



The Rachael Young Center
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May & June 2025

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



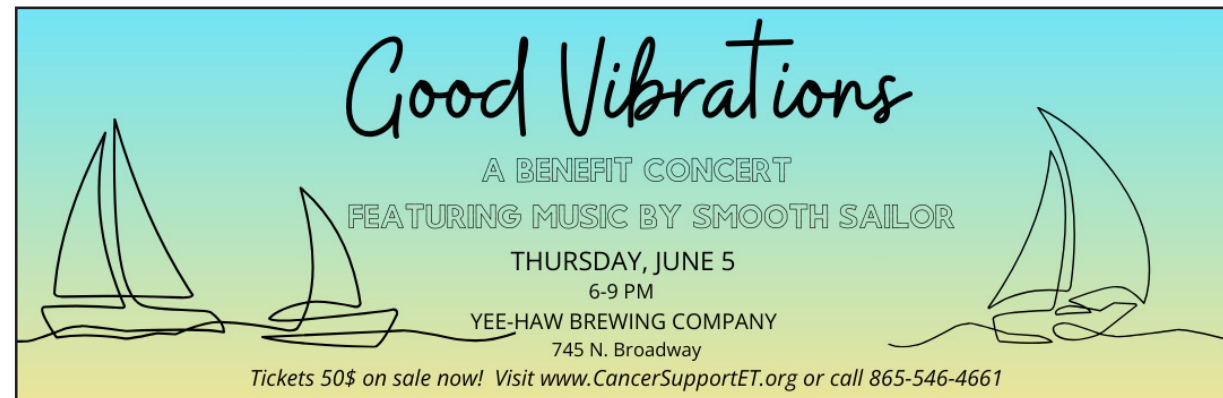
MOVEMENT



CREATION



KIDS & FAMILY



Kids Week 2025
July 7-10 (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.

Programs are made possible in part 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
KAMA | Thompson Charitable Foundation

CSCET STAFF

Beth A. Hamil | Executive Director
Debra Sullivan, PhD | Program Director
Lori A. Friel | Development & Communications Manager
Renee G. Dawson, MA | Office Administrator
Denise Stillman, PhD | Program Associate
Natalie Depp, LCSW | Program Manager

GET SOCIAL
WITH US!



@CSCET



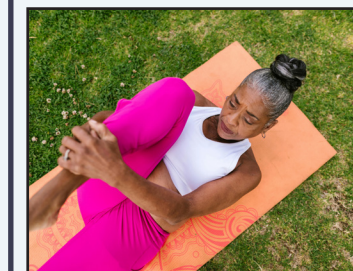
Growing and Cooking with Herbs

Friday, May 9
1:00-2:30 PM
Neal Denton, BS, MS
Heather Kyle-Harmon, BS, MS
Herbs are an easy and flavorful way to elevate your cooking, all while offering amazing health benefits. Join UT Institute of Agriculture Outreach Educators, Neal and Heather, as they answer your questions about herbs, gardening, and preservation. No green thumb needed! You'll receive a cutting sample to kickstart or enhance your herb garden, plus enjoy a live cooking demonstration using fresh herbs. In-person and virtual. Pre-register.



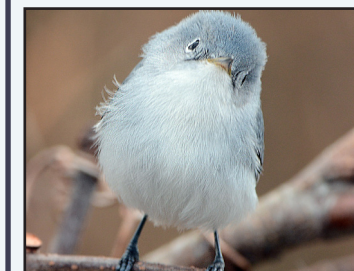
Understanding Lab Results

Wednesday, May 14
12:00-1:30 PM
Karen Gentile, RN, BSN, OCN
Understanding your medical lab results is crucial for informed treatment decisions. Join Karen as she explains blood lab results, focusing on CBC and CMP findings. She'll cover the roles of white blood cells, red blood cells, and platelets, what 'normal ranges' are, and when to investigate further. Karen will also share tips to improve your lab results for better health. Light lunch provided. In-person and virtual. Pre-register.



The Role of Pelvic Floor Therapy Following Cancer Treatment

Tuesday, June 24
12:00-1:30 PM
Rachel Ledford, PT, DPT, CLT
Patients with pelvic or abdominal cancers, such as endometrial, cervical, ovarian, vaginal, vulvar, prostate, bladder, anal, and colorectal cancers, may experience bladder, bowel, and sexual dysfunction, and/or pain. Pelvic floor therapy can help manage these side effects. Rachel will discuss pelvic floor rehabilitation and its role in recovery. Light lunch provided. In-person encouraged; virtual available. Pre-register.



