



Community Is Stronger Than Cancer.



WHAT'S INSIDE

MAY/JUNE 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 Caitlin Drouillard-Ahlrichs, LMSW 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 CANCER CONNECTION GROUP

Wednesday, May 20, 6:30 PM - 8:00 PM: Virtual

Open to brain cancer survivors or caregivers. Brainstorm & generate ideas on how to strengthen & expand support for individuals & families impacted by brain cancer.

BREAST CANCER SURVIVORSHIP CONNECTION GROUP

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

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.

18-40 YRS OLD YOUNG ADULT CONNECTION GROUP

2nd Thursdays, 6:30 PM-8:30 PM: Virtual

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, 6:30 PM - 8:30 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 18th

GENERAL CANCER CONNECTION GROUP

3rd Mondays, 6:00 PM - 8:00 PM: In Person

For anyone with cancer into long-term survivorship, caregivers & loved ones.

NEW! SISTERS CIRCLE: CONNECTION FOR WOMEN OF COLOR

2nd Wednesdays, Beginning May 13, 6:30 PM - 8:00 PM: In Person

This group is intentionally created for women of color to connect with others who share similar lived experiences, offer support, & build community. Come as you are to share, listen, & find strength together in a relaxed, judgment free space where your voice & experience truly matter.

OFFSITE: Legacies Upscale Resale | 3854 Paxton Ave. 45209

Education - Cooking

FRESH & FESTIVE: A HEALTHY CINCO DE MAYO COOKING DEMO

Monday, May 4, 1:30 PM - 3:30 PM: In Person

A cooking demonstration with Registered Dietitian Lisa Andrews of Sound Bites Nutrition celebrating Cinco de Mayo with a healthy twist with nutritious, Mexican-inspired appetizers such as flavorful bean-based layered dip & a vibrant grain salad.

NEW! BINGOCIZE

Tuesdays & Thursdays, 1:30 PM - 2:30 PM: In Person

In Collaboration with Council on Aging, join us for Bingocize, a fun & interactive program that combines the game of bingo with light exercise & health education.

THE WOULD, SHOULD, COULD OF GRIEF

Monday, May 18, 1:00 PM - 2:00 PM: In Person

Feelings of guilt & regret can be one of the most uncomfortable parts of grief. It is common for grieving individuals to focus on what they did not do, or regret doing, on their caregiving journey. Join us for a discussion about grief, guilt, & regret. In this workshop, we will learn about grief & why our minds often take us to these complex emotions, as well as tools to soften the "woulda, shoulda, couldas" of grief.

ALL AGES 5TH ANNUAL CHILDHOOD CANCER SUMMIT

Tuesday, May 19, 9:00 AM - 4:30 PM: In Person Watch Party

We're bringing families, caregivers, survivors, & community members together to view the statewide presentation, explore resources, & connect in a welcoming, supportive environment. Enjoy light refreshments & kid-friendly activities while learning more about efforts to improve childhood cancer outcomes in Ohio.

FLAVORS OF KENYA WITH CHEF GABI

Thursday, June 4, 12:00 PM - 2:00 PM: In Person

You'll learn how to prepare traditional dishes like Sukuma Wiki (sautéed collard greens), Ugali, Kuku Paka (chicken coconut curry), & Swahili Pilau, all infused with authentic spices & rich, aromatic ingredients.

18-40 YRS OLD EXERCISE THROUGH CANCER FOR YOUNG ADULTS

Thursday, June 11, 6:30 PM - 8:00 PM: Virtual

Karen Wonders, Ph.D., will share how exercise can support you during & after cancer by improving energy, strength, & overall well-being. **This program is tailored to young adults impacted by cancer, ages 18-40.**

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!



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

GUIDED IMAGERY WITH CHRIS POPA

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

MEN'S MORNING MILES

Mondays Beginning May 11th, 11:00 AM - 12:00 PM: In Person

Take a walk with other men and enjoy the outdoors with a community.

Offsite: Swaim Park | 7650 Cooper Rd. 45242

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.

BACKYARD BIRD TREATS

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

Make two different bird feeders - a pinecone feeder & a simple birdseed cake!

TEA, LAUGHTER & LOVE: HONORING MOMS

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

Celebrate Mother's Day with a splash of tea, light lunch, conversation, and joy.

