



The Rachael Young Center
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March & April 2026

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



CANCER SUPPORT COMMUNITY EAST TENNESSEE

Golf "FUN" raiser 2026

April 16, 2:00 - 5:00 pm
11400 Outlet Drive, Knoxville

Bays are \$1,000 for six players
Includes: food, beverages, tournament play, prizes and fun

To reserve your bay, contact Lori Friel, LFriel@CancerSupportET.org or call 865-546-4661



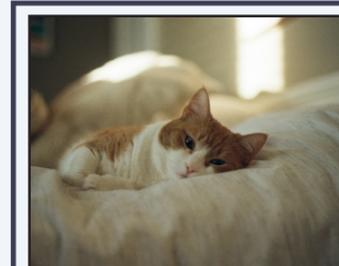
Holiday Brunch with Amadeus Concert Ensemble

Saturday, March 14
11:30-1:00 PM
Join CSCET friends for a light brunch and wonderful live music! **Pianist Brian Salesky, soprano Jacqueline Brecheen, and tenor John Overholt** of the Amadeus Concert Ensemble will provide exciting entertainment for this community celebration. Experience the healing power of music in this engaging performance, featuring beloved and inspiring songs from the Easter and Passover traditions. In person only. Pre-register.



Understanding Metastatic Breast Cancer

Thursday, Mar. 19, 6:00-7:30 PM
Esha Cannon, DO
Metastatic Breast Cancer (MBC) occurs when breast cancer spreads beyond the breast and lymph nodes. Whether diagnosed at Stage IV or after a recurrence, navigating MBC can feel overwhelming. Join Dr. Cannon for a discussion on managing MBC as a chronic condition. Learn about treatment approaches, why care plans differ, and how individuals with MBC prioritize living well while managing metastatic disease. Light meal provided. In-person and virtual. Pre-register.



Coping with Cancer Related Fatigue

Thursday, April 16
6:00-7:30 PM
Noel Arring, DNP, PhD, RN
There are many causes of cancer-related fatigue, including treatment medications, medications prescribed to manage side effects, stress and anxiety, difficulty sleeping, and the cancer itself, among others. Join Dr. Arring for a discussion of the very real challenges of cancer-related fatigue, the latest research on the topic, and practical tips for coping with fatigue throughout the cancer continuum. **Virtual only.** Pre-register.



Smart Moves: Integrating Cancer, Physical Activity, and Technology

Wed., Apr. 29, 12:00-1:30 PM
Zan Gao, PhD, University of TN
Regular physical activity is essential for cancer survivorship, improving health and quality of life. Join Dr. Gao as he shares his expertise on using modern technology to build and sustain physical activity. He will discuss his research on the impact of these tools in cancer survivorship and offer practical tips to help you stay active throughout the cancer continuum. Light meal provided. In-person and virtual. Pre-register.

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 of East TN Foundation | Sequoyah Hills Presbyterian Church | Thompson Charitable Foundation

CSCET STAFF

Jennifer Harrell | Executive Director
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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!



6204 Baum Drive, Knoxville, TN 37919
Programs are offered in person and virtually.



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Register for programs at www.CancerSupportET.org



Email us at info@CancerSupportET.org

EDUCATION & STRESS MANAGEMENT PROGRAMS

9-Week Mindful Self-Compassion Series

Sundays, Jan. 24-Mar.22 | 4:30-6:30 PM
Dianne Lemieux, PhD
Group already in progress.



Nutrition Tips: It Ain't Easy Being Green: Learning to Love Greens for Lifelong Health

Tuesday, Mar. 10 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
This program focuses on how nutrients found in green vegetables—such as vitamins, minerals, fiber, and antioxidants—support overall health before, during, and after cancer treatment. Participants learn about the role of greens in energy, digestion, bone and heart health, and inflammation management, along with tips for safely and enjoyably incorporating them into daily meals. Light meal and cooking demo provided. In person and virtual. Pre-register.

Holiday Brunch with Amadeus Concert Ensemble

Saturday, March 14 | 11:30-1:00 PM
Brian Salesky, Pianist
Jacqueline Brecheen, Soprano
John Overholt, Tenor
See front cover for description.

Understanding Metastatic Breast Cancer

Thursday, Mar. 19 | 6:00-7:30 PM
Esha Cannon, DO, Medical Oncologist
See front cover for description.

Don't Wig Out!

