

CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY

Good Vibrations

a benefit concert

THURSDAY, JUNE 6TH, 6-9 PM

RAIN OR SHINE



**EARLY BIRD
TICKETS ON
SALE
NOW UNTIL
MAY 6: \$40**



MUSIC BY CRUZ CONTRERAS

YEE-HAW BREWING CO.
745 N BROADWAY

TICKETS: [HTTPS://WWW.CANCERSUPPORTET.ORG/GOOD-VIBS/](https://www.cancersupportet.org/good-vibs/)

Kids Summer Fun Week
July 8-11 (9:00 am - 2:00 pm)



Our mission is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

All CSCET services are offered at no charge.

Our programs are made possible by our hospital and program sponsors:

Covenant Health - Thompson Cancer Survival Center | Tennova Healthcare | UT Medical Center Cancer Institute

Akima Club | Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission

Clayton Homes | CNS Y-12 Community Investment Fund | KAMA

Pilot Company | Thompson Charitable Foundation

CSCET STAFF

Beth A. Hamil | Executive Director

Debra Sullivan, PhD | Program Director

Lori Friel | Development & Communications Manager

Renee G. Dawson, MA | Office Administrator

Denise Stillman, PhD | Program Associate

Natalie Depp, LCSW | Program Associate

**GET SOCIAL
WITH US!**



@CSCET



Growing and Cooking with Herbs

Wednesday, May 15
12:00-1:30 PM

Neal Denton, BS, MS
Heather Kyle-Harmon, BS, MS
Herbs are a great way to give food flavor PLUS they have health benefits. UT Institute of Agriculture Outreach Educators Neal and Heather will answer your herb, gardening, and preservation questions. Green thumb not required! An herb cutting will be provided to start or enhance your herb garden and a cooking demonstration with herbs will be offered. In-person and virtual. Pre-register.



Brunch & Broadway

Saturday, May 18
11:30 AM -1:00 PM

Brian Salesky, host and pianist
Diana Salesky and John Overholt, singers
CSCET is proud to partner with Amadeus Chamber Ensemble for "Brunch and Broadway". Maestro Brian Salesky, Diana Salesky, and John Overholt will perform popular Broadway musical selections from West Side Story, A Little Night Music, Fiddler on the Roof, and much more! Join your CSCET friends for this family-friendly event. Entertainment and light brunch provided. In-person only. Pre-register.



Ask the Doctor: Palliative Care and Hospice

Thursday, June 20
6:00-7:30 PM

Cynthia Pearman, MD
Medical Director of UT Palliative Care & Hospice
What is palliative care? How is it different from hospice? Can I be treated for my cancer while on hospice or palliative care? Join Dr. Pearman for a discussion about quality of life throughout the cancer continuum and find answers to questions about hospice and palliative care services. Light meal provided. In-person and virtual. Pre-register.



Kids Summer Fun Week 2024 Parent Orientation

Wednesday, June 26
4:30-6:00 PM

Natalie Depp, LCSW
Kathleen Williams, LCSW
This orientation is for parents to learn more about Summer Fun Week 2024, a FREE 4-day program for kids 6-13 who have a loved one with cancer. **Fun Week takes place July 8-11 from 9am-2pm.** An overview of the objectives and content will be provided, along with opportunities for parents to ask questions. Child supervision will be available. In-person only. Pre-register.

6204 Baum Drive, Knoxville, TN 37919

Programs are offered in person and virtually.



Call **(865) 546-4661** to speak with our program staff



Register for programs at **www.CancerSupportET.org**



Email us at **info@CancerSupportET.org**

EDUCATION & STRESS MANAGEMENT PROGRAMS

Mindfulness in Everyday Life: Opening to Change

Saturday, May 4 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Change is essential to growth, but most of us resist it. Learn to face change with more equanimity by bringing awareness to your ever-changing circumstances. Virtual only. Pre-register.



