselor Chelsea Menke, to learn about how your family history of cancer can impact your risk, when to consider genetic counseling/testing, & what to expect at genetic counseling appointment.

CONNECT TO COMMUNITY

Wednesday, May 28 & June 25, 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!

ASK THE EXPERT SESSION ON SURVIVORSHIP & SUPPORTIVE CARE

Wednesday, June 11, 1:00 PM - 2:30 PM: In Person

Michelle Kirschner, Director for Program Development at the Cancer Survivorship and Supportive Care Professional Network, will be available to support cancer patients—whether they are in active treatment, post-treatment, or living with cancer—as well as their caregivers. She will assist in finding information & resources related to treatment effects and wellness goals.

COOKING FOR WELLNESS: BRUNCH & BUBBLES

Saturday, June 14, 11:00 AM - 1:00 PM: In Person

Enjoy a delightful brunch demo with Chef Mona as she prepares her signature Brunch Box Frittatas, perfectly paired with refreshing mimosas.

SELF CARE & COPING SKILLS: BUILDING RESILIENCE FOR MENTAL WELLNESS

Wednesday, June 18, 1:00 PM - 2:00 PM: In Person

Join Hailey Riegler, MSW, LSW, CSW, for a program focusing on practical self-care strategies & coping skills to help manage stress, build resilience, & improve mental well-being. *Light snacks & refreshments will be provided.*



F U N F O R T H E W H O L E
F A M I L Y !

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

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

Every Other Tuesday, 6:30 PM - 7:30 PM: In Person

OFFSITE: Corinthian Baptist Church | 1920 Tennessee Ave. 45237

NEW!

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!**

A TEA FOR MOMS: CELEBRATING MOTHER'S DAY

Thursday, May 1, 1:00 PM - 2:00 PM: In Person

Celebrate Mother's Day with a charming tea party featuring delicious treats, refreshing teas, & a heartfelt tribute to moms in a cozy setting!

WATERCOLOR 8-WEEK SERIES

Mondays, Beginning May 5, 1:00 PM - 3:00 PM: In Person

Create a sanctuary by learning to paint in watercolor! All materials provided. Attendance is encouraged for all 8 sessions.

SCRAPPY SUMMER WREATHS

Monday, May 5, 6:00 PM - 7:00 PM: In Person

Add a splash of color to your summer decor with a fun & easy fabric scrap wreath!

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

Art - Family - Social

THE DECOUPAGE GARDEN

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

Use decoupage to transform plain flower pots into stunning designs with napkins.

FAMILY FRIENDLY: ONCE UPON A DISNEY DAY

Saturday, May 10, 11:00 AM - 12:00 PM: In Person

Step into the magical world of Disney for a day of fun, creativity & adventure!

SUMMERTIME SCAVENGER HUNT & CRAFT BONANZA

Monday, May 12, 12:00 PM - 1:30 PM: In Person

Celebrate the season with a summer-themed scavenger hunt full of colorful surprises. Then, get crafty with DIY activities like decorating bird houses. Perfect for all ages.

PAPER CHRYSANTHEMUMS: HONORING ASIAN HERITAGE

Tuesday, May 13, 1:00 PM - 2:00 PM: In Person

Celebrate Asian Heritage Month - explore cultural significance of paper chrysanthemums.

STRIKES FOR A STRONGER CONNECTION

Wednesday, May 14, 6:00 PM - 8:00 PM: In Person

Join us for a night of bowling, laughter & support for young adults (ages 18-40) who have been impacted by cancer. CSC pays for bowling!

Offsite: Stone Lanes | 3746 Montgomery Rd. 45212

SIGNS OF THE TIMES

Monday, May 19, 4:00 PM - 5:00 PM

From welcoming hellos' to seasonal greetings, we will create beautiful, personalized wooden signs that capture the spirit of each season or occasion.

SIP, PAINT, & CREATE: GLASS ART WORKSHOP

Monday, June 2, 6:00 PM - 7:00 PM: In Person

Get creative & transform plain glassware into custom works of art!

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

SUMMER KICKOFF: A FAMILY-FRIENDLY PATIO PARTY

Friday, June 6, 11:00 AM - 1:00 PM: In Person

A relaxing, family-friendly afternoon on the back patio! Enjoy delicious pizza provided by CSC, play games, connect with other families, and soak up the sun.