Friday, Mar. 20 | 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. The perspective of a professional can help ease the uncertainty in choosing and maintaining a head covering that is right for you. Siobian will assist with minor alterations and styling to ensure the perfect fit. Bring your own wig or headscarf or tap into the expertise of our experts to help select one from CSCET's free wig boutique. In person only. Pre-register.

Mindfulness in Everyday Life: Taking Care of Anger

Saturday, Mar. 21 | 11:00AM-12:30PM
Ann Pendley, Mindfulness Instructor
Anger is a natural emotion that energizes the body, gets the mind racing, and can lead to actions that are either helpful or harmful. Come learn how mindfulness techniques can bring clarity to the experience of anger and help ease it, enabling you to maximize helpful actions for yourself and those around you. Virtual only. Pre-register.

Stories from the HeART: Therapeutic Expression through the Arts

Wednesday, Mar. 25 | 6:00-8:00 PM
Friday, April 24 | 1:00-3:00 PM
Margaret Page, LPC-MHS
These sessions offer gentle prompts and creative activities to help participants explore how the expressive arts can support reflection, storytelling, and emotional processing during difficult times. Join Margaret in a warm, supportive space to explore the emotional impact of a cancer diagnosis through art and creative expression. In person only. Pre-register.

Sleep Matters

Thursday, April 9 | 12:00-1:30 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—can 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 lunch provided. In-person and virtual. Pre-register.

Mindfulness in Everyday Life: Cultivating Acceptance

Saturday, April 11 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Cultivating acceptance involves bringing a highly intentional way of seeing the world into the present moment. Join us to learn how this practice can be one of the most helpful tools we can use in the face of adversity. Virtual only. Pre-register.

Coping with Cancer Related Fatigue

Thursday, April 16 | 6:00-7:30 PM
Noel Arring, DNP, PhD, RN
See front cover for description.

Nutrition Tips: Nutrition for Brain Fog

Tuesday, April 21 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Cancer treatment, whether chemotherapy or another treatment modality, often comes with complaints of "brain fog." Join Chelsea as she shares nutrition tips and strategies to help combat this experience, commonly referred to as "chemobrain." Learn about the role of omega-3s, vitamin D, and antioxidants in supporting healthy brain function. Light meal and cooking demo provided. In person and virtual. Pre-register.



Kids & Family Connection: Creative Collaboration

Saturday, April 25 | 11:30-1:00 PM
Natalie Depp, LCSW & Nora Vines, EdD
Join Nora and Natalie to discover how art can be a springboard for deeper connection and more meaningful communication. Parents (or grandparents) and kids will work side by side to create a collaborative artwork using a variety of materials, guided by thoughtful prompts from our facilitators. Pizza and community begin at 11:30, with art project starting at noon. In-person only. Pre-register.

Smart Moves: Integrating Cancer, Physical Activity, and Technology

Wednesday, April 29 | 12:00-1:30 PM
Zan Gao, PhD, University of Tennessee
See front cover for description.

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. ****No class on April 4****

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. ****No class on April 3****

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, Mar. 5 & 19 | 1:00-3:00 PM **IN-PERSON**
Thursday, Apr. 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, Mar. 11 | 12:00-1:30 PM **IN-PERSON**
Wednesday, April 8 | 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: Kandinsky Watercolors

Tuesday, Mar. 17 | 1:00-3:00 PM **IN-PERSON**
Kelly Sullivan, Art Instructor
Paintings can show movement! In this class, we will use non-traditional tools and acrylic paint to create an initial composition that also acts as a resist. We will then use watercolors to create an expressive, dynamic painting. Pre-register.

Healing Through Art: Gelli-Printed Cairn

Tuesday, April 14 | 1:00-3:00 PM **IN-PERSON**
Kelly Sullivan, Art Instructor
Let's get "rocking" and rolling! In this fun class, we will use rollers to Gelli print on tissue paper. Then, we'll cut circles and ovals from our designs and create our very own "rock stack." 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 group. Schedule your appointment by calling (865)546-4661.**

Groups For People with Cancer

Mondays | 11:30-1:00 PM **IN-PERSON**
Mondays | 6:00-7:30 PM **VIRTUAL, FOR FEMALES WITH CANCER**
Tuesdays | 6:00-7:30 PM **IN-PERSON**
Thursdays | 10:00-11:30 AM **VIRTUAL**

WEEKLY SUPPORT GROUPS

- **Group For Family Members & Loved Ones**
- Tuesdays | 6:00-7:30 PM **VIRTUAL**

MONTHLY GROUPS

- **Prostate Cancer Group**
- Friday, Mar. 13 | 10-11:30 AM **IN-PERSON**
- Friday, April 10 | 10-11:30 AM **IN-PERSON**
- Connect with others who have prostate cancer in this group. Call before your first group to speak with our program staff. Pre-register.

