



The Rachael Young Center
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September & October 2025

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY

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

LUNCHEON
Wednesday, October 22nd
11 am - 1 pm

BRIDGEWATER PLACE
205 Bridgewater Road

ONLINE AUCTION
Sunday, October 19th Noon -
Wednesday, October 22nd, 9 pm

TICKETS \$125

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 | Mount Rest Fund | Thompson Charitable Foundation

CSCET STAFF

Jennifer Harrell | 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!



Ask the Doctor: Prostate Cancer

Thursday, September 18
6:00-7:30 PM
Niles Patel, MD

Prostate cancer treatment varies depending on whether the cancer is classified as low, intermediate, or high risk. In this informative session, Dr. Patel will share the latest advancements in the diagnosis and treatment of prostate cancer, including cutting-edge technologies. Gain valuable insights to better understand your options and strengthen your collaboration with your healthcare team. Light meal provided. In-person and virtual. Pre-register.



Kids & Family Connection: Fun with Yoga

Saturday, Sept. 20, 11:30-1:00PM
Natalie Depp, LCSW
Nora Vines, RYT

When a loved one has cancer, it can bring added stress to the whole family. Taking time to connect, move, and play together can help ease that stress and bring moments of joy. Join us for a playful and engaging family yoga experience designed for kids and their parents or caregivers! We'll gather at 11:30 AM for pizza, followed by our family-friendly yoga session starting at noon. In-person only. Pre-register.



Getting Your Affairs in Order

Thursday, September 25
6:00-8:00 PM

Victoria Tillman, Attorney at Law
Learn essential information about estate planning, including healthcare and financial powers of attorney, wills, and applicable tax laws. This session will provide practical guidance to help you protect your assets, plan for future healthcare decisions, and ensure your wishes are honored. Whether you're just getting started or updating an existing plan, you'll gain valuable knowledge to make informed, confident choices. Light meal provided. In-person and virtual. Pre-register.



Present for the Holidays? Cultivating Balance through Mindfulness

Sundays, October 5, 12, 19, & 26
4:30-6:30 PM
Dianne Lemieux, PhD

This 4 week series will explore equanimity before the holidays—balancing the pull of joy and celebration with the realities of fear, loss, and uncertainty. Through guided reflections, mindfulness teachings, and personal inquiry, we'll work with both light and shadow, cultivating steadiness amid the joys and sorrows, and gently meeting tendencies like fear, anger, longing, and self-doubt. In-person only. Pre-register.

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Register for programs at
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Email us at
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EDUCATION & STRESS MANAGEMENT PROGRAMS

Nutrition Tips: Nutrition for Fighting Fatigue

Tuesday, Sept. 16 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Cancer-related fatigue is a common and lasting side effect of treatment. Join Chelsea to learn how nutrition can help restore energy and support recovery. She'll cover causes of fatigue, key nutrients, and practical meal-planning strategies to boost vitality and aid healing. Light meal and cooking demo provided. In person and virtual. Pre-register.

Ask the Doctor: Prostate Cancer

Thursday, Sept. 18 | 6:00-7:30 PM
Nilesh Patel, MD
See front cover for description.

Kids & Family Connection: Fun with Yoga

Saturday, Sept. 20 | 11:30-1:00 PM
Natalie Depp, LCSW
Nora Vines, RYT
See front cover for description.

Getting Your Affairs in Order

Thursday, Sept. 25 | 6:00-8:00 PM
Victoria Tillman, Attorney at Law
See front cover for description.

Mindfulness in Everyday Life: Acknowledging & Allowing

Saturday, Sept. 27 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Each moment of the day brings its own challenges. Together, we'll cultivate the ability to meet the present with openness, compassion, and acceptance. Virtual only. Pre-register.

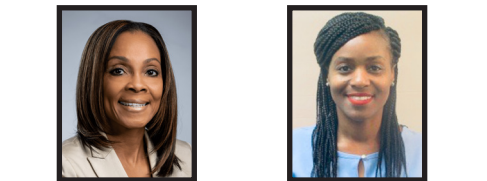
A Gift of Sound

Wednesday, Oct. 1 | 6:00-7:30 PM
Jan Coe, Whole Notes Harmony
Sound has long been used for healing, ceremony, and relaxation. Join Jan for a soothing sound bath using singing bowls, gongs, and chimes to create calming vibrations. Mats and blankets are provided, but feel free to bring extra for comfort. Space is limited—sign up early to gift yourself this relaxing, restorative experience. In-person only. Pre-register.