East Knox Off-Site Series: Ask the Doctor: Cancer Treatments 101

Thursday, May 9 | 6:00-7:30 PM
Daniel Ibach, MD
Tammy Valentine, Facilitator
Location: Knoxville Area Urban League
1514 E. Fifth Ave. 37917

Whether you are newly diagnosed, currently in treatment, post treatment, or have a family member or friend who's been diagnosed, this program is for you. You will gain basic knowledge & understanding about cancer and treatments to give you tools to take control of your health or better support a loved one. Light meal provided. In-person only. Pre-register.

Growing and Cooking with Herbs

Wednesday, May 15 | 12:00-1:30 PM
Neal Denton, BS, MS
Heather Kyle-Harmon, BS, MS
See front cover for description.

Brunch & Broadway

Saturday, May 18 | 11:30 AM-1:00 PM
Brian Salesky, host and pianist
Diana Salesky and John Overholt, singers
See front cover for description.

Newcomer Orientation

Mondays | 4:00-5:00 PM or by appointment
New to CSCET? Come meet with a member of our program staff to learn about the variety of programs we offer to decrease stress, find more joy, and connect with others at this challenging time. In-person and virtual. Call or pre-register online.

Nutrition Tips: Managing Cancer and Other Diseases

Tuesday, May 21 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Many find it challenging to balance nutritional needs while being treated for cancer, especially with health conditions such as diabetes, heart disease or high blood pressure. Chelsea will explore healthy eating tips and recipes that can help you manage chronic diseases and get the nutrition you need during and after cancer treatment. Light lunch and cooking demonstration provided. In-person and virtual. Pre-register.

Calmer Body, Calmer Mind

Thursday, May 23 | 12:00-1:30 PM
Denise Stillman, PhD
Cancer is physically and emotionally stressful. Dr. Stillman will talk about our bodies' response to stress and demonstrate relaxation exercises to calm the body and the mind. Be prepared to leave relaxed! Light lunch provided. In-Person and Virtual. Pre-register.

We've Got it Covered!

Friday, May 31 | 10:00 AM-12:00 PM
Siobian Jones, Wig Designer
Join Siobian for a class on using scarves and headwraps to cope with hair loss. As the temperature rises in the dog days of summer, wigs can feel uncomfortable. If you're ready to ditch the wig but not ready to bare it all, Siobian can help you choose a head covering and teach you ways to wear it. Light refreshments provided. In-person only. Pre-register.



Breathing with the Spirit

Wednesday, June 12 | 12:00-1:30 PM
Caroline Vogel, MA, MDiv
Cancer impacts the whole person, mind-body, and spirit. How can we use spirit in the healing process? Join Rev. Vogel as she explores spirit using sacred writings, meditation, mindfulness, and breath work. She will encourage an awareness of the ways spirit shows up in our lives, especially in times of challenge. Share what spirit means to you and discover ways to stay connected to spirit in both good and challenging times. Light lunch provided. In person only. Pre-register.

Ask the Doctor: Palliative Care and Hospice

Thursday, June 20 | 6:00-7:30 PM
Cynthia Pearman, MD
See front cover for description.

Mindfulness in Everyday Life: Mindful Choices

Saturday, June 22 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Life is about continuously responding, reacting, and choosing. Most events require only a routine response. However, some events require making choices that stimulate stress, anxiety, or depression. Learn how being mindful can aid in making the best choices possible, even in the midst of challenging emotions. Virtual only. Pre-register.

Nutrition Tips: The Sugar & Cancer Connection

Tuesday, June 25 | 12:00-1:30 PM
Rachel Brooks, MS, RD
What's the connection between sugar and cancer? Sugar feeds every cell in our body- even cancer cells. Join in the conversation as Rachel covers sugar facts and myths from a registered dietician's perspective. Light lunch and cooking demonstration provided. In-person and virtual. Pre-register.

Kids Summer Fun Week 2024 Parent Orientation

Wednesday, June 26 | 4:30-6:00 PM
Natalie Depp, LCSW
Kathleen Williams, LCSW
Fun Week takes place July 8-11 from 9am-2pm.
See front cover for description.