SWIPE & DINE: THE EMERGENCE OF PUBLIC ART IN CINCINNATI

Friday, May 8, 12:00 PM - 1:30 PM: In Person

Join Swipe & Dine and engage with local culture and gain a deeper appreciation for public art. A light lunch will be provided. *Space limited, registration required!*

MINI FLOWERPOT DECORATING & HERBS

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

Decorate mini terracotta pot and herbs or flowers. Light refreshments provided.

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

Art - Family - Social

COMMUNITY BOOK CLUB

2nd Tuesdays, 1:30 PM - 2:30 PM: Hybrid

This program provides a welcoming space for members to connect, share perspectives, and enjoy meaningful conversations together. Call CSC, 513-791-4060 to learn what books we are reading for May & June.

BREAKFAST WITH TOMORROW'S LEADERS

Thursday, May 14, 11:00 AM - 12:30 PM: In Person

Join us for a delightful morning as Madeira high school students serve up a light breakfast & community spirit.

CINCINNATI MUSEUM CENTER DAY OF FUN

Friday, May 15, 10:00 AM - 5:00 PM: In Person

Please join us at the Cincinnati Museum Center for a day of fun! Tickets are limited to 14 participants, so it is important to register to secure your ticket today!

Offsite: Cincinnati Museum | 1301 Western Ave. 45203

HYDRANGEAS IN BLOOM

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

Celebrate the beauty of spring with a colorful hydrangea painting.

LEAFY WINGS CRAFT

Tuesday, May 26, 3:30 PM - 4:30 PM: In Person

Use leaves as stamps to craft butterfly designs that you can frame & take home.

MONOGRAM MAGIC

Monday, June 1, 3:00 PM - 4:00 PM: In Person

Grab your stencils, dive into a rainbow of paints, turn simple letters into works of art.

STIR UP SOME SOME SUMMER FUN

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

Join us for a cheerful summer craft session where you'll create your own set of colorful drink stirrers & matching coasters using paint pens & washi tape.

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

COMMUNITY KICKBACK (FORMERLY BACKYARD BASH)

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

Join CSC for our annual family-friendly event for all ages! It's more than just a party - it's a heartwarming community gathering to honor cancer survivors, uplift families, and connect neighbors. Enjoy pizza & treats, bounce house, DJ, kids' games, crafts, and face painting, and resource booths from local organizations to connect you with support & services! Bring the family and invite your friends!

RESIN & SHINE

Monday, June 15, 3:00 PM - 4:00 PM: In Person

In this hands-on session, you'll create your very own resin pendant or keychain & make it uniquely yours.

FIRECRACKER FUN

Monday, June 22, 3:00 PM - 4:00 PM: In Person

Paint and personalize your very own set of wooden "firecrackers" to display at home!

GAME NIGHT GATHER FOR YOUNG ADULTS

Thursday, June 25, 5:30 PM - 6:30 PM: In Person

Calling all young adults, ages 18-40. Join us for a relaxed board game night to connect, support & have fun.

DUDES, DRIVES & DONUTS

Sunday, June 28th, 9:00 AM - 10:00 AM: In Person

Kickback, grab a donut & connect with other guys who get it. Join us for a relaxed, **men-only** gathering built around good conversation, great coffee & an up-close look at some seriously impressive cars. In partnership with **DADQUEST**

COMMUNITY IS STRONGER THAN CANCER ICE CREAM SOCIAL

Monday, June 29, 1:30 PM - 2:30 PM: In Person

Although the official day is Sunday, June 28, we will celebrate with ice cream that brings our members, supporters, & neighbors together in recognition of the strength & connection that define our cancer community.

May 2026: Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Fresh & Festive
Healthy Cinco de Mayo
Cooking Demo
Mon. May 4 @ 1:30PM