4-Week Mindfulness Series

Sundays, Oct. 5 - 26 | 4:30-6:30 PM
Dianne Lemieux, PhD

See front cover for description.



Navigating Insurance & Employment Benefits

Thursday, Oct. 9 | 6:00-7:30 PM
Tonia Mostella, HR Professional
Tammy Valentine, Patient Advocate
Join Tammy and Tonia as they guide you through understanding health insurance, with a focus on Medicare benefits, as well as employment-related benefits like FMLA and disability. We'll also cover programs offered by pharmaceutical companies that may help reduce treatment costs. Light meal provided. In-person and virtual. Pre-register.



Brain Fog: Current Understandings

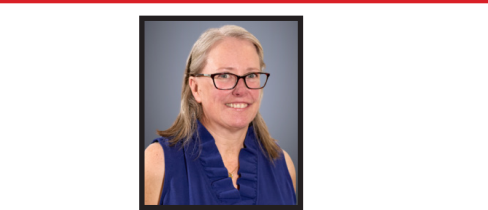
Thursday, Oct. 16 | 6:00-7:30 PM
Noël Arring, DNP, PhD, RN
Cancer-related cognitive impairment (also called chemo brain or brain fog) is a term used to describe problems with attention, thinking, and memory that can occur during or after any cancer treatment. Join oncology researcher Dr. Arring as she explains current understandings of brain fog and offers tips for managing it. Light meal provided. In-person and virtual. Pre-register.

Nutrition Tips: Nutrition & the Mind-Body Connection

Tuesday, Oct. 21 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
This class explores the connection between mind, body, and nutrition to support healing during and after cancer treatment. Grounded in intentional choice, it looks at how stress, emotions, and habits affect eating and body signals. Chelsea will share practical tools to reduce stress-related eating, and support lasting wellness. Light meal and cooking demo provided. In person and virtual. Pre-register.

Mindfulness in Everyday Life: Living with Fear

Saturday, Oct. 25 | 11:00AM-12:30PM
Ann Pendley, Mindfulness Instructor
Fear is a natural emotion, but when it becomes overwhelming, it affects the body, heart, and mind. By meeting fear with mindful compassion, we can rediscover our ability to live with greater presence and vitality. Virtual only. Pre-register.



Cancer Transitions Series: Moving Beyond Treatment

Wednesdays, Oct. 29, Nov. 5, 12, & 19 10:30 AM-12:00 PM
Natalie Depp, LCSW
It's common to experience a mix of emotions after treatment ends. Join with others who understand the challenges of transitioning out of treatment and learn to develop a personal plan to address physical activity, nutrition, emotional wellbeing, and any new or ongoing health concerns. This 4-week series offers guidance and support for navigating the shift from active treatment to life after treatment through a practical, whole-person approach. Presented in partnership with Tennova Healthcare. In-person only. To register for this program, call 865-546-4661.

Wig Out for Halloween

Friday, Oct. 31 | 10:00 AM -12:00 PM
Siobian Jones, The Mighty Wig
This Halloween session of 'Don't Wig Out' is all about fun and play! Explore a wide variety of wigs—spooky, glamorous, bold, or whimsical—and choose a look that expresses your personality or imagination. You will have the option to capture your look with a photo opportunity. Whether you come in costume or as yourself, this is a chance to connect, explore, and celebrate your strength in a joyful and affirming space. Light refreshments provided. 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.

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. ****No class on Sept. 1****

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. ****No class on Sept. 1****

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. ****No class on Aug. 30****

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, Sept. 4 & 18 | 1:00-3:00 PM IN-PERSON
Thursday, Oct. 2, 16, & 30 | 1:00-3:00 PM IN-PERSON
Shelley Hecht, Knitting Instructor
New to knitting? Old Pro? Learn to knit or bring your own project to work on. Pre-register

WordFlow: Writing for Wellness

Wednesday, Sept. 17 | 12:00-1:30 PM IN-PERSON
Wednesday, Oct. 15 | 12:00-1:30 PM IN-PERSON
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. Pre-register.

