

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION

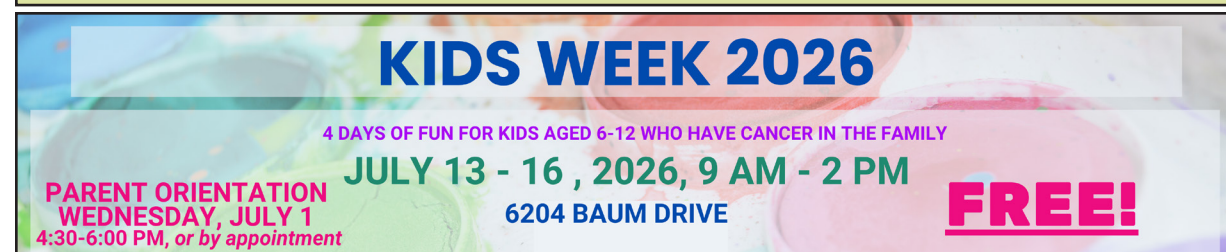


KIDS & FAMILY



Good Vibrations
A BENEFIT CONCERT
FEATURING MUSIC BY SMOOTH SAILOR
THURSDAY, JUNE 4
6-9 PM
YEE-HAW BREWING COMPANY
745 N. Broadway

\$50
Ticket Price



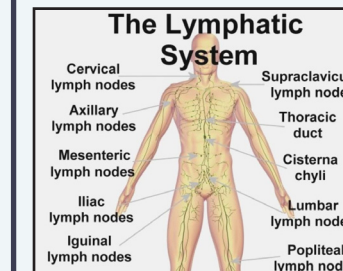
KIDS WEEK 2026
4 DAYS OF FUN FOR KIDS AGED 6-12 WHO HAVE CANCER IN THE FAMILY
JULY 13 - 16, 2026, 9 AM - 2 PM
6204 BAUM DRIVE
FREE!

PARENT ORIENTATION
WEDNESDAY, JULY 1
4:30-6:00 PM, or by appointment



Growing and Cooking with Herbs

Wednesday, May 20
12:00-1:30 PM
Neal Denton, BS, MS
Lauren Woods, MS, RDN, LDN
Herbs are an easy way to add bold flavor to your meals-while boosting nutrition. Join UT Institute of Agriculture Outreach Educators Neal and Lauren as they answer your questions about herbs, gardening, nutrition, and food preservation. No green thumb required! Participants will receive an herb cutting to help start or enhance a garden and enjoy a cooking demo featuring fresh herbs. Light meal provided. In-person and virtual. Pre-register.



Lymphedema: What You Need to Know

Thursday, May 28, 12:00-1:30 PM
Katelyn Nees, Tactile Medical
Maria Watson, PT, DPT, CLT, OCS
If your cancer treatment included lymph node removal, radiation, or chemotherapy, you may be at increased risk for lymphedema. While there is no cure, it can be effectively managed. Lymphedema can affect the arm, leg, trunk, head, or neck. This session will help you recognize early signs and learn ways to reduce risk or manage symptoms after treatment for breast, prostate, colon, gynecologic, or head and neck cancers. Light meal provided. In-person and virtual. Pre-register.



Cancer Imaging: What, When, Why?

Thursday, June 11
6:00-8:00 PM
Garth Graham, MD
Many people with cancer undergo imaging tests to help diagnose their condition and monitor how well treatments are working. In this session, Dr. Graham will explain commonly used imaging techniques, including CT, MRI, and PET scans. You'll learn what each type of scan reveals, the potential risks and benefits, why one scan may be chosen over another, and the latest advances in cancer imaging. Light meal provided. In-person and virtual. Pre-register.



Understanding Lab Results

Wed., June 24, 12:00-1:30 PM
Karen Gentile, RN, BSN, OCN
Understanding your medical laboratory results will help you make more informed decisions regarding your treatment options. Join Karen as she explains what your blood test results mean, with a focus on CBC and CMP panels. You'll learn the roles of white and red blood cells and platelets, what "normal ranges" really indicate, and when further follow-up may be needed. She'll also offer practical tips for improving your results. 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

Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission
Knoxville Academy of Medicine Alliance | Mount Rest Fund of East TN Foundation
Sequoyah Hills Presbyterian Church | Thompson Charitable Foundation

CSCET STAFF

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Debra Sullivan, PhD | Program Director
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Renee G. Dawson, MA | Office Administrator
Denise Stillman, PhD | Program Associate
Natalie Depp, LCSW | Program Manager

GET SOCIAL WITH US!