Tea, Laughter & Love
Honoring Moms
Wed. May 6
1:30PM

1

2

10:00a Yoga for Wellbeing @ Queen City Healthplex

10:00a Art of Living Meditation

4

10:00a Calming Yoga @ West Chester Presbyterian Church

1:30p Fresh & Festive: A healthy Cinco de Mayo Cooking Demo

3:00p Backyard Bird Treats

3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church

5:30p Calming Yoga

5

9:00a Emerging from the Haze

1:30p Bingocize

2:30p Bingo

2:00p Calming Yoga for You @ TriHealth Pavilion

5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church

6:30p Enneagram

6

9:30a Chat & Craft

10:30a Healthy Steps

12:00p Tai Chi

12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital

1:30p Tea, Laughter & Love: Honoring Moms

6:30p Life Transitions

7

11:00a Coffee Chat

1:30p Bingocize

3:00p Bingo

4:15p Groove & Rhythm Line Dance

8

12:00p Swipe & Dine : The Emergence of Public Art in Cincinnati

9

10:00a Art of Living Meditation

11

10:00a Calming Yoga @ West Chester Presbyterian Church

11:00a Men's Morning Miles @ Swaim Park

3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church

5:30p Calming Yoga

6:00p Mini Flower Pot Decorating & Herbs @ Walnut Hills Library

12

9:00a Emerging from the Haze

1:30p Bingocize

1:30p Community Book Club

2:30p Bingo

2:00p Calming Yoga for You @ TriHealth Pavilion

13

9:30a Chat & Craft

10:30a Healthy Steps

12:00p Tai Chi

6:30p Sisters Circle @ Legacies Upscale Resale

7:00p Prostate Cancer Information Group

7:00p Reiki Healing

14

10:00a Coffee Chat

11:00a Breakfast with Tomorrow's Leaders

1:30p Bingocize

3:00p Bingo

4:15p Groove & Rhythm Line Dance

5:30p Chair Yoga

6:30p Young Adult Connection Group

15

10:00a Cincinnati Museum Center Day of Fun @ Cincinnati Museum

16

10:00a Art of Living Meditation

10:00a Yoga for Wellbeing @ Queen City Healthplex

18

10:00a Calming Yoga @ West Chester Presbyterian Church

11:00a Men's Morning Miles @ Swaim Park

1:00p The Woulda, Shoulda, Couldas of Grief

3:00p Hydrangeas in Bloom

3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church

5:30p Calming Yoga

6:00p General Cancer Connection Group

19

9:00a Emerging from the Haze

9:00a 5th Annual Childhood Cancer Summit Watch Party

1:00p Guided Imagery

1:30p Bingocize

2:00p Calming Yoga for You @ TriHealth Pavilion

2:30p Bingo

5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church

20

9:30a Chat & Craft

10:30a Healthy Steps

12:00p Tai Chi

6:30p Life Transitions

6:30p Breast Cancer Survivorship Group

6:30p Brain Cancer Connection Group

21

11:00a Coffee Chat

1:30p Bingocize

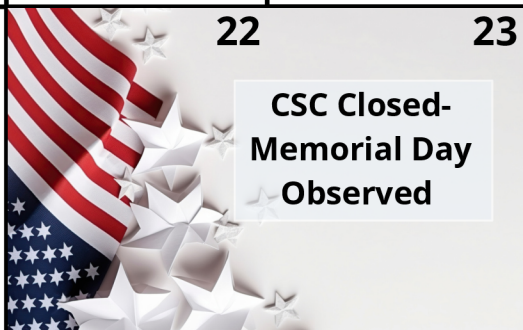
1:30p Lung Cancer Connection Group @ Christ

3:00p Bingo

4:15p Groove & Rhythm Line Dance

6:30p IMF Multiple Myeloma

22 **23**



CSC Closed-Memorial Day Observed

25

CSC Closed-Memorial Day Observed

26

11:00a Courage Caps

1:30p Bingocize

2:00p Calming Yoga for You @ TriHealth Pavilion

2:30p Bingo

3:30p Leafy Wings

5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church

27

9:30a Chat & Craft

10:00a Connect to Community

10:30a Healthy Steps

12:00p Tai Chi

7:00p Prostate Cancer Education Group

28

11:00a Coffee Chat

1:30p Bingocize

3:00p Bingo

4:15p Groove & Rhythm Line Dance

5:30p Chair Yoga

29

30

10:00a Art of Living Meditation

Registration requested for all programs.