SHORT-TERM SUPPORT SESSIONS

- **By appointment only**
- Our licensed therapists are available for short-term, cancer-focused or bereaved-focused individual support sessions. In-person and virtual. Call or email for more information.

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 (865) 546-4661 or pre-register online.

March

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9-Week Mindfulness Series: Week 5 (Group already in progress.) 4:30-6:30 PM	2 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	3 Support Groups 6:00-7:30 PM	4 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	5 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	6 Tai Chi/Qigong 12:00-1:00 PM	7 Yoga 10:00-11:00 AM
8 9-Week Mindfulness Series: Week 6 (Group already in progress.) 4:30-6:30 PM	9 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	10 Nutrition Tips: It Ain't Easy Being Green 12:00-1:30 PM Support Groups 6:00-7:30 PM	11 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	12 Support Group 10:00-11:30 AM	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 Holiday Brunch with Amadeus Concert Ensemble 11:30 AM-1:00PM
15 9-Week Mindfulness Series: Week 7 (Group already in progress.) 4:30-6:30 PM	16 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	17 Healing Through Art: Kandinsky Watercolors 1:00-3:00 PM Support Groups 6:00-7:30 PM	18 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	19 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Understanding Metastatic Breast Cancer 6:00-7:30 PM	20 Don't Wig Out! 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM	21 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
22 9-Week Mindfulness Series: Week 8 (Group already in progress.) 4:30-6:30 PM	23 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM 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 Stories from the HeART 6:00-8:00 PM	26 Support Group 10:00-11:30 AM	27 Tai Chi/Qigong 12:00-1:00 PM	28 Yoga 10:00-11:00 AM
29 9-Week Mindfulness Series: Week 8 (Group already in progress.) 4:30-6:30 PM	30 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	31 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.

April

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Use this QR code to register for our programs.

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PROGRAM NOTE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>WEEKLY SUPPORT GROUP NOTE</p> <p>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</p> <p>Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.</p>	<p>1</p> <p>Wellness Workout 11:00-11:45 AM</p> <p>Yoga 2:00-3:00 PM</p>	<p>2</p> <p>Support Group 10:00-11:30 AM</p> <p>Knitting 1:00-3:00 PM</p>	<p>3</p> <p>Office Closed No Programs</p>	<p>4</p> <p>Office Closed No Programs</p>
<p>5</p>	<p>6</p> <p>Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>7</p> <p>Support Groups 6:00-7:30 PM</p>	<p>8</p> <p>Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM</p>	<p>9</p> <p>Support Group 10:00-11:30 AM Sleep Matters 12:00-1:30 PM</p>	<p>10</p> <p>Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM</p>	<p>11</p> <p>Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM</p>
<p>12</p>	<p>13</p> <p>Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>14</p> <p>Healing Through Art: Gelli-Printed Cairn 1:00-3:00 PM Support Groups 6:00-7:30 PM</p>	<p>15</p> <p>Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM</p>	<p>16</p> <p>Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Coping with Cancer Related Fatigue 6:00-7:30 PM</p>	<p>17</p> <p>Tai Chi/Qigong 12:00-1:00 PM</p>	<p>18</p> <p>Yoga 10:00-11:00 AM</p>
<p>19</p>	<p>20</p> <p>Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>21</p> <p>Nutrition Tips: Nutrition for Brain Fog 12:00-1:30 PM Support Groups 6:00-7:30 PM</p>	<p>22</p> <p>Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM</p>	<p>23</p> <p>Support Group 10:00-11:30 AM</p>	<p>24</p> <p>Tai Chi/Qigong 12:00-1:00 PM Stories from the HeART 1:00-3:00 PM</p>	<p>25</p> <p>Yoga 10:00-11:00 AM Kids & Family Connection 11:30 AM-1:00PM</p>
<p>26</p>	<p>27</p> <p>Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>28</p> <p>Support Groups 6:00-7:30 PM</p>	<p>29</p> <p>Wellness Workout 11:00-11:45 AM Smart Moves: Integrating Physical Activity & Technology 12:00-1:30 PM Yoga 2:00-3:00 PM</p>	<p>30</p> <p>Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM</p>		