NO STOPPING US: REDS - VS - DIAMONDBACKS

Saturday, June 7, 4:15 PM - 7:15 PM: In Person

This event is for young adults (18-40) who have experienced cancer - patient, survivor, caregiver, family & friends. Tickets are FREE, participants cover food & drink.

Limited spaces. We will meet at the Pete Rose sliding statue.

Offsite: Great American Ballpark | 100 Joe Nuxhall Wy, 45202

ADORABLE GARDEN CRITTERS ROCK PAINTING

Monday, June 9, 3:00 PM - 4:00 PM: In Person

Paint garden critters like ladybugs, bees, & other tiny creatures on rocks!

FAMILY FUN WITH TIE DYE

Saturday, June 14, 1:00 PM - 2:00 PM: In Person

Fun-filled family tie dye - create unique, colorful designs on t-shirts & other fabrics while unleashing your creativity. *Feel free to bring your own item to tie dye.*

ZENTANGLE

Tuesday, June 17, 3:00 PM - 4:00 PM: In Person

Unleash your inner artist with this relaxing & creative way to doodle your stress away!

VOICES OF HOPE: A CANCER SURVIVORSHIP JOURNEY

Monday, June 23, 3:00 PM - 4:00 PM: In Person

Share your cancer story & connect with others! Reflecting on your journey? Offering support? This is a space to inspire, uplift, and celebrate strength, resilience, & hope.

PATRIOTIC WREATHS

Friday, June 27, 1:00 PM - 2:30 PM: In Person

Craft a beautiful red, white, & blue ribbon wreath on a wire ring, perfect for showing off your patriotic spirit at home or as a thoughtful gift.

35TH ANNIVERSARY & BACKYARD BASH

Saturday, June 28, 11:00 AM - 1:00 PM: In Person

Free, family-friendly event is open to the public & packed with fun activities for all ages - including games, community resources, entertainment, food, & more!

May 2025: Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<p>CSC In the Community</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><i>Cooking for Wellness</i></p> <p>5.14.25 @ 6:30PM Findlay Kitchen</p> <p>"Kickup Your Cookout" with <i>Chef Rhonda</i></p> </div> <div style="text-align: center;"> <p><i>Craft classes</i></p> <p>5.5.25 @ 6:00PM 6.2.25 @ 6:00PM Walnut Hills Library</p> </div> </div>						<p>11:00a Coffee Chat </p> <p>12:00p Sound Meditation </p> <p>1:00p A Tea for Moms: Celebrating Mother's Day </p> <p>3:00p Bingo </p> <p>4:15p Line Dancing </p> <p>5:30p Chair Yoga </p>		<p>12:30p Cooking for Wellness: A Taste of West Africa </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 </p> <p>1:00p Watercolor </p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church </p> <p>5:30p Calming Yoga </p> <p>6:00p Scrapy Summer Wreaths @ Walnut Hills Library </p>		<p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>6:30p Enneagram </p> <p>6:30p Line Dancing @ Corinthian Baptist Church </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>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>1:00p The Decoupage Garden </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>10:00a Art of Living Meditation </p> <p>11:00a Once Upon a Disney Day </p>	
<p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>12:00p Summertime Scavenger Hunt & Craft Bonanza </p> <p>1:00p Watercolor </p> <p>5:30p Calming Yoga </p>		<p>1:00p Paper Chrysanthemums: Honoring Asian Heritage </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>7:00p PanCan </p>		<p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>6:00p Strikes for a Stronger Connection @ Stone Lanes </p> <p>6:30p Cooking for Wellness: Kick Up Your Summer Cookout! @ Findlay Market </p> <p>7:00p Prostate Cancer Connection Group </p> <p>7:00p Reiki </p>		<p>10:00a Coffee Chat </p> <p>11:00a Breakfast with Tomorrow's Leaders </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>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 </p> <p>1:00p Watercolor </p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church </p> <p>4:00p Signs of the Times </p> <p>5:30p Calming Yoga </p> <p>6:30p Hereditary Cancer 101 </p>		<p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>6:30p Line Dancing @ Corinthian Baptist Church </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>11:00a Coffee Chat </p> <p>3:00p Bingo </p> <p>4:15p Line Dancing </p> <p>5:30p Chair Yoga </p>		<p>Memorial Day Observed CSC Closed</p>			
<p>11:00a Courage Caps </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p>		<p>9:30a Chat & Craft </p> <p>10:00a Connect to Community </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>7:00p Prostate Cancer Education Group </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>10:00a Art of Living Meditation </p>		<p>No Stopping Us Young Adult Social (20-40 yo) </p> <p>6/7 @ 4:15pm first pitch </p> <p> vs. </p>			
<p>Memorial Day Observed CSC Closed</p>											

Registration requested for all programs.