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



June 2026: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Monogram Magic</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p> <p>1</p>	<p>1:30p Bingocize</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church</p> <p>6:30p Enneagram</p> <p>2</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>3</p>	<p>11:00a Coffee Chat</p> <p>12:00p Flavors of Kenys with Chef Gabi</p> <p>1:30p Bingocize</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p> <p>4</p>	<p>5</p>	<p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p> <p>6</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga</p> <p>6:00p Stir Up Some Summer Fun @ Walnut Hills Library</p> <p>8</p>	<p>1:30p Bingocize</p> <p>1:30p Community Book Club</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church</p> <p>7:00p PanCan</p> <p>9</p>	<p>9:30a Chat & Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>6:30p Sisters Circle @ Legacies Upscale Resale</p> <p>7:00p Prostate Cancer Information Group</p> <p>7:00p Reiki Healing</p> <p>10</p>	<p>11:00a Coffee Chat</p> <p>1:30p Bingocize</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p> <p>5:30p Chair Yoga</p> <p>6:30p Exercise through Cancer: What it is, Why It Matters (Young Adults)</p> <p>11</p>	<p>12</p>	<p>10:00a Art of Living Meditation</p> <p>11:00a Community Kickback (formerly Backyard Bash)</p> <p>13</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Resin & Shine</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga for You</p> <p>6:00p General Cancer Connection Group</p> <p>15</p>	<p>1:00p Guided Imagery</p> <p>1:30p Bingocize</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church</p> <p>16</p>	<p>9:30a Chat & Craft</p> <p>10:30a Healthy Steps</p> <p>12:00p Tai Chi</p> <p>6:30p Breast Cancer Survivorship Connection Group</p> <p>6:30p Life Transitions</p> <p>17</p>	<p>11:00a Coffee Chat</p> <p>1:30p Lung Cancer Group @ Christ</p> <p>1:30p Bingocize</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p> <p>6:30p IMF Multiple Myeloma</p> <p>6:30p Ostomy Group</p> <p>18</p>	<p>19</p> <p>CSC Closed- Juneteenth Observed</p>	<p>10:00a Art of Living Meditation</p> <p>20</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>3:00p Firecracker Fun</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga for You</p> <p>22</p>	<p>11:00a Courage Caps</p> <p>1:30p Bingocize</p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>6:30p Groove & Rhythm Line Dance @ Corinthian Baptist Church</p> <p>23</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>24</p>	<p>11:00a Coffee Chat</p> <p>1:30p Bingocize</p> <p>3:00p Bingo</p> <p>4:15p Groove & Rhythm Line Dance</p> <p>5:30p Chair Yoga</p> <p>5:30p Game Night Gather</p> <p>25</p>	<p>26</p>	<p>10:00a Art of Living Meditation</p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex</p> <p>27</p>
<p>10:00a Calming Yoga @ West Chester Presbyterian Church</p> <p>11:00a Men's Morning Miles @ Swaim Park</p> <p>1:30p Community is Stronger than Cancer Ice Cream Social</p> <p>3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church</p> <p>5:30p Calming Yoga for You</p> <p>29</p>	<p>2:00p Calming Yoga for You @ TriHealth Pavilion</p> <p>2:30p Bingo</p> <p>30</p>	<p>Dudes, Drives & Donuts</p>  <p>Sun. June 28 @ 9:00AM</p> <p>MEN ONLY - exotic cars, donuts, coffee, & camaraderie</p>		<p>Community Is Stronger Than Cancer</p> <p><i>Ice Cream Social</i></p> <p>Mon. June 29 @ 1:30PM</p> 	

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

RESTARTATIVE YOGA

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

YCAT: YOGA THERAPY IN CANCER

Tuesdays & 1st & 3rd Thursdays 10:30 AM - 11:45 AM: Hybrid

MEDITATION WITH MEENA

2nd Tuesdays, 12:00 PM - 1:00 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, June 26, 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.
No class on June 19th.

COOKING FOR WELLNESS WITH INCUBATOR KITCHEN

4th Tuesdays 12:00 PM - 1:30 PM: In Person

With Incubator Kitchen and St. Elizabeth - join us for cooking demo and samples!



Social - Art - Education

TREAT YOURSELF MONDAY IN GRANT COUNTY

Monday, May 4, 11:00 AM - 1:00 PM: In Person

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

Offsite: St. E Grant County | 238 Barnes Rd., Williamstown, KY, 41097

WILDFLOWER GARDEN PAINTING

Monday, May 4, 1:15 PM - 3:00 PM: In Person

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

Offsite: Grant County Public Library | 201 Barnes Rd., Williamstown, KY, 41097

TREAT YOURSELF TUESDAY IN FT. THOMAS

Tuesday, May 5, 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

BIRDHOUSE DECORATING PARTY

Tuesday, May 5, 1:30 PM - 2:30 PM: In Person

Join us to decorate your own birdhouse!