Movie Night at CSCET: American Symphony

Thursday, June 27 | 6:00-8:30 PM
Join CSCET staff and friends for a screening of the Netflix documentary "American Symphony" featuring musician Jon Batiste and best-selling author Suleika Jaouad. In this deeply intimate documentary, Batiste attempts to compose a symphony as his wife (Jaouad) undergoes cancer treatment. "American Symphony is an intimate portrait of two artists at a crossroads and a meditation on art, love, and the creative process." The film is rated PG-13 due to "some strong language". Light refreshments & comfortable seating provided for this family-friendly event. In-person only. Pre-register.

EXERCISE CLASSES

Check with your medical team before attending. Most classes are gentle enough for those in active treatment and can be modified by CSCET instructors. **Starting in June, all Wellness Workout and Yoga classes will be both In-Person and Virtual.**

Wellness Workout

Mondays | 11:00-11:45 AM VIRTUAL
Wednesdays | 11:00-11:45 AM IN-PERSON & VIRTUAL
Stephanie Chunn, Certified Personal Trainer
Practice total body conditioning: gentle stretching, resistance training and low-impact aerobic exercises. Pre-register.

Chair Yoga

Mondays | 1:00-1:45 PM IN-PERSON & VIRTUAL
Randy Rainey, Certified Yoga Instructor
This class is accessible to most people and offers benefits of yoga without getting up and down from the floor. Pre-register.

Yoga

Wednesdays | 2:00-3:00 PM VIRTUAL
Randy Rainey, Certified Yoga Instructor
Saturdays | 10:00-11:00 AM IN-PERSON & VIRTUAL
Allison Bradley, Certified Yoga Instructor
Improve flexibility and strengthen muscles through gentle yoga poses. Pre-register.

Tai Chi/Qigong

Fridays | 12:00-1:00 PM VIRTUAL
Russell Sauls, Instructor
Improve balance, flexibility, and muscle strength with this gentle class. Qigong is a mind/body practice that provides relaxation and healing. Pre-register.

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, May 2, 16 & 30 | 1:00-3:00 PM
Thursday, June 6 & 20 | 1:00-3:00 PM
Shelley Hecht, Knitting Instructor
New to knitting? Old Pro? Learn to knit or bring your own project to work on. In-person only. Pre-register

Writing for Wellness

Wednesday, May 29 | 2:00-3:30 PM
Wednesday, June 26 | 2:00-3:30 PM
Donna Doyle, Writing Instructor
Writing regularly can decrease stress, promote personal growth, complement a mindfulness practice, and enhance wellness. Whether you want to start a daily writing habit, write once a month, or pen a memoir, this relaxed class will help you feel comfortable and inspired about writing. Prompts and tips will be provided. Beginner and experienced writers are welcome. In-person only. Pre-register.

Healing Through Art: Painting Circles

Thursday, May 9 | 1:00-3:00 PM
Kelly Sullivan, Art Instructor
Circles are the most calming geometric shapes. Visually they represent unity, peace, and the divine life-force. In this session we will focus on colors that might reflect moods, feelings and emotions. We will add black and white to those colors to create a composition that includes a variety of hues. In-person only. Pre-register.

Healing Through Art: Clay Sgraffito Tiles

Thursday, June 13 | 1:00-3:00 PM
Ericka Ryba, Art Instructor
Ericka will share tools and techniques to apply a chosen design to a clay tile coated with a layer of black underglaze. The design is then partially scratched away to reveal a beautiful image. Projects will be fired in a kiln offsite after the class, to be picked up at a later date. In-person only. Pre-register.

SUPPORT GROUPS

WEEKLY SUPPORT GROUPS

Our ongoing professionally-led, weekly support groups connect you with others who understand the challenges of cancer. **You must meet with a program staff member (virtually or in person) before joining a weekly group. Schedule your appointment by calling (865) 546-4661.**

Groups For People with Cancer

Mondays | 6:00-7:30 PM VIRTUAL
Tuesdays | 6:00-7:30 PM IN-PERSON
Thursdays | 10:00-11:30 AM VIRTUAL

