



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY



WHAT'S INSIDE

MARCH/APRIL 2026

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

Open to patients, survivors, loved ones, children, caregivers & the bereaved.



Weekly Support Groups

To register for weekly support groups, contact Holly Flower, MSW at 513-791-4060. Groups are professionally facilitated, confidential & open to OH & KY residents.

PEOPLE LIVING WITH CANCER SUPPORT GROUP

Tuesdays 4:00 PM-6:00 PM & 6:30 PM-8:30 PM: Virtual

FAMILY & FRIENDS SUPPORT GROUP

Tuesdays 4:00 PM-6:00 PM & 6:30 PM-8:30 PM: Hybrid

BREAST CANCER STAGE 1-3 SUPPORT GROUP

Tuesdays, 6:30 PM-8:30 PM: Virtual

Support & Connection

PROSTATE CANCER INFORMATION GROUP

2nd & Last Wednesdays, 7:00 PM-8:30 PM: Hybrid

For men & their loved ones living with prostate cancer in OH & KY. 2nd Wednesday is for men only. See website for speakers & topics.

ENNEAGRAM WORKSHOP

1st Tuesdays, 6:30 PM-8:00 PM: In Person

Learn to manage changing dynamics in life when cancer enters the picture & explore new ways of understanding.

METASTATIC STAGE IV BREAST CANCER SUPPORT GROUP

1st Wednesday, 12:00 PM - 2:00 PM: In person

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

OFFSITE: Christ Hospital Joint & Spine Center, 6th Floor | 2139 Auburn Ave. 45219

BRAIN TUMOR CONNECTION GROUP

Wednesday, March 18, 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.

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. In March, meeting on the 11th & 25th

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.

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

IMF MULTIPLE MYELOMA GROUP HELD AT CSC

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

For anyone with Multiple Myeloma to give & receive support. This group is also open to caregivers & loved ones. Educational presentations are also offered.

GREATER CINCINNATI OSTOMY GROUP HELD AT CSC

3rd Thursdays, 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 April 16th.

Education - Cooking

DEBUNKING MYTHS ABOUT DIETARY SUPPLEMENTS

Monday, March 9, 6:00 PM - 7:30 PM: In Person

Join Dr. Cathy Rosenbaum, Holistic Clinical Pharmacy, Founder/CEO Rx Integrative Solutions to discuss how to choose a high-quality dietary supplement. Dr. Rosenbaum will also review the Gut-Brain-Microbiome Axis & evidence-based indications/side effects/interactions for various dietary supplements

COOKING FOR WELLNESS: EMERALD ISLE EATS

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

Get ready to add some green to your plate. Join Chef Mona for a lively cooking demonstration celebrating St. Patrick's Day with fresh, festive, & fun dishes inspired by the Emerald Isle.

EMERGING FROM THE HAZE: 10 - WEEK SERIES

Tuesdays, Beginning March 17, 9:00 AM - 11:00 AM: Virtual

A workshop designed to help cancer survivors who are having trouble with cognitive functions, emotions, or other quality of life issues following cancer treatments. Offered in Partnership with UC Health.

YOUNG ADULT BREAST CANCER DISCUSSION

Thursday, March 19, 9:30 AM - 11:00 AM: In Person

Are you a young adult (40 and under) living with a breast cancer diagnosis? Join Cancer Support Community (CSC) and The Christ Hospital Cancer Center for a supportive discussion focused on navigating breast cancer.

OFFSITE: Alliance Integrative Medicine | 6400 E. Galbraith 45236

COOKING FOR WELLNESS: SIP, SPOON, & SAVOR

Saturday, April 4, 11:00 AM - 1:00 PM: In Person

Join Registered Dietician Lisa Andrews, for a comforting and delicious cooking demonstration featuring warm, nourishing soups paired with fresh, flavorful salads.

GUYS IN THE KITCHEN: TORTILLAS, CHIPS & CONNECTION

Wednesday, April 15, 1:00 PM - 3:00 PM: In Person

This men-only cooking class is for anyone affected by cancer—whether you're a patient, survivor, or friend/family member. Learn how to make homemade tortillas & healthier chips with Jon Flood while sharing conversation & connection with other men. No lectures, no pressure—just good food, useful skills, & a chance to connect with others.

