

# CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY

**GOLF  
"FUN" RAISER  
2024**

TopGolf

April 11, 2024 : 2 - 5 pm

To reserve your bay contact us today!  
Jackie Dallas, JDallas@CancerSupportET.org  
or call 865-546-4661

CancerSupportET.org

*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 | Pilot Company  
Thompson Charitable Foundation

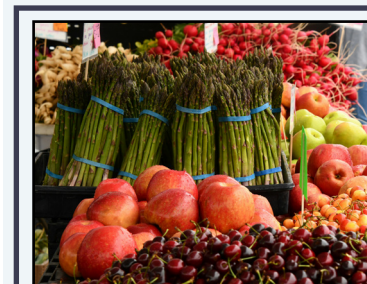
### CSCET STAFF

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

### GET SOCIAL WITH US!



@CSCET



### Nutrition Tips: Benefits of Spring Foods & Tips for Reducing Food Waste

Tuesday, March 19  
12:00-1:30 PM

Chelsea Johnson, MS, RD, LDN,  
CSO

Spring brings us a variety of colorful, healthy foods. Join Chelsea as she shares the benefits of these foods as well as tips to reduce food waste by incorporating these bright and vibrant options in various ways. In-person and virtual. Pre-register.



### Cancer Imaging: What, When, Why?

Thursday, March 28  
6:00-7:30 PM

Garth Graham, MD, Radiologist  
Many people with cancer have had some type of imaging to diagnose their cancer and/or to evaluate how treatments are working. Dr. Graham will describe common imaging scans, such as CT, MRI, and PET. Learn what information each scan provides, the risks and benefits associated with each scan, why one scan may be ordered versus another, and the latest developments in cancer imaging. In-person and virtual. Light meal provided. Pre-register.



### Breast Cancer: Treatments & Trends

Thursday, April 18  
6:00-7:30 PM

Jillian M. Lloyd, MD,  
Breast Surgical Oncologist  
Breast cancer treatment has seen many advances over the past decade including breast conserving surgeries, new chemotherapy agents, targeted therapies, and awareness of beneficial lifestyle factors. Join Dr. Lloyd as she gives an overview of breast cancer treatments & how you can engage in your healing process. In-person and virtual. Light meal provided. Pre-register.



### Strength & Movement After Breast Cancer Treatment

Tuesday, April 23  
12:00-1:30 PM

Jason Fuller, PT, DPT  
Amanda Vaicikauskas, OT, CLT  
Jason and Amanda will identify risk factors and symptoms associated with breast cancer-related lymphedema and discuss how cancer-focused rehabilitation can help individuals manage lymphedema, build strength, and address other breast-cancer related symptoms. In-person and virtual. Light meal provided. 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](http://www.CancerSupportET.org)



Email us at  
[info@CancerSupportET.org](mailto:info@CancerSupportET.org)



# EDUCATION & STRESS MANAGEMENT PROGRAMS

## 8-Week Mindful Self-Compassion Series

Sundays, Mar. 3 - Mar.17, 4:30-7:00 PM  
Dianne Lemieux, PhD  
Group already in progress.

## Managing Cancer-Related Pain

Tuesday, March 12 | 12:00-1:30 PM  
Denise Stillman, PhD  
Cancer-related pain is complex and can negatively impact many areas of life. Stress, poor sleep, and activity can affect pain. Clinical psychologist Denise Stillman will help you understand your pain cycle and teach you practical tools to help you manage your pain and improve your quality of life. In-person and virtual. Light lunch provided. Pre-register.



## East Knox Off-Site Series: Emotional Health and Wellbeing

Thursday, March 14 | 6:00-7:30 PM  
Debra Sullivan, PhD  
Tammy Valentine, Facilitator  
Location: Knoxville Area Urban League  
1514 E. Fifth Ave. 37917  
A cancer diagnosis can affect the emotional health of patients and their loved ones. Learn the signs of depression and anxiety and how your thoughts and actions can help or hurt you. This program will focus on understanding the emotional roller coaster that comes with cancer and explore ways to cultivate joy even during this challenging time. In-person only. Light meal provided. Pre-register.

## Nutrition Tips: Benefits of Spring Foods & Tips for Reducing Food Waste

Tuesday, March 19 | 12:00-1:30 PM  
Chelsea Johnson, MS, RD, LDN, CSO  
See front cover for description.

## A Gift of Sound

Wednesday, March 20 | 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 for use, and we encourage you to bring any extra padding or blankets to get as comfy and cozy as possible. Space is limited, so sign up early and gift yourself a calming and rejuvenating experience. In-person only. Pre-register.

