

CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY

**Cancer Support Community East Tennessee's
Fall Luncheon & Silent Auction**

LUNCHEON PROGRAM
Wednesday, October 23rd
11 am - 1 pm
The Foundry at the Fair Site
Tickets \$125



ONLINE AUCTION
Sunday, October 20th Noon -
Wednesday, October 23rd, 9 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

**GET SOCIAL
WITH US!**



@CSCET



Getting Your Affairs in Order

Wednesday, September 25
6:00-7:30 PM
Victoria Tillman
Attorney at Law
Learn important and up-to-date information about estate planning such as healthcare and financial powers of attorney, wills, and relevant tax laws. Gain useful knowledge and ensure that your wishes are carried out as effectively as possible. Light meal provided. In-person and virtual. Pre-register.



4-Week Mindfulness Series: The Delicate Art of Pursuing Happiness

Sundays, Oct. 13-Nov. 3
4:30-6:30 PM
Dianne Lemieux, PhD
We all want to be happy and free from suffering. Joy can sometimes feel out of reach when cancer enters our lives. Research shows that experiencing joy is possible at any time. This series will focus on practices from mindfulness and positive psychology to help us open to happiness, and connect with our own inner wisdom, guiding us toward our deepest aspirations for peace, connection, and love. In-person only. Pre-register.



Lunchtime Concert

Tuesday, October 22
12:00-1:30 PM
Megan Palmer
Nashville-based singer-songwriter Megan Palmer has toured with various musical acts, including leading her own band. Most recently, Megan served as the Musical Director for the show Trailblazing Women of Country: The Music of Patsy, Dolly, and Loretta, which visited over 40 cities across the U.S. in 2024. Join us for an intimate performance and hear how Megan channeled her love of music as a healing force during her own diagnosis and treatment for cancer. Light lunch provided. In-person only. Pre-register.



Ask the Doctor: Colorectal Cancer

Thursday, October 31
6:00-7:30 PM
Mitchell D. Martin, MD
Treatments for colorectal cancer have advanced significantly over the past decade, with various options now available. Join Dr. Martin as he provides an overview of these treatment types, explains why one treatment might be recommended over another, and discusses future trends in colorectal cancer care. Learn about managing side effects and the importance of follow-up care. Light meal provided. In-person and virtual. 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



East Knox Off-Site Series: Sleep Matters

Thursday, September 12 | 6:00-7:30 PM
Denise Stillman, PhD
Tammy Valentine, Facilitator
Location: Knoxville Area Urban League
1514 E. Fifth Ave. 37917

Having trouble falling or staying asleep? For those affected by cancer, the impact of treatment, medications, and the stress of the disease may prevent you and your loved ones from getting a good night's rest. CSCET's psychologist, Denise Stillman, PhD, will discuss why sleep matters and what steps you can take to improve the quality of your rest. Light meal provided. In-person only. Pre-register.



Nutrition Tips: Cancer-Fighting Super Foods

Tuesday, September 17 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
What are superfoods and what makes them so super? Learn what superfoods have to offer and how you can prepare them to increase their nutritional impact. Light lunch provided. In person and virtual. Pre-register.

Getting Your Affairs in Order

Wednesday, Sept. 25 | 6:00-7:30 PM
Victoria Tillman, Attorney at Law
See front cover for description.

Lessons from a Psychologist: Thoughts Getting You Down?

Thursday, Sept. 26 | 12:00-1:30 PM
Denise Stillman, PhD

Ever want to stop the what-ifs? Are thoughts keeping you up at night or making a challenging circumstance worse? Cognitive-Behavioral psychologist Dr. Denise Stillman will discuss the power of your thoughts and teach ways to enlist our thoughts as an ally. Light lunch provided. In-person and virtual. Pre-register.

Mindfulness in Everyday Life: Cultivating Gratitude in the Midst of Challenge

Saturday, Sept. 28 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Explore the benefits of cultivating more gratitude in your daily life through mindfulness meditation practice. Virtual only. Pre-register.



Coping with Hair Loss/ Thinning

Friday, October 4 | 10:00 AM-12:00 PM
Siobian Jones, The Mighty Wig
Hair loss or thinning can be one of the more challenging aspects of the cancer experience. Siobian will help make coping with hair loss less stressful and a bit more enjoyable by providing tips on choosing the right wig or head covering for you. Bring your own wig or visit the CSCET free wig boutique before the program to select one. Light refreshments provided. In-Person only. Pre-register.