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

COMMUNITY BOOK CLUB

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

This program provides a welcoming space for members to connect, share perspectives, and enjoy meaningful conversations together. Call CSC, 513-791-4060 to learn what books we are reading for May & June.

PENDLETON COUNTY STORY WALK

Saturday, May 9, 10:00 AM - 12:00 PM: In Person

In collaboration with Kentucky Cancer Program and Pendleton County Extension Office, join us for a story walk!

Offsite: 45 David Pribble Drive Falmouth, KY 41040

CANDLE POUR & TEA TOUR

Thursday, May 14, 1:00 PM - 2:30 PM: In Person

Join us for an afternoon of candle making and a charming tea party!

DIY COASTER ART

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

Bring your creativity - we'll have a variety of materials to create your ceramic tile.

TEA TOWEL PAINTING

Tuesday, June 30, 2:00 PM - 3:00 PM: In Person

Create your own custom tea towel in this fun, hands-on painting workshop!

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

ALL AGES TREAT YOURSELF THURSDAY

Thursday, May 28 & June 25, 11:00 AM - 1:00 PM: In Person

Join Jennifer Meininger, CSC Program Manager, at the Dearborn Cancer Center fun and connection! Take home a free goody bag packed with useful info and resources, experience relaxing breathwork, a creative craft activity, with other surprises and community-building!

WILDFLOWER GARDEN PAINTING

Thursday, May 21, 1:30 PM - 2:30 PM: In Person

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







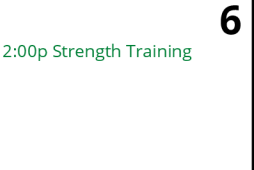
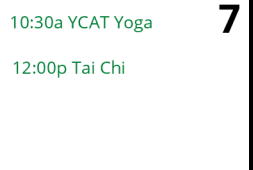
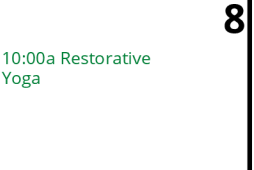


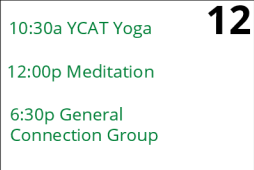





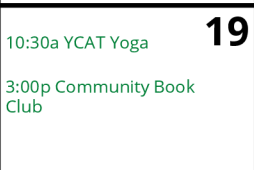
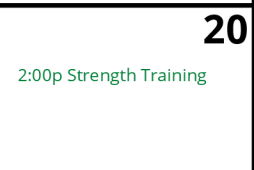

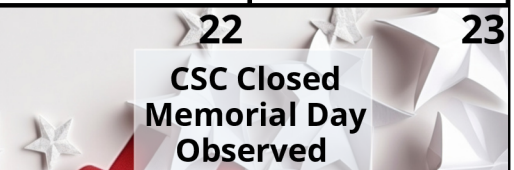
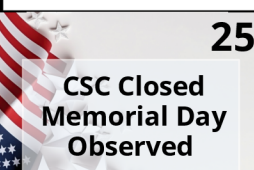
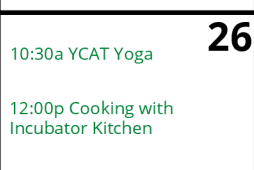
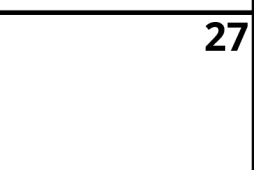
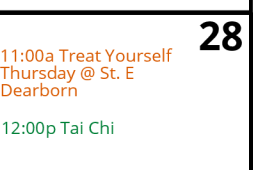
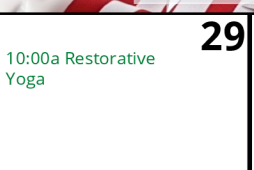
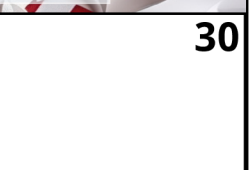
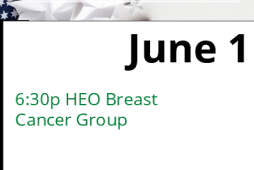
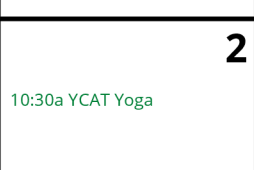
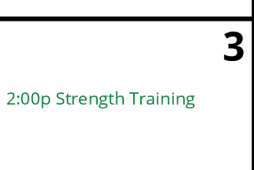