@CSCET

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

Mindfulness in Everyday Life: Feeling Alive

Saturday, May 2 | 11:00AM-12:30PM
Ann Pendley, Mindfulness Instructor
People often slip into numbing routines, especially under stress. Simple mindful moments—like noticing birds or laughter—can help us feel more alive. Presence and awareness bring vitality to daily life and help us embrace the present. Virtual only. Pre-register.

A Gift of Sound

Thursday, May 14 | 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 featuring singing bowls, gongs, and chimes that create calming vibrations. Mats and blankets are provided, but feel free to bring extras. In-person only. Pre-register.

Don't Wig Out!

Friday, May 15 | 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 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 tap into the expertise of our experts to help select one from CSCET's free wig boutique. Light refreshments provided. In person only. Pre-register.



Nutrition Tips: Foods to Improve Your Mood

Tuesday, May 19 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Join Chelsea for an informative program exploring how food choices can influence mood and overall well-being. In recognition of Mental Health Awareness Month, Chelsea will prepare nourishing recipes designed to support both the physical and emotional challenges that can accompany a cancer diagnosis. Cooking demo and light lunch provided. In person and virtual. Pre-register.

Growing and Cooking with Herbs

Wednesday, May 20 | 12:00-1:30 PM
Neal Denton, BS, MS
Lauren Woods, MS, RDN, LDN
See front cover for description.

Lymphedema: What You Need to Know

Thursday, May 28 | 12:00-1:30 PM
Katelyn Nees, Tactile Medical
Maria Watson, PT, DPT, CLT, OCS
See front cover for description.

Open Art Studio Sessions

Friday, May 29 | 1:00-3:00 PM
Friday, June 26 | 1:00-3:00 PM
Natalie Depp, LCSW
Open studio art sessions provide a supportive environment where participants can explore a wide range of materials and express their personal stories—free from pressure or expectation—letting creativity guide the process. Staff and volunteers are on hand to offer encouragement, feedback, and assistance with materials as needed. Participants will have the opportunity to showcase their work at the Stories from the HeART gallery in 2027. In person only. Pre-register.

Cancer Imaging: What, When, Why?

Thursday, June 11 | 6:00-8:00 PM
Garth Graham, MD, Radiologist
See front cover for description.

Nutrition Tips: Nutrition for Bone Health

Tuesday, June 16 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Many people who have undergone cancer treatment are at increased risk for bone loss, which can impact both treatment decisions and daily functioning. Nutrition can play a key role in supporting bone strength during and after treatment. Learn about bone-healthy foods, dietary supplements, and recipes that can help optimize and maintain your bone health. Cooking demo and light lunch provided. In person and virtual. Pre-register.

Stories from the HeART: Therapeutic Expression through the Arts

Wednesday, June 17 | 6:00-8:00 PM
Margaret Page, LPC-MHS
Join Margaret in a warm, supportive space to explore the emotional impact of a cancer diagnosis through art and creative expression. She will offer gentle prompts and creative activities to help participants explore how the expressive arts can support reflection, storytelling, and emotional processing during difficult times. In person only. Pre-register.

Mindfulness in Everyday Life: Accepting Change

Saturday, June 20 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Our lives are shaped by constant change—both expected and unexpected—which can sometimes feel overwhelming. Practicing mindfulness helps us navigate these shifts with clarity and calm. By staying present and grounded, we can respond with intention rather than react, building resilience and a greater sense of balance. Virtual only. Pre-register.

Understanding Lab Results

Wednesday, June 24 | 12:00-1:30 PM
Karen Gentile, RN, BSN, OCN
See front cover for description.



Ice Cream Social

Thursday, June 25 | 6:00-7:30 PM
CSCET Staff
Join CSCET staff and members for a refreshing treat as we celebrate the arrival of warmer months! Enjoy a variety of flavors and toppings in a fun, relaxed atmosphere. This all-ages social event is a great opportunity to connect—whether you're catching up with familiar faces or meeting new friends. Have a favorite unique flavor or topping? Bring it along to share and make the experience even sweeter! 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 May 25****

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 May 25****

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 May 23****

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 June 19****

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, May 7 & 21 | 1:00-3:00 PM IN-PERSON
Thursday, June 4 & 18 | 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, May 13 | 12:00-1:30 PM IN-PERSON
Wednesday, June 10 | 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: Watercolor Mosaic Art

Tuesday, May 12 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
Mosaic art is the process of creating images or patterns using small pieces of material. In this class, we will explore watercolor techniques and experiment with shape