4-Week Mindfulness Series: The Delicate Art of Pursuing Happiness

Sundays, Oct. 13, 20, 27 & Nov. 3
4:30-6:30 PM
Dianne Lemieux, PhD
See front cover for description.



Cancer: Is it in Your Genes?

Wednesday, Oct. 16 | 6:00-7:30 PM
Ann Faulkner, MS, LCGC

Hereditary cancers are caused by genetic changes passed down through the family. These changes increase an individual's risk of developing certain types of cancer over their lifetime. Learn about genetic markers, hereditary syndromes, genetic testing, and how physicians and geneticists use genetic information to inform cancer prevention and treatment. Light meal provided. In person and virtual. Pre-register.

Lunchtime Concert

Tuesday, October 22 | 12:00-1:30 PM
Megan Palmer, Singer/Songwriter
See front cover for description.

Mindfulness in Everyday Life: Goodwill & Compassion

Saturday, Oct. 26 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Experience how a mindfulness practice of goodwill can build a reservoir of compassion for ourselves and others. Virtual only. Pre-register.

Ask the Doctor: Colorectal Cancer

Thursday, October 31 | 6:00-7:30 PM
Mitchell D. Martin, MD
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.

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.

Wellness Workout

Mondays | 11:00-11:45 AM **IN-PERSON & 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 **IN-PERSON & 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, September 5 & 19 | 1:00-3:00 PM
Thursday, October 3, 17 & 31 | 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

WordFlow: Writing for Wellness

Wednesday, September 18 | 12:00-1:30 PM
Wednesday, October 9 | 12:00-1:30 PM
Donna Doyle, Writing Instructor
Writing regularly can enhance wellness by decreasing stress, promoting personal growth, and fostering resilience. With guided writing prompts on subjects like food, travel, family, and nature this class will make you feel as if words are flowing from your pen to paper. Comfortable and inspiring for both beginners and advanced writers. Light lunch will be provided. In-person only. Pre-register.

Healing Through Art: Folded Watercolor Book

Thursday, September 12 | 1:00-3:00 PM
Kelly Sullivan, Art Instructor
This month, we will explore our watercolor practice from a completely new perspective. We'll start by using traditional watercolor techniques and processes, and then introduce new materials such as watercolor crayons and pencils. Once our creations are painted and dried, we will cut the paper and fold it into an accordion book. In-person only. Pre-register.

Healing Through Art: Tape Resist Acrylic Painting

Thursday, October 17 | 1:00-3:00 PM
Kelly Sullivan, Art Instructor
Abstract acrylic painting at its most fun! This class will start with using tape to create a linear design. We will then apply color over the tape. Once the tape is removed, we'll continue to add embellishments and designs to our paintings. 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, September 13 | 10-11:30 AM
- Friday, October 11 | 10-11:30 AM
- Larry Brown, PhD
- Connect with others living with prostate cancer in this monthly group. Call before your first group to talk to a member of our program staff. **VIRTUAL**

Bereavement Group

- Wednesday, September 4 | 3:30-5:00 PM
- Wednesday, October 2 | 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**

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.



September



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Office Closed No Programs	3 Support Groups 6:00-7:30 PM	4 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Bereavement Support Group 3:30-5:00 PM	5 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	6 Tai Chi/Qigong 12:00-1:00 PM	7 Yoga 10:00-11:00 AM
8	9 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	10 Support Groups 6:00-7:30 PM	11 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	12 Support Group 10:00-11:30 AM Healing Through Art 1:00-3:00 PM East Knox Off-Site Series: Sleep Matters 6:00-7:30 PM	13 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	14 Yoga 10:00-11:00 AM
15	16 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	17 Nutrition Tips: Cancer-Fighting Super Foods 12:00-1:30 PM Support Groups 6:00-7:30 PM	18 Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	19 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	20 Tai Chi/Qigong 12:00-1:00 PM	21 Yoga 10:00-11:00 AM
22	23 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	24 Support Groups 6:00-7:30 PM	25 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Getting Your Affairs in Order 6:00-7:30 PM	26 Support Group 10:00-11:30 AM Lessons from a Psychologist: Thoughts Getting You Down? 12:00-1:30 PM	27 Tai Chi/Qigong 12:00-1:00 PM	28 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30 PM
29	30 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			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.	