Flight Paths: Moving Forward

Thursday, June 26
12:00-1:30 PM
Clay Thurston, Professional Nature & Wildlife Photographer
Clay has traveled the world taking photographs. After his wife was diagnosed with cancer, he discovered solace in photographing birds. The focus required helped him stay present with nature during uncertain times. Join Clay as he shares his stunning photographs and the stories behind them, showing how he found beauty and humor during a challenging period. Lunch and photography tips included. In-person and virtual. Pre-register.

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Email us at
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EDUCATION & STRESS MANAGEMENT PROGRAMS

Growing and Cooking with Herbs

Friday, May 9 | 1:00-2:30 PM
Neal Denton, BS, MS
Heather Kyle-Harmon, BS, MS
See front cover for description.

Mindfulness in Everyday Life: Feeling Alive

Saturday, May 10 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
As humans, it's natural to fall into habits and routines that leave us feeling numb - especially during stressful times. However, simple moments like listening to the birds sing or watching others laugh with true presence and intention, can help us feel more alive even during stressful life circumstances. Come explore how the mindfulness techniques of presence, awareness, and intention can help us tap into more enlivened moments in everyday life. to fully embracing the 'what is' in the present moment. Virtual only. Pre-register.

Understanding Lab Results

Wednesday, May 14 | 12:00-1:30 PM
Karen Gentile, RN, BSN, OCN
See front cover for description.

Nutrition Tips: Evaluating the Anti-Inflammatory Diet

Tuesday, May 20 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Research shows that inflammation can increase the risk of various chronic diseases, including certain cancers. Discover which foods may fuel inflammation and which can help reduce it. A cooking demonstration and light lunch will be provided. In person and virtual. Pre-register.

A Gift of Sound

Thursday, May 22 | 6:00-7:30 PM
Jan Coe, Whole Notes Harmony
Sound has been used since ancient times for healing, ceremony, and relaxation. Join Jan as she provides participants with a healing sound session using singing bowls, gongs, and chimes to create soothing sound vibrations. Experience a "sound bath" all around. Yoga mats and blankets are available and we encourage you to bring any extra padding or blankets to get as comfy as possible. Space is limited, so sign-up early and gift yourself a calming and rejuvenating experience. In-person only. Pre-register.

Summertime Soiree with Natalie and Renee

Wednesday, June 11 | 6:00-7:30 PM
Natalie Depp & Renee Dawson
Join us as we celebrate the joys of summer and indulge in the vibrant flavors of the season with our wonderful community! Natalie and Renee will be showcasing a selection of appetizers and healthy party dishes, inspired by the Mediterranean diet. Whether you're a fan of zesty dips, savory bites, or refreshing salads, there will be something for every palate. We encourage you to bring along your favorite appetizer to share if you'd like. Don't miss out on the fun—come, relax, and enjoy a memorable evening of good food, great company, and a celebration of all things summer! In-person only. Pre-register.

Nutrition Tips: Eat This, Not That: Mastering Cancer-Related Side Effects

Tuesday, June 17 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Cancer and cancer treatments can come with side effects that may be either alleviated or worsened by the foods we eat. Join Chelsea as she focuses on common cancer-related side effects such as weight changes, taste changes, constipation, and nausea and how the foods you choose may make a difference. Light lunch provided. In person and virtual. Pre-register.



Sleep Matters

Wednesday, June 18 | 6:00-7:30 PM
Denise Stillman, PhD
Having trouble falling or staying asleep? For those impacted by cancer, the effects of treatment and medications, along with the stress of a cancer diagnosis, may keep you and your loved ones from getting a good night's rest. Learn why sleep matters and what you can do to improve the quality of your ZZZs. Light meal provided. In-person and virtual. Pre-register.

Mindfulness in Everyday Life: Letting Go

Saturday, June 21 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Whether our lives are filled with too much stress, worry, or tension, a mindfulness practice can help us—if only for a moment—to let go of these challenging feelings. Virtual only. Pre-register.