HOW MONEY WORKS- WOMEN ONLY

Wednesday, April 22, 4:00 PM - 5:00 PM: In Person

A financial literacy workshop focused on empowering women with the knowledge, tools, and confidence to make informed financial decisions and build a stronger future for themselves & their families.

CONNECT TO COMMUNITY

4th Wednesdays, 10:00 AM - 11:00 AM: Hybrid

New to Cancer Support Community? Join us for a brief orientation to discover our programs, services, & how to get involved. Learn how to access the support & resources available to you!



APRIL 15
1:00pm

GUYS IN THE KITCHEN:
Tortillas, Chips & Connection



Healthy Lifestyles

CHAIR YOGA

2nd & 4th Thursday, 5:30 PM-6:30 PM: In Person

ART OF LIVING MEDITATION

Saturdays 10:00 AM-11:00 AM: Hybrid

CALMING YOGA FOR YOU

Mondays, 10:00 AM-11:00 AM: In Person

OFFSITE: [West Chester Presbyterian](#) | 8930 Cincinnati-Dayton Rd. 45069

Mondays, 5:30 PM-6:30 PM: Hybrid

Tuesdays 2:00 PM: 3:00 PM: In Person

OFFSITE: [TriHealth Pavilion](#) | 6200 Pfeiffer Rd. 45242

LINE DANCING

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

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

Tuesday, 5:00 PM - 6:00 PM: In Person

OFFSITE: [Corinthian Baptist Church](#) | 1920 Tennessee Ave. 45237

Thursdays, 4:15 PM-5:15 PM: In Person

YOGA FOR WELLBEING

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 HEALING MINI SESSIONS WITH LIVE SINGING BOWLS

2nd Wednesday, 7:00 PM-9:00 PM: In person

TAI CHI

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

SOUND MEDITATION

Saturday, March 7 & April 4, 1:00 PM - 2:00 PM: In Person

GUIDED IMAGERY

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

A GENTLE PATH: LABYRINTH EXPERIENCE

Friday, April 10, 1:00 PM - 2:30 PM: In Person

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

Art - Family - Social

CHAT & CRAFT

Wednesdays, 9:30 AM-11:30 AM: In Person

COFFEE CHAT

Thursdays, 11:00 AM - 12:00 PM: Hybrid

COMMUNITY BINGO

Tuesdays, 2:30 PM - 3:30 PM & Thursdays, 3:00 PM - 4:00 PM: In Person

COURAGE CAPS: SPONSORED BY TEAL LOVING CARE

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

Courage Caps are distributed to women who are dealing with hair loss due to cancer treatment. Volunteers are needed to sew, cut out fabric, iron & package.

BUTTONED UP ART

Monday, March 2, 3:00 PM - 4:00 PM: In Person

We'll create a colorful painting & embellish it with buttons, adding texture, dimension, & playful charm.

CHOCO-LICIOUS & GLUTEN FREE

Saturday, March 7, 11:00 AM - 1:00 PM

Join us for a mouthwatering experience where we create decadent gluten-free chocolate treats that taste like they came from a gourmet bakery.

YARN & BLOOM

Monday, March 9, 3:00 PM - 4:00 PM

We'll craft colorful yarn flowers & arrange them in small glass vases, perfect for adding a handmade touch of spring to your home

Art - Family - Social

A LITTLE GREEN THERAPY

Monday, March 9, 6:00 PM - 7:00 PM: In Person

Get your hands in the dirt and create a mini moss terrarium, no plant experience needed.

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

COMMUNITY BOOK CLUB

2nd Tuesdays, Beginning January 13, 1:30 PM - 2:30 PM: Hybrid

For our first book will be The Rosie Project by Graeme Simsion, a thoughtful and engaging story that offers plenty to discuss. Join us to discuss & share perspectives.

NEW PARTICIPANT BRUNCH

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

Have you joined our community for the first time in 2026? If so, we'd love to welcome you. Join us for a delightful brunch!



LUCKY BITES & LEPRECHAUN DELIGHTS

Friday, March 13, 4:00 PM - 5:30 PM: In Person

Join us for a fun, interactive evening of creating your own "lucky" snacks, testing your knowledge with leprechaun trivia, & enjoying playful activities for all ages.