October

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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!</p>	<p>PROGRAM NOTE Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.</p>	<p>1</p> <p>Support Groups 6:00-7:30 PM</p>	<p>2</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Yoga 2:00-3:00 PM</p> <p>Bereavement Group 3:30-5:00 PM</p>	<p>3</p> <p>Support Group 10:00-11:30 AM</p> <p>Knitting for Relaxation 1:00-3:00PM</p>	<p>4</p> <p>Coping with Hair Loss/Thinning 10:00 AM-12:00 PM</p> <p>Tai Chi/Qigong 12:00-1:00 PM</p>	<p>5</p> <p>Yoga 10:00-11:00 AM</p>
<p>6</p>	<p>7</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Chair Yoga 1:00-1:45 PM</p> <p>Newcomer Orientation 4:00-5:00 PM</p> <p>Support Group 6:00-7:30 PM</p>	<p>8</p> <p>Support Groups 6:00-7:30 PM</p>	<p>9</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Writing for Wellness 12:00-1:30 PM</p> <p>Yoga 2:00-3:00 PM</p>	<p>10</p> <p>Support Groups 10:00-11:30 AM</p>	<p>11</p> <p>Prostate Cancer Support Group 10:00 AM-11:30 PM</p> <p>Tai Chi/Qigong 12:00-1:00 PM</p>	<p>12</p> <p>Yoga 10:00-11:00 AM</p>
<p>13</p> <p>4-Week Mindfulness Series: WEEK 1 4:30-6:30 PM</p>	<p>14</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Chair Yoga 1:00-1:45 AM</p> <p>Newcomer Orientation 4:00-5:00 PM</p> <p>Support Group 6:00-7:30 PM</p>	<p>15</p> <p>Support Groups 6:00-7:30 PM</p>	<p>16</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Yoga 2:00-3:00 PM</p> <p>Cancer: Is it in Your Genes? 6:00-7:30 PM</p>	<p>17</p> <p>Support Group 10:00-11:30 AM</p> <p>Knitting for Relaxation 1:00-3:00 PM</p> <p>Healing Through Art 1:00-3:00 PM</p>	<p>18</p> <p>Tai Chi/Qigong 12:00-1:00 PM</p>	<p>19</p> <p>Yoga 10:00-11:00 AM</p>
<p>20</p> <p>4-Week Mindfulness Series: WEEK 2 (Group already in Progress) 4:30-6:30 PM</p>	<p>21</p> <p>Wellness Workout 11:00-11:45 PM</p> <p>Chair Yoga 1:00-1:45 PM</p> <p>Newcomer Orientation 4:00-5:00 PM</p> <p>Support Group 6:00-7:30 PM</p>	<p>22</p> <p>Lunchtime Concert 12:00-1:30 PM</p> <p>Support Groups 6:00-7:30 PM</p>	<p>23</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Yoga 2:00-3:00 PM</p>	<p>24</p> <p>Support Group 10:00-11:30 AM</p>	<p>25</p> <p>Tai Chi/Qigong 12:00-1:00 PM</p>	<p>26</p> <p>Yoga 10:00-11:00 AM</p> <p>Mindfulness in Everyday Life 11:00 AM-12:30PM</p>
<p>27</p> <p>4-Week Mindfulness Series: WEEK 3 (Group already in Progress) 4:30-6:30 PM</p>	<p>28</p> <p>Wellness Workout 11:00-11:45 PM</p> <p>Chair Yoga 1:00-1:45 PM</p> <p>Newcomer Orientation 4:00-5:00 PM</p> <p>Support Group 6:00-7:30 PM</p>	<p>29</p> <p>Support Groups 6:00-7:30 PM</p>	<p>30</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Yoga 2:00-3:00 PM</p>	<p>31</p> <p>Support Group 10:00-11:30 AM</p> <p>Knitting 1:00-3:00 PM</p> <p>Ask the Doctor: Colorectal Cancer 6:00-7:30 PM</p>		