## Cancer Imaging: What, When, Why?

Thursday, March 28 | 6:00-7:30 PM  
Garth Graham, MD, Radiologist  
See front cover for description.

## Mindfulness in Everyday Life: Experience vs. Interpretation of Experience

Saturday, Mar. 30 | 11:00 AM-12:30 PM  
Ann Pendley, Mindfulness Instructor  
Being able to differentiate between your experience and the way you interpret it is a skill that can help reduce emotional turmoil and gain mental and emotional clarity in your life. Learn this skill of recognizing your interpretation of experiences vs. the experiences themselves. Virtual only. Pre-register.

## Little Nutritious Bites for Your Day

Wednesday, April 3 | 12:00-1:30 PM  
Jackie Dallas, MEd, Certified Health Education Specialist  
If you are having trouble eating a full meal, adding snacks throughout your day can help maintain your calories and energy levels. Or, if you are trying to gain weight, snacks can be a great way to do that. You are invited to join Jackie for a food demonstration and tasting session, where you can try breakfast and snack ideas that can be incorporated into your eating plan. Recipes will be taken from the “Eating Well Through Cancer” cookbook, and all participants will receive a copy of the cookbook to take home. In-person only. Pre-register.

## Yoga for Balance and Neuropathy

Tuesday, April 9 | 2:00-3:30 PM  
Randy Rainey, Certified Yoga Instructor  
Feeling unsteady? Tingling in your hands and feet? These symptoms are common for many people following cancer treatments and for some, part of the aging process. This class will focus on movements that can both improve balance and stimulate the peripheral nervous system. In-person (recommended) and virtual. Pre-register.

## Breast Cancer: Treatments & Trends

Thursday, April 18 | 6:00-7:30 PM  
Jillian M. Lloyd, MD  
See front cover for description.

## Strength & Movement After Breast Cancer Treatment

Tuesday, April 23 | 12:00-1:30 PM  
Jason Fuller, PT, DPT  
Amanda Vaicikauskas, OT, CLT  
See front cover for description.

## Mindfulness in Everyday Life: Living with Disappointment

Saturday, April 27 | 11:00 AM-12:30 PM  
Ann Pendley, Mindfulness Instructor  
Life is full of both good times and hard times. Join us as we explore how the practice of mindfulness can help us more effectively cope with life's disappointments. Virtual only. Pre-register.

## Nutrition Tips: Making Healthy Nutrition Choices Easier

Tuesday, April 30 | 12:00-1:30 PM  
Rachel Brooks, MS, RD  
Sometimes nutrition choices are made based on available time and resources rather than nutrition goals. Join Rachel for tips and tricks to make healthy choices easier on you, your bank account, and your available time by planning ahead. In-person and virtual. 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 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, March 7 & 21 | 1:00-3:00 PM  
Thursday, April 4 & 18 | 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, March 27 | 2:00-3:30 PM  
Wednesday, April 24 | 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: Cool Color Watercolors

Thursday, March 14 | 1:00-3:00 PM  
Kelly Sullivan, Art Instructor  
In this fun watercolor class participants will repeat a simple pattern and then use the colors that represent the “cool colors” on the color wheel to make their paintings pop! In-person only. Pre-register.

## Healing Through Art: Folk Art Flowers

Thursday, April 11 | 1:00-3:00 PM  
Kelly Sullivan, Art Instructor  
Spring is here and nothing says so like flowers! Participants will learn about symmetry in painting by looking to the folk artists from Europe and America. We will utilize the bright colors of acrylic paint to show off our new symmetry skills! 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. Weekly support groups are offered VIRTUALLY via Zoom.

## Groups For People with Cancer

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

## Group For Family Members & Loved Ones

Tuesdays | 6:00-7:30 PM

## MONTHLY GROUPS

### Bereavement Group

• Wednesday, March 6 | 3:30-5:00 PM  
• Wednesday, April 3 | 3:30-5:00 PM  
• Debra Sullivan, PhD  
• Connect with others experiencing bereavement in this monthly group.  
• Call before your first group to speak with our program staff. In-person only.

### Prostate Cancer Group

• Friday, March 8 | 10:00-11:30 AM  
• Friday, April 12 | 10:00-11:30 AM  
• Larry Brown, PhD  
• Connect with others who have prostate cancer in this group. Call before your first visit to talk with our program staff. Virtual only.  
• Pre-registration required.

## SHORT-TERM SUPPORT SESSIONS

• By appointment only  
• Our licensed psychologists and social workers 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.