REDS RALLY: OPENING DAY BASH

Thursday, March 26, 5:00 PM - 6:30 PM

The ultimate kickoff for young adults aged 18-40. Enjoy a day of ballpark-themed snacks, hands-on crafts, & fun activities that bring the stadium vibes right to you.

JEWELLED MEMORIES

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

Turn ordinary frames into sparkling works of art.

HEARTFELT THANKS: A NIGHT OF GRATITUDE FOR OUR VOLUNTEERS

Wednesday, April 1, 5:30 PM - 7:00 PM

Join us for an evening of celebration and appreciation as we honor the incredible volunteers who make our mission possible! Your dedication and compassion have made a lasting impact, & this night is all about YOU!

PERK UP & MEET UP

Thursday, April 2, 5:00 PM - 6:00 PM: In Person

Calling all young adults aged 18-40. Join us for an easygoing meetup where you can sip on coffee, mingle, & get to know others in a relaxed setting.

BLOOMIN' VASES

Monday, April 6, 3:00 PM - 4:00 PM: In Person

Join us for the fun where we'll turn plain vases into beautiful springtime masterpieces.

STACKED FOR WELLNESS

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

Join us for a build-your-own sandwich social featuring fresh, wholesome ingredients.

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

MOSAIC PENDANTS

Friday, April 10, 11:00 AM - 12:00 PM

Anke will show how to arrange glass pieces to create a beautiful & wearable piece of art.

POUR SOME COLOR

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

Turn ordinary wine bottles into stunning works of art.

MUSIC OF TRANQUILITY: GUZHENG RECITAL

Saturday, April 18, 2:30 PM - 3:30 PM: In Person

The guzheng (pronounced "goo-jung") is a traditional Chinese musical instrument that has existed since around 450 BC. Enjoy this recital with young guzheng students playing.

SPARKLE & PETALS

Monday, April 20, 3:00 PM - 4:00 PM: In Person

We'll create a stunning flower picture using donated jewels & gemstones.

LADIES NIGHT OUT

Friday, April 24, 5:00 PM - 7:00 PM: In Person

Enjoy mingling, making new friends, & connecting with familiar faces while diving into a hands-on DIY activity.

March 2026: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 2</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Buttoned Up Art</p> <p>5:30p Calming Yoga</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion 3</p> <p>2:30p Bingo</p> <p>5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church</p> <p>6:30p Enneagram</p>	<p>9:30a Chat & Craft 4</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>11:00a Coffee Chat 5</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p>	<p>6</p>	<p>10:00a Yoga for Wellbeing @ Queen City Healthplex 7</p> <p>10:00a Art of Living Meditation</p> <p>11:00a Choco-licious & Gluten-Free</p> <p>1:00p Sound Meditation</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 9</p> <p>3:00p Yarn & Bloom</p> <p>5:30p Calming Yoga</p> <p>6:00p Debunking Myths About Dietary Supplements</p> <p>6:00p A Little Green Therapy @ Walnut Hills Library</p>	<p>1:30p Community Book Club 10</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p>	<p>9:30a Chat & Craft 11</p> <p>10:00a New Participant Brunch</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>6:30p Life Transitions</p> <p>7:00p Prostate Cancer Information Group</p> <p>7:00p Reiki Healing</p>	<p>12</p> <p>11:00a Coffee Chat</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p> <p>5:30p Chair Yoga</p> <p>6:30p Young Adult Connection Group</p>	<p>13</p> <p>4:00p Lucky Bites & Leprechaun Delights</p>	<p>14</p> <p>10:00a Art of Living Meditation</p> <p>11:00a Cooking for Wellness: Emerald Isles Eats</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 16</p> <p>5:30p Calming Yoga</p>	<p>9:00a Emerging from the Haze 17</p> <p>1:00p Guided Imagery</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p>	<p>9:30a Chat & Craft 18</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>6:30p Breast Cancer Survivorship Group</p> <p>6:30p Brain Tumor Group</p>	<p>9:30a YA Breast Cancer Group @ Community Alliance Integrative Medicine for Wellbeing 19</p> <p>10:00a Coffee Chat</p> <p>1:30p Lung Cancer Connection Group @ Christ</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p> <p>6:30p IMF Multiple Myeloma</p>	<p>20</p>	<p>21</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 23</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p>	<p>9:00a Emerging from the Haze 24</p> <p>11:00a Courage Caps</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church</p>	<p>9:30a Chat & Craft 25</p> <p>10:00a Connect to Community</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>6:30p Life Transitions</p> <p>7:00p Prostate Cancer Education Group</p>	<p>26</p> <p>11:00a Coffee Chat</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p> <p>5:00p Reds Rally: Opening Day Bash</p> <p>5:30p Chair Yoga</p>	<p>27</p>	<p>28</p> <p>10:00a Art of Living Meditation</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church 30</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>3:00p Jeweled Memories</p> <p>5:30p Calming Yoga</p>	<p>9:00a Emerging from the Haze 31</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church</p>	<p>Debunking Myths about Dietary Supplements</p> <p><i>with Dr. Cathy Rosenbaum</i></p> <p>Mon., March 9 @ 6 PM</p> 		<p>Lucky Bites & Leprechaun Delights</p> <p>Fri., March 13 @ 4 PM</p> <hr/> <p>Sip, Spoon & Savor</p> <p>Sat., April 4 @ 11 AM</p> 	