Online event

In person event

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



June 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 2</p> <p>1:00p Watercolor 1</p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church 1</p> <p>4:00p Knot Your Average Craft 1</p> <p>5:30p Calming Yoga 1</p> <p>6:00p Sip, Paint, & Create: Glass Art Workshop @ Walnut Hills Library 1</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion 3</p> <p>6:30p Enneagram 1</p> <p>6:30p Line Dancing @ Corinthian Baptist Church 1</p>	<p>9:30a Chat & Craft 4</p> <p>10:30a Healthy Steps 1</p> <p>12:00p Tai Chi 1</p> <p>12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital 1</p> <p>6:30p Life Transitions 1</p>	<p>11:00a Coffee Chat 5</p> <p>12:00p Sound Meditation 1</p> <p>3:00p Bingo 1</p> <p>4:15p Line Dancing 1</p> <p>5:30p Chair Yoga 1</p>	<p>11:00a Summer Kickoff: A Family-Friendly Patio Party 6</p>	<p>10:00a Art of Living Meditation 7</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex 1</p> <p>4:15p No Stopping Us: Young Adult Program @ Cincinnati Reds 1</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 9</p> <p>1:00p Watercolor 1</p> <p>3:00p Garden Critters Rock Painting 1</p> <p>5:30p Calming Yoga 1</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion 10</p> <p>7:00p PanCan 1</p>	<p>9:30a Chat & Craft 11</p> <p>10:30a Healthy Steps 1</p> <p>12:00p Tai Chi 1</p> <p>1:00p Ask the Expert Session on Survivorship & Supportive Care 1</p> <p>7:00p Prostate Cancer Connection Group 1</p> <p>7:00p Reiki 1</p>	<p>11:00a Coffee Chat 12</p> <p>3:00p Bingo 1</p> <p>4:15p Line Dancing 1</p> <p>5:30p Chair Yoga 1</p> <p>6:30p Young Adult Connection Group 1</p>	<p>6:00p Individualized Reiki Healing: Full Session 13</p> <p>7:00p Individualized Reiki Healing: Try It Session 1 1</p> <p>7:30p Individualized Reiki Healing: Try It Session 2 1</p>	<p>10:00a Art of Living Meditation 14</p> <p>11:00a Cooking for Wellness: Brunch & Bubbles 1</p> <p>1:00p Family Fun with Tie Dye 1</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 16</p> <p>1:00p Watercolor 1</p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church 1</p> <p>5:30p Calming Yoga for You 1</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion 17</p> <p>3:00p Zentangle 1</p> <p>6:30p Line Dancing @ Corinthian Baptist Church 1</p>	<p>9:30a Chat & Craft 18</p> <p>10:30a Healthy Steps 1</p> <p>12:00p Tai Chi 1</p> <p>1:00p Self-Care & Coping Skills 1</p> <p>6:30p Life Transitions 1</p> <p>6:30p Breast Cancer Survivorship Connection Group 1</p>	<p>19</p> <p>CSC Closed- Juneteenth Observed</p>	<p>20</p>	<p>10:00a Art of Living Meditation 21</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex 1</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 23</p> <p>1:00p Watercolor 1</p> <p>3:00p Voices of Hope: A Cancer Survivorship Journey 1</p> <p>5:30p Calming Yoga 1</p>	<p>11:00a Courage Caps 24</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion 1</p>	<p>9:30a Chat & Craft 25</p> <p>10:00a Connect to Community 1</p> <p>10:30a Healthy Steps 1</p> <p>12:00p Tai Chi 1</p> <p>7:00p Prostate Cancer Education 1</p>	<p>11:00a Coffee Chat 26</p> <p>3:00p Bingo 1</p> <p>4:15p Line Dancing 1</p> <p>5:30p Chair Yoga 1</p>	<p>27</p> <p>1:00p Patriotic Wreaths 1</p>	<p>10:00a Art of Living Meditation 28</p> <p>11:00a 35th Anniversary Backyard Bash: A Celebration of Community & Survivors 1</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 30</p> <p>1:00p Watercolor 1</p> <p>3:00p Line Dancing @ Greater Liberty Baptist Church 1</p> <p>5:30p Calming Yoga 1</p>					
 <p>SUMMER OF SURVIVORSHIP!</p> <p>Join us all summer long as we celebrate cancer survivorship with free family friendly events around the community!</p> <p>SAT. 6/28 Blue Ash SAT. 8/23 NKY</p> <p><small>35th Anniversary Celebration</small></p> <p>Visit MyCancerSupportCommunity.org for more info. And bring friends & family!</p>					