Healing Through Art: Needle Felted Fall Foliage

Thursday, Sept. 11 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
Fall is on its way, bringing with it a tapestry of beautiful colors. Join us as we start with a simple leaf template, then use wool and needle felting techniques to craft something truly special: a one-of-a-kind pin, magnet, or even a frame-worthy piece of autumn art. Each leaf will be a unique reminder of the season's beauty. Pre-register.

Healing Through Art: Paint Your Pumpkin

Tuesday, Oct. 14 | 1:00-3:00 PM IN-PERSON
Cheri Pollack, Art Instructor
Unleash your creativity this fall with pumpkin painting! We'll supply the pumpkins, paints, brushes, and the decorating materials—just bring your imagination. Whether you're a seasoned artist or trying something new, this activity is perfect for all skill levels. Join the fun and leave with a handcrafted autumn decoration. 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, Sept. 12 | 10-11:30 AM VIRTUAL**
- **Friday, Oct. 10 | 10-11:30 AM VIRTUAL**
- **Larry Brown, PhD**
- Connect with others who have prostate cancer in this group. Call before your first group to speak with our program staff.
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- **Bereavement Group**
- The CSCET Bereavement Group is currently on pause. If you have any questions or need support, please don't hesitate to call us at (865) 546-4661.

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 for more information.
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- **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.

September

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office Closed No Programs	2 Support Groups 6:00-7:30 PM	3 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	4 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	5 Tai Chi/Qigong 12:00-1:00 PM	6 Yoga 10:00-11:00 AM
7	8 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	9 Support Groups 6:00-7:30 PM	10 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	11 Support Group 10:00-11:30 AM Healing Through Art: Needle Felted Fall Foliage 1:00-3:00 PM	12 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	13 Yoga 10:00-11:00 AM
14	15 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	16 Nutrition Tips: Nutrition for Fighting Fatigue 12:00-1:30 PM Support Groups 6:00-7:30 PM	17 Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	18 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Ask the Doctor: Prostate Cancer 6:00-7:30 PM	19 Tai Chi/Qigong 12:00-1:00 PM	20 Yoga 10:00-11:00 AM Kids & Family Connection: Fun with Yoga 11:30 AM-1:00 PM
21	22 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	23 Support Groups 6:00-7:30 PM	24 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	25 Support Group 10:00-11:30 AM Getting Your Affairs in Order 6:00-8:00 PM	26 Tai Chi/Qigong 12:00-1:00 PM	27 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
28	29 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	30 Support Groups 6:00-7:30 PM		 <p>Use this QR code to register for our programs.</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!	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
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.	 <p>Use this QR code to register for our programs.</p>	1 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM A Gift of Sound 6:00-7:30 PM	2 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	3 Tai Chi/Qigong 12:00-1:00 PM	4 Yoga 10:00-11:00 AM
5 4-Week Mindfulness Series: WEEK 1 4:30-6:30 PM	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 Navigating Insurance & Employment Benefits 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 4-Week Mindfulness Series: WEEK 2 (Group already in progress.) 4:30-6:30 PM	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 Healing Through Art: Paint Your Pumpkin 1:00-3:00 PM Support Groups 6:00-7:30 PM	15 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	16 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Brain Fog: Current Understandings 6:00-7:30 PM	17 Tai Chi/Qigong 12:00-1:00 PM	18 Yoga 10:00-11:00 AM
19 4-Week Mindfulness Series: WEEK 3 (Group already in progress.) 4:30-6:30 PM	20 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	21 Nutrition Tips: Nutrition & the Mind-Body Connection 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	24 Tai Chi/Qigong 12:00-1:00 PM	25 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
26 4-Week Mindfulness Series: WEEK 4 (Group already in progress.) 4:30-6:30 PM	27 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	28 Support Groups 6:00-7:30 PM	29 Wellness Workout 11:00-11:45 AM Cancer Transitions Series: WEEK 1 10:30 AM-12:00 PM Yoga 2:00-3:00 PM	30 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	31 Wig Out for Halloween 10:00 AM-12:00PM Tai Chi/Qigong 12:00-1:00 PM	