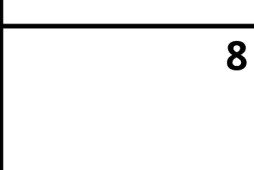
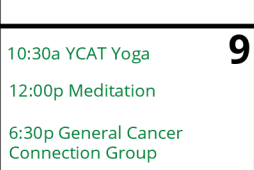
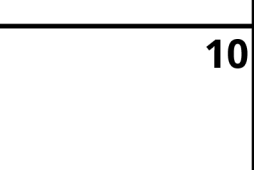


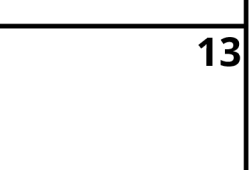
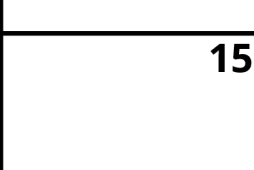
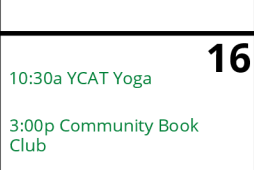
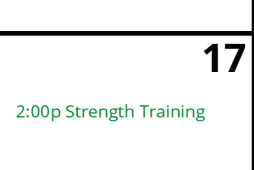
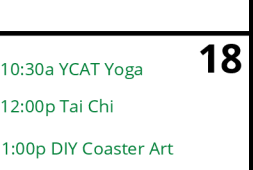

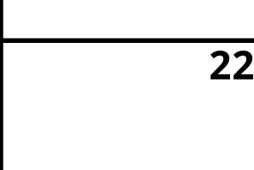
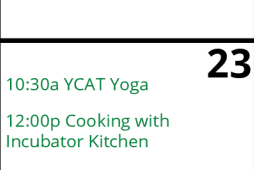
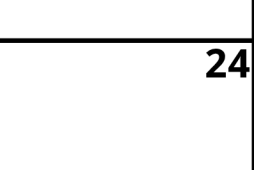
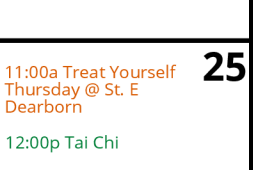
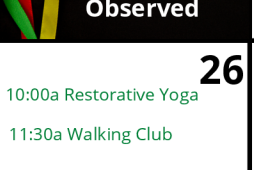
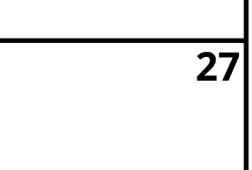
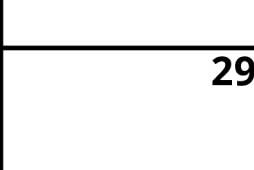
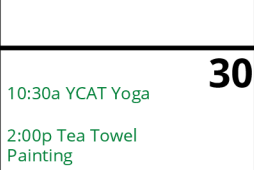

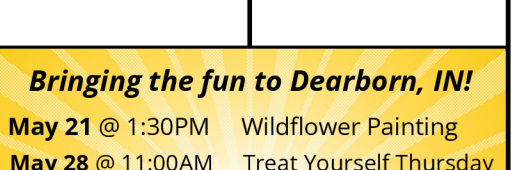
Offsite: Lawrenceburg Public Library | 150 Mary St., Lawrenceburg, IN, 47025

COOK LIKE A DIETICIAN: FREEZER MEALS

Thursday, June 11, 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.