Registration requested for all programs.

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



April 2026: Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Heartfelt Thanks

A Night of Gratitude for Our Volunteers
Wed., April 1 @ 5:30PM



9:30a Chat & Craft **1**
 10:30a Healthy Steps
 12:00p Tai Chi
 12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital
 5:30p Heartfelt Thanks: A Night of Gratitude
 6:30p Life Transitions

11:00a Coffee Chat **2**
 3:00p Bingo
 4:15p Groove & Rhythm Line Dance
 5:00p Perk Up & Meet Up

3
 10:00a Art of Living Meditation
 10:00a Yoga for Wellbeing @ Queen City Healthplex
 11:00a Cooking for Wellness: Sip, Spoon & Savor
 1:00p Sound Meditation

4

10:00a Calming Yoga @ West Chester Presbyterian Church **6**
 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church
 3:00p Bloomin' Vases
 5:30p Calming Yoga
 6:00p Stacked for Wellness @ Walnut Hills Library

9:00a Emerging from the Haze **7**
 2:00p Calming Yoga for You @ TriHealth Pavilion
 2:30p Bingo
 6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church
 6:30p Enneagram

9:30a Chat & Craft **8**
 10:30a Healthy Steps
 12:00p Tai Chi
 7:00p Prostate Cancer Information Group
 7:00p Reiki Healing

11:00a Coffee Chat **9**
 3:00p Bingo
 4:15p Groove & Rhythm Line Dance
 5:30p Chair Yoga
 6:30p Young Adult Connection Group

11:00a Mosaic Pendants **10**
 1:00p A Gentle Path: Labyrinth Experience

10:00a Art of Living Meditation **11**

10:00a Calming Yoga @ West Chester Presbyterian Church **13**
 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church
 5:30p Calming Yoga for You

9:00a Emerging from the Haze **14**
 1:30p Community Book Club
 2:00p Calming Yoga for You @ TriHealth Pavilion
 2:30p Bingo
 3:00p Pour Some Color
 6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church
 7:00p PanCan

9:30a Chat & Craft **15**
 10:30a Healthy Steps
 12:00p Tai Chi
 1:00p Guys in the Kitchen: Tortilla, Chips & Connection
 6:30p Life Transitions
 6:30p Breast Cancer Survivorship Connection Group

11:00a Coffee Chat **16**
 1:30p Lung Cancer Group @ Christ
 3:00p Bingo
 6:30p IMF Multiple Myeloma
 7:30p Ostomy Group

17

10:00a Art of Living Meditation **18**
 10:00a Yoga for Wellbeing @ Queen City Healthplex
 2:30p Music of Tranquility: Guzheng Recital

10:00a Calming Yoga @ West Chester Presbyterian Church **20**
 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church
 3:00p Sparkle & Petals
 5:30p Calming Yoga for You

9:00a Emerging from the Haze **21**
 1:00p Guided Imagery
 2:00p Calming Yoga for You @ TriHealth Pavilion
 2:30p Bingo
 6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church

9:30a Chat & Craft **22**
 10:00a Connect to Community
 10:30a Healthy Steps
 12:00p Tai Chi
 4:00p How Money Works- Women Only