# March

**PRE-REGISTER FOR ALL PROGRAMS** by calling (865) 546-4661 or visiting [www.CancerSupportET.org](http://www.CancerSupportET.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>WEEKLY SUPPORT GROUP NOTE</b> You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!	<b>PROGRAM NOTE</b> Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.			<b>1</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>2</b>  <b>Yoga</b> 10:00-11:00 AM
<b>3</b>  <b>8-Week Mindfulness Series</b> (Group already in Progress) 4:30-7:00 PM	<b>4</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>5</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>6</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM <b>Bereavement Support Group</b> 3:30-5:00 PM	<b>7</b>  <b>Support Group</b> 10:00-11:30 AM <b>Knitting for Relaxation</b> 1:00-3:00 PM	<b>8</b>  <b>Prostate Cancer Support Group</b> 10:00 AM-11:30 PM <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>9</b>  <b>Yoga</b> 10:00-11:00 AM
<b>10</b>  <b>8-Week Mindfulness Series</b> (Group already in Progress) 4:30-7:00 PM	<b>11</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>12</b> <b>Managing Cancer-Related Pain</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>13</b>  <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM	<b>14</b> <b>Support Group</b> 10:00-11:30 AM <b>Healing Through Art</b> 1:00-3:00 PM <b>East Knox Off-Site Series: Emotional Health and Wellbeing</b> 6:00-7:30 PM	<b>15</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>16</b>  <b>Yoga</b> 10:00-11:00 AM
<b>17</b>  <b>8-Week Mindfulness Series</b> (Group already in Progress) 4:30-7:00 PM	<b>18</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>19</b> <b>Nutrition Tips: Benefits of Spring Foods &amp; Tips for Reducing Food Waste</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>20</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM <b>A Gift of Sound</b> 6:00-7:30 PM	<b>21</b>  <b>Support Group</b> 10:00-11:30 AM <b>Knitting for Relaxation</b> 1:00-3:00 PM	<b>22</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>23</b>  <b>Yoga</b> 10:00-11:00 AM
<b>24/31</b>	<b>25</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>26</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>27</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM <b>Writing for Wellness</b> 2:00-3:30 PM	<b>28</b>  <b>Support Group</b> 10:00-11:30 AM <b>Cancer Imaging: What, When, Why?</b> 6:00-7:30 PM	<b>29</b>  <b>Office Closed</b> <b>No Programs</b>	<b>30</b>  <b>Yoga</b> 10:00-11:00 AM <b>Mindfulness in Everyday Life</b> 11:00 AM-12:30PM

# April

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>2</b> <b>Support Groups</b> 6:00-7:30 PM	<b>3</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Nutritious Bites for Your Day</b> 12:00-1:30 PM <b>Yoga</b> 2:00-3:00 PM <b>Bereavement Group</b> 3:30-5:00 PM	<b>4</b> <b>Support Group</b> 10:00-11:30 AM <b>Knitting for Relaxation</b> 1:00-3:00 PM	<b>5</b> <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>6</b> <b>Yoga</b> 10:00-11:00 AM
<b>7</b>	<b>8</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>9</b> <b>Yoga for Balance and Neuropathy</b> 2:00-3:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>10</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM	<b>11</b> <b>Support Group</b> 10:00-11:30 AM <b>Healing Through Art: Folk Art Flowers</b> 1:00-3:00 PM	<b>12</b> <b>Prostate Cancer Support Group</b> 10:00 AM-11:30 PM <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>13</b> <b>Yoga</b> 10:00-11:00 AM
<b>14</b>	<b>15</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 AM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>16</b> <b>Support Groups</b> 6:00-7:30 PM	<b>17</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM	<b>18</b> <b>Support Group</b> 10:00-11:30 AM <b>Knitting for Relaxation</b> 1:00-3:00 PM <b>Breast Cancer: Treatments &amp; Trends</b> 6:00-7:30 PM	<b>19</b> <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>20</b> <b>Yoga</b> 10:00-11:00 AM
<b>21</b>	<b>22</b> <b>Wellness Workout</b> 11:00-11:45 PM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>23</b> <b>Strength &amp; Movement After Breast Cancer Treatment</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>24</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM <b>Writing for Wellness</b> 2:00-3:30 PM	<b>25</b> <b>Support Group</b> 10:00-11:30 AM	<b>26</b> <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>27</b> <b>Yoga</b> 10:00-11:00 AM <b>Mindfulness in Everyday Life</b> 11:00 AM-12:30PM
<b>28</b>	<b>29</b> <b>Wellness Workout</b> 11:00-11:45 PM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>30</b> <b>Nutrition Tips: Making Healthy Nutrition Choices Easier</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM		<b>WEEKLY SUPPORT GROUP NOTE</b> You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!		<b>PROGRAM NOTE</b> Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.