The Role of Pelvic Floor Therapy Following Cancer Treatment

Tuesday, June 24 | 12:00-1:30 PM
Rachel Ledford, PT, DPT, CLT
See front cover for description.

Flight Paths: Moving Forward

Thursday, June 26 | 12:00-1:30 PM
Clay Thurston, Professional Nature & Wildlife Photographer
See front cover for description.



Don't Wig Out! Coping with Hair Loss and Thinning

Friday, June 27 | 10:00 AM -12:00 PM
Siobian Jones, The Mighty Wig
Hair loss or thinning can be one of the most challenging aspects of the cancer journey. Siobian will ease the process by offering tips on selecting the right wig or head covering and how to care for both synthetic and natural hair wigs. She'll bring styling tools and assist with minor adjustments for the perfect fit. Bring your own wig or headscarf or use your newfound knowledge to choose one from CSCET's free wig boutique. Light refreshments will be provided. In person only. Pre-register.

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**
****IN-PERSON class on May 9*****
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 1, 15 & 29 | 1:00-3:00 PM
Thursday, June 5 | 1:00-3:00 PM
***make-up knitting class Friday, June 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

WordFlow: Writing for Wellness

Wednesday, May 21 | 12:00-1:30 PM
Wednesday, June 25 | 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.

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 9 | 10-11:30 AM **VIRTUAL**
- Friday, June 13 | 10-11:30 AM **IN-PERSON**
- Larry Brown, PhD
- Connect with others who have prostate cancer in this group. Call before your first group to speak with our program staff.
- Join us for a special, in-person meeting of the **Prostate Cancer Support Group** on June 13. 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 request that new attendees speak with a member of the program staff prior to attending.**

Bereavement Group

- Wed., May 7 | 3:30-5 PM **IN-PERSON**
- Wed., June 4 | 3:30-5 PM **IN-PERSON**
- Natalie Depp, LCSW
- Connect with others experiencing bereavement in this group. Call before your first group to speak with our program staff.

SHORT-TERM SUPPORT SESSIONS

- **By appointment only**
- Our licensed therapists are available for short-term, cancer-focused individual 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.	 Use this QR code to register for our programs.	1 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	2 Tai Chi/Qigong 12:00-1:00 PM	3 Yoga 10:00-11:00 AM
4	5 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	6 Support Groups 6:00-7:30 PM	7 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Bereavement Group 3:30-5:00 PM	8 Support Group 10:00-11:30 AM Healing Through Art: Printed Botanical Note Cards 1:00-3:00 PM	9 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM *in-person* Growing and Cooking with Herbs 1:00-2:30	10 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
11	12 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	13 Support Groups 6:00-7:30 PM	14 Wellness Workout 11:00-11:45 AM Understanding Lab Results 12:00-1:30 PM Yoga 2:00-3:00 PM	15 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	16 Tai Chi/Qigong 12:00-1:00 PM	17 Yoga 10:00-11:00 AM
18	19 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	20 Nutrition Tips: Evaluating the Anti-Inflammatory Diet 12:00-1:30 PM Support Groups 6:00-7:30 PM	21 Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	22 Support Group 10:00-11:30 AM A Gift of Sound 6:00-7:30PM	23 Tai Chi/Qigong 12:00-1:00 PM	24 Office Closed No Programs
25	26 Office Closed No Programs	27 Support Groups 6:00-7:30 PM	28 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	29 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	30 Tai Chi/Qigong 12:00-1:00 PM	31 Yoga 10:00-11:00 AM

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15	16 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	17 Nutrition Tips: Eat This, Not That : Mastering Cancer- Related Side Effects 12:00-1:30 PM Support Groups 6:00-7:30 PM	18 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Sleep Matters 6:00-7:30 PM	19 Office Closed No Programs	20 Tai Chi/Qigong 12:00-1:00 PM *Make-up Knitting Class* 1:00-3:00 pm	21 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
22	23 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	24 The Role of Pelvic Floor Therapy Following Cancer Treatment 12:00-1:30 PM Support Groups 6:00-7:30 PM	25 Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	26 Support Group 10:00-11:30 AM Flight Paths: Moving Forward 12:00-1:30PM	27 Don't Wig Out! Coping with Hair Loss and Thinning 10:00 AM-12:00PM Tai Chi/Qigong 12:00-1:00 PM	28 Yoga 10:00-11:00 AM
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