11:00a Coffee Chat **23**
 3:00p Bingo
 4:15p Groove & Rhythm Line Dance
 5:30p Chair Yoga

5:00p Ladies Night Out **24**

10:00a Art of Living Meditation **25**

10:00a Calming Yoga @ West Chester Presbyterian Church **27**
 5:30p Calming Yoga for You

9:00a Emerging from the Haze **28**
 11:00a Courage Caps
 2:00p Calming Yoga for You @ TriHealth Pavilion
 2:30p Bingo

9:30a Chat & Craft **29**
 10:30a Healthy Steps
 12:00p Tai Chi
 7:00p Prostate Cancer Education Group

11:00a Coffee Chat **30**
 3:00p Bingo

LADIES NIGHT OUT
Fri. April 24 @ 4 PM

Registration requested for all programs.

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



Group Support - Healthy Lifestyles

HELPING EACH OTHER BREAST CANCER GROUP

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

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

GENERAL CANCER CONNECTION GROUP

2nd Tuesdays, 6:30 PM - 8:00 PM: Hybrid

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

RESTORTATIVE YOGA

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

YCAT: YOGA THERAPY IN CANCER

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

MEDITATION WITH MEENA

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

STRENGTH TRAINING

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

TAI CHI

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

WALKING CLUB

Friday, April 24, 11:30 AM - 12:30 PM: In Person

Cooking - Nutrition

FLOURISH FOOD SERIES

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

Join Chef Rhonda from Flourish Culinary Services as she prepares meals that nourish & empower you to live life to the full. Tastings & recipes will be provided.

COOKING FOR WELLNESS WITH INCUBATOR KITCHEN

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

Join CSC in collaboration with Incubator Kitchen and St. Elizabeth for a cooking demo and sample.

COOK LIKE A DIETITIAN: FREEZER MEAL PREP

Wednesday, April 8, 11:30 AM - 1:30 PM: In Person

Join St. Elizabeth dietitians for a hands-on class where you'll learn how to save time & money by preparing healthy freezer meals.

SNACK & SHARE: APPETIZERS & CHARCUTERIE

Wednesday, April 29, 12:00 PM - 1:30 PM: In Person

Join us as we continue building the CSC Cookbook. Learn how to make a charcuterie plate & enjoy appetizers.

Social - Art - Education

TREAT YOURSELF TUESDAY IN FT. THOMAS

Tuesday, March 3, 11:00 AM - 1:00 PM: In person

Join us at the Ft. Thomas Cancer Center and take home a free goody bag packed with useful information & a creative craft activity!

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

BLOOM & BUTTON: WILDFLOWER CANVAS WORKSHOP

Tuesday, March 3, 1:30 PM - 2:30 PM: In Person

Unleash your creativity as we bring a wildflower garden to life using canvas, paint, and buttons.

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

COMMUNITY BOOK CLUB

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

Our first book will be The Rosie Project by Graeme Simsion, a thoughtful and engaging story that offers plenty to discuss. Join us to discuss & share perspectives.

PATHWAYS TO HEALING: EXPLORING HEALING TOUCH TECHNIQUES

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

Learn how touch & essential oils can be used together to promote physical & emotional well-being.

TWILIGHT TEA

Wednesday, March 18, 6:00 PM - 7:30 PM: In Person

In collaboration with Kentucky Cancer Program, join us for Hope Warriors support activity. Enjoy tea, snacks & community connections.

Offsite: 45 David Pribble Drive Falmouth, KY 41040

DIY UPCYCLED LANTERNS

Wednesday, March 25, 11:30 AM - 12:30 AM: In Person

Join us for a fun, hands-on workshop & create your own upcycled spring jar lantern!

THE COZY COFFEE BOOK SHARE

Friday, April 10, 11:00 AM - 12:00 PM: In Person

Connect over coffee & tea, share favorite reads/listens, & discover new book & podcast recommendations together.

MAKE & TAKE HERB JAR

Friday, April 17, 1:30 PM - 2:30 PM: In Person

Decorate a glass jar, fill it with an herb, and take it home to enjoy in your kitchen.

HUMMINGBIRD DIAMOND DOT GARDEN STAKES

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

Create a hummingbird garden stake using diamond dot art techniques.