Registration requested for all programs.

 Online event

 In person event

REGISTER: Call (513) 791-4060, visit [MyCancerSupportCommunity.org](https://www.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 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

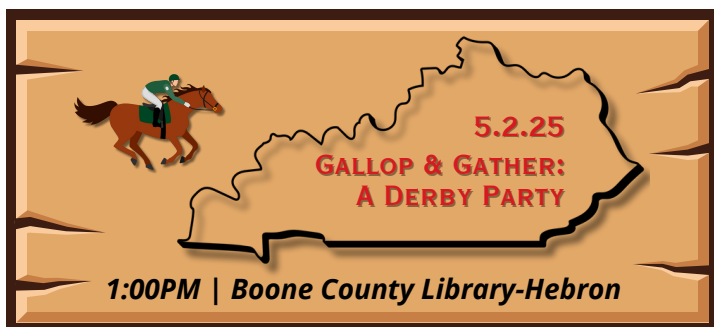
2nd Tuesdays, 11:45 AM - 12:45 PM: Hybrid

TAI CHI FLOW

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

STRENGTH TRAINING

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



Education - Social - Art - Cooking

GALLOP & GATHER: A DERBY PARTY

Friday, May 2, 1:00 PM - 2:30 PM: In Person

Join us for a fun afternoon of great food & friendly Derby vibes. Wear your best hat & attire & let's enjoy the race together!

Offsite: Boone County Library Hebron Branch | 1863 North Bend, Hebron, KY 41084

TEMPORARY TATTOO STONE COASTERS

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

UNDERSTANDING ADVANCE DIRECTIVES

Wednesday, May 14, 11:00 AM - 12:00 PM: In Person

A discussion on why they're essential for ensuring your healthcare wishes are respected. Diane Neltner, Oncology Clinical Social Worker, will share insights on the importance of planning ahead.

MUSIC MADNESS TRIVIA

Thursday, June 5, 12:00 PM - 1:00 PM: In Person

Test your musical knowledge at Music Madness Trivia! Compete in teams across music categories, from song lyrics to famous artists. Light refreshments included.

DIY TRINKET DISH

Thursday, June 12, 12:00 PM - 1:00 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!

Dearborn IN Programs

CSC @ St. Elizabeth Dearborn Cancer Center

17525 Greendale Plaza Dr | Greendale, IN 47025

Generously funded by the Dearborn Community Foundation and held each last Thursday of each month and more!

Healthy Lifestyles - Art

RESTORATIVE MOVEMENT

Thursday, May 22 & June 26, 12:00PM - 1:00PM: In-Person

CRAFTY BRUNCH BASH

Saturday, May 31, 11:00 AM - 1:00 PM

Join CSC for a fun-filled morning of brunch and creativity! Enjoy delicious bites, sip on your favorite drinks, and dive into a hands-on craft project.