Group For Family Members & Loved Ones

Tuesdays | 6:00-7:30 PM VIRTUAL

MONTHLY GROUPS

- **Prostate Cancer Group**
- Friday, May 10 | 10-11:30 AM VIRTUAL
- Friday, June 14 | 10-11:30 AM IN-PERSON
- Larry Brown, PhD
- Connect with others who have prostate cancer in this group. Call before your first visit to talk with our program staff.
- **Join us for a special, in-person meeting of the Prostate Cancer Support Group on June 14. Enjoy coffee and bagels while sharing support and information with others who have been diagnosed with prostate cancer. You are welcome to attend regardless of past participation in the monthly virtual support group, but we request that new attendees speak with a member of the program staff prior to attending. Pre-registration required.**
- **Bereavement Group**
- Wednesday, May 1 | 3:30-5:00 PM
- Wednesday, June 5 | 3:30-5:00 PM
- Natalie Depp, LCSW
- Connect with others experiencing bereavement in this group. Call before your first group to speak with our program staff. In-person only.
- **SHORT-TERM SUPPORT SESSIONS**
- **By appointment only**
- Our licensed therapists are available for short-term, cancer-focused individual and family support sessions. In-person and virtual. Call or email us to schedule your first appointment.

May

PRE-REGISTER FOR ALL PROGRAMS by calling (865) 546-4661 or visiting www.CancerSupportET.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	WEEKLY SUPPORT GROUP NOTE You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!	PROGRAM NOTE Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.	1 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Bereavement Support Group 3:30-5:00 PM	2 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	3 Tai Chi/Qigong 12:00-1:00 PM	4 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
5	6 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	7 Support Groups 6:00-7:30 PM	8 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	9 Support Group 10:00-11:30 AM Healing Through Art 1:00-3:00 PM East Knox Off-Site Series: Ask the Doctor: Cancer Treatments 101 6:00-7:30 PM	10 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	11 Yoga 10:00-11:00 AM
12	13 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	14 Support Groups 6:00-7:30 PM	15 Wellness Workout 11:00-11:45 AM Growing and Cooking with Herbs 12:00-1:30 PM Yoga 2:00-3:00 PM	16 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	17 Tai Chi/Qigong 12:00-1:00 PM	18 Yoga 10:00-11:00 AM Brunch & Broadway 11:30 AM-1:00PM
19	20 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	21 Nutrition Tips: Managing Cancer and Other Chronic Diseases 12:00-1:30 PM Support Groups 6:00-7:30 PM	22 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	23 Support Group 10:00-11:30 AM Calmer Body, Calmer Mind 12:00-1:30 PM	25 Tai Chi/Qigong 12:00-1:00 PM	25 Office Closed No Programs
26	27 Office Closed No Programs	28 Support Groups 6:00-7:30 PM	29 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Writing for Wellness 2:00-3:30 PM	30 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	31 We've Got it Covered! 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM	

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9	10 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 AM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	11 Support Groups 6:00-7:30 PM	12 Wellness Workout 11:00-11:45 AM Breathing with the Spirit 12:00-1:30 PM Yoga 2:00-3:00 PM	13 Support Group 10:00-11:30 AM Healing Through Art: Clay Sgraffito Tiles 1:00-3:00 PM	14 Prostate Cancer Support Group (IN-PERSON) 10:00 AM-11:30 PM	15 Yoga 10:00-11:00 AM
16	17 Wellness Workout 11:00-11:45 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	18 Support Groups 6:00-7:30 PM	19 Office Closed No Programs	20 Support Group 10:00-11:30 AM Knitting for Relaxation 1-3:00 PM Ask the Doctor: Palliative Care and Hospice 6:00-7:30 PM	21 Tai Chi/Qigong 12:00-1:00 PM	22 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
23/30	24 Wellness Workout 11:00-11:45 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	25 Nutrition Tips: The Sugar & Cancer Connection 12:00-1:30 PM Support Groups 6:00-7:30 PM	26 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Writing 2:00-3:30 PM Kids Summer Fun Week 2024 Parent Orientation 4:30-6:00 PM	27 Support Group 10:00-11:30 AM Movie Night at CSCET: American Symphony 6:00-8:30 PM	28 Tai Chi/Qigong 12:00-1:00 PM	29 Yoga 10:00-11:00 AM