Dearborn IN Programs

CSC @ St. Elizabeth Dearborn Cancer Center

17525 Greendale Plaza Dr | Greendale, IN 47025

Generously funded by the Dearborn Community Foundation.

Healthy Lifestyles - Art - Social

RESTORATIVE MOVEMENT

Thursday, March 23, 12:00PM - 1:00PM: In-Person



TREAT YOURSELF THURSDAY

Thursday, March 26 & April 23, 11:00 AM - 1:00 PM: In Person

Join us at the Dearborn Cancer Center and take home a free goody bag packed with useful info and resources, a creative craft activity, and other surprises and community-building!



Find us at St. Elizabeth Dearborn Cancer Center

March - April 2026: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30p HEO Breast Cancer Group 2	10:30a YCAT Yoga 11:00a Treat Yourself Tuesday @ St. E Ft. Thomas 1:30p Bloom & Button @ Ft. Thomas Carrico Library 3	2:00p Strength Training 4	12:00p Gentle Moves 5	10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda 6	7
9	10:30a YCAT Yoga 11:45a Meditation 6:30p General Connection Group 10	11	10:30a New Participant Brunch 12:00p Gentle Moves 12	10:00a Restorative Yoga 13	14
16	10:30a YCAT Yoga 3:00p Community Book Club 17	1:00p Pathways to Healing 2:00p Strength Training 6:00p Twilight Tea @ Pendleton County 18	10:30a YCAT Yoga 12:00p Tai Chi 19	10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda 20	21
23	10:30a YCAT Yoga 11:45a Cooking with Incubator Kitchen 24	11:30a DIY Upcycled Lanterns 25	11:00a Treat Yourself Thursday @ Dearborn 12:00p Tai Chi 26	10:00a Restorative Yoga 27	28
30	10:30a YCAT Yoga 31	April 1 2:00p Strength Training	10:30a YCAT Yoga 12:00p Tai Chi 2	10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda 3	4
6:30p HEO Breast Cancer Group 6	10:30a YCAT Yoga 7	11:30a Cook Like a Dietitian: Freezer Meal Prep 8	12:00p Tai Chi 9	10:00a Restorative Yoga 11:00a The Cozy Coffee Book Share 10	11
13	10:30a YCAT Yoga 11:45a Meditation 6:30p General Cancer Connection Group 14	2:00p Strength Training 15	10:30a YCAT Yoga 12:00p Tai Chi 16	10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda 1:30p Make & Take Herb Jar 17	18
20	10:30a YCAT Yoga 3:00p Community Book Club 21	22	11:00a Treat Yourself Thursday @ Dearborn 12:00p Tai Chi 23	10:00a Restorative Yoga 11:30a Walking Club 24	25
27	10:30a YCAT Yoga 11:45a Cooking with Incubator Kitchen 28	12:00p Snack & Share Appetizers & Charcuterie 29	12:00p Tai Chi 1:00p Hummingbird Diamond Dot Garden Stake 30		

Bloom & Button: Wildflower Canvas Workshop
Tues., March 3 @ 1:30PM | FortThomas, KY



Cook Like A Dietitian: Freezer Meal Prep
Wed., April 8 @ 11:30AM | Edgewood, KY



Snack & Share: Appetizers & Charcuterie
Wed., April 29 @ 12PM | Edgewood, KY

About CSC



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COMMUNITY IS STRONGER THAN CANCER.

Cancer Support Community Greater Cincinnati-Northern Kentucky (CSC) is dedicated to uplifting & strengthening all people impacted by cancer by providing support, fostering compassionate communities, & breaking down barriers to care.

Whether a patient, survivor, loved one, caregiver, or bereaved, CSC offers a variety of professionally led programs and navigation designed to enhance quality of life & strengthen survivorship. Offered in person & virtually, our **community-based support is at no cost.**

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

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

FINDING TREASURE. FUNDING HOPE.



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

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DID YOU ATTEND CSC PROGRAMS IN 2025?

WE WANT TO HEAR FROM YOU!



TAKE TODAY!

Please take a few minutes to share your feedback with us. **Your input truly makes a difference.**

*Be sure to offer your contact info at the end if you'd like to be entered to win a **\$100 Legacies Upscale Resale Store gift card!***



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

(513) 791-4060

info@cancer-support.org

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

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

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