May - June 2026: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Treat Yourself Monday GRANT COUNTY <i>Mon. May 4 @ 11:00AM</i></p>	 <p>Tue. May 5 @ 11:00AM TREAT YOURSELF TUESDAY FT. THOMAS</p>			 <p>10:00a Restorative Yoga 1 11:30a Flourish Food Series with Chef Rhonda</p>	 <p>2</p>
 <p>11:00a Treat Yourself Monday @ St. E Grant County 1:15p Wildflower Garden Painting @ Grant County Library 6:30p HEO Breast Cancer Group 4</p>	 <p>10:30a YCAT Yoga 5 11:00a Treat Yourself Tuesday @ St. E Ft. Thomas 1:30a Birdhouse Decorating @ Ft. Thomas Library</p>	 <p>2:00p Strength Training 6</p>	 <p>10:30a YCAT Yoga 7 12:00p Tai Chi</p>	 <p>10:00a Restorative Yoga 8</p>	 <p>10:00a Pendleton County Story Walk @ Pendleton County Extension Office 9</p>
 <p>11</p>	 <p>10:30a YCAT Yoga 12 12:00p Meditation 6:30p General Connection Group</p>	 <p>13</p>	 <p>12:00p Tai Chi 14 1:00p Candle Pour & Tea Tour</p>	 <p>10:00a Restorative Yoga 15 11:30a Flourish Food Series with Chef Rhonda</p>	 <p>16</p>
 <p>18</p>	 <p>10:30a YCAT Yoga 19 3:00p Community Book Club</p>	 <p>2:00p Strength Training 20</p>	 <p>10:30a YCAT Yoga 21 12:00p Tai Chi 1:30p Wildflower Garden Painting @ Lawrenceburg Public Library</p>	 <p>22 23 CSC Closed Memorial Day Observed</p>	
 <p>25 CSC Closed Memorial Day Observed</p>	 <p>10:30a YCAT Yoga 26 12:00p Cooking with Incubator Kitchen</p>	 <p>27</p>	 <p>11:00a Treat Yourself Thursday @ St. E Dearborn 28 12:00p Tai Chi</p>	 <p>10:00a Restorative Yoga 29</p>	 <p>30</p>
 <p>June 1 6:30p HEO Breast Cancer Group</p>	 <p>10:30a YCAT Yoga 2</p>	 <p>2:00p Strength Training 3</p>	 <p>10:30a YCAT Yoga 4 12:00p Tai Chi</p>	 <p>10:00a Restorative Yoga 5 11:30a Flourish Food Series with Chef Rhonda</p>	 <p>6</p>
 <p>8 12:00p Meditation 6:30p General Cancer Connection Group</p>	 <p>10:30a YCAT Yoga 9 12:00p Meditation 6:30p General Cancer Connection Group</p>	 <p>10</p>	 <p>11:30a Cook Like a Dietitian: Freezer Meal Prep @ St. E Dearborn 11 12:00p Tai Chi</p>	 <p>10:00a Restorative Yoga 12</p>	 <p>13</p>
 <p>15 3:00p Community Book Club</p>	 <p>10:30a YCAT Yoga 16 3:00p Community Book Club</p>	 <p>2:00p Strength Training 17</p>	 <p>10:30a YCAT Yoga 18 12:00p Tai Chi 1:00p DIY Coaster Art</p>	 <p>19 20 CSC Closed Juneteenth Observed</p>	
 <p>22 12:00p Cooking with Incubator Kitchen</p>	 <p>10:30a YCAT Yoga 23 12:00p Cooking with Incubator Kitchen</p>	 <p>24</p>	 <p>11:00a Treat Yourself Thursday @ St. E Dearborn 25 12:00p Tai Chi</p>	 <p>10:00a Restorative Yoga 26 11:30a Walking Club</p>	 <p>27</p>
 <p>29 2:00p Tea Towel Painting</p>	 <p>10:30a YCAT Yoga 30 2:00p Tea Towel Painting</p>	 <p><i>Let's Get Crafty</i> May 14 & June 30 Edgewood, KY</p>		 <p>Bringing the fun to Dearborn, IN! May 21 @ 1:30PM Wildflower Painting May 28 @ 11:00AM Treat Yourself Thursday June 11 @ 11:30AM Cook Like A Dietician</p>	

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!**

ShopLegacies.com | 3854 Paxton Ave, Cincinnati, OH 45209

You're invited! Two great events benefiting Cancer Support Community:



CLAYS FOR A CAUSE

SATURDAY, SEPTEMBER 19

Outdoor fun with targets, lunch, contests and more!

Sycamore Sporting Clays - Montgomery, OH



Stronger Than Cancer CELEBRATION

Thursday, October 1

Dinner, Bar, Auctions, & More at beautiful Hotel Covington



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