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

Social Activities

DIY TOTE BAG DECORATING

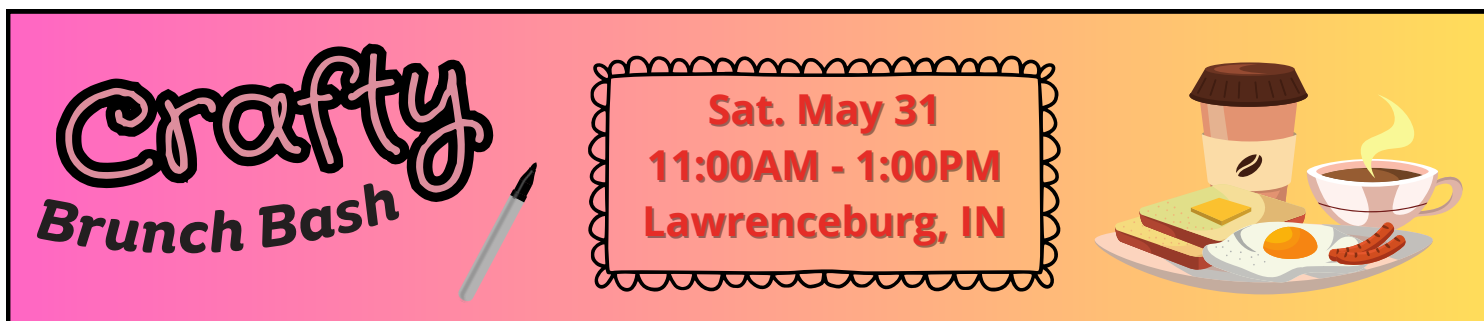
Thursday, May 22, 11:00 AM - 12:00 PM: In Person

Join us for a fun & creative DIY tote decorating workshop. Personalize your own tote bag using paints, stencils & other artistic materials.

COFFEE, COLORING & SNACKS

Thursday, June 26, 11:00 AM - 12:00 PM: In Person

Join us for a relaxing & creative session of coffee, coloring & tasty snacks!



May - June 2025: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Understanding Advance Directives: Planning for Your Healthcare 5.14.25 11:00AM</p>	 <p>Flourish Food Series Saturdays 5/3 6/7 12:00PM</p>		<p>1:30p Tai Chi Flow</p>	<p>10:00a Restorative Yoga</p> <p>1:00p Gallop & Gather: A Derby Party @ Boone County Library</p>	<p>12:00p Flourish Food Series with Chef Rhonda</p>
<p>6:30p HEO Breast Cancer Group</p>	<p>10:30a YCAT Yoga</p> <p>1:00p Bingo</p>		<p>12:00p Temporary Tattoo Stone Coasters</p> <p>1:30p Tai Chi Flow</p>	<p>10:00a Restorative Yoga</p>	
	<p>10:30a YCAT Yoga</p> <p>11:45a Meditation</p> <p>6:30p General Connection Group</p>	<p>11:00a Understanding Advance Directives: Planning for Your Healthcare Future</p>	<p>1:30p Tai Chi Flow</p>	<p>10:00a Restorative Yoga</p>	
	<p>10:30a YCAT Yoga</p>	<p>2:00p Strength Training</p>	<p>11:00a DIY Tote Bag @ Dearborn</p> <p>12:00 Restorative Movement @ Dearborn</p> <p>1:30p Tai Chi Flow</p>		<p>Memorial Day Observed CSC Closed</p>
	<p>10:30a YCAT Yoga</p> <p>11:45a Cooking with Incubator Kitchen</p>		<p>1:30p Tai Chi Flow</p>	<p>10:00a Restorative Yoga</p>	<p>11:00a Crafty Brunch Bash CSC @ Lawrenceburg Library</p>
<p>June 2</p> <p>6:30p HEO Breast Cancer Group</p>	<p>10:30a YCAT Yoga</p>		<p>12:00p Music Madness Trivia</p> <p>1:30p Tai Chi Flow</p>	<p>10:00a Restorative Yoga</p>	<p>12:00p Flourish Food Series with Chef Rhonda</p>
	<p>10:30a YCAT Yoga</p> <p>11:45a Meditation</p> <p>6:30p General Cancer Connection Group</p>		<p>12:00p DIY Trinket Dish</p> <p>1:30p Tai Chi Flow</p>	<p>10:00a Restorative Yoga</p>	
	<p>10:30a YCAT Yoga</p>	<p>2:00p Strength Training</p>		<p>10:00a Restorative Yoga</p>	
	<p>10:30a YCAT Yoga</p> <p>11:45a Cooking with Incubator Kitchen</p>		<p>11:00a Coffee, Coloring & Snacks @ Dearborn</p> <p>12:00p Restorative Movement @ Dearborn</p> <p>1:30p Tai Chi Flow</p>	<p>10:00a Restorative Yoga</p>	
				<p>STRENGTH TRAINING 5/21, 6/18 2:00PM St. Elizabeth Edgewood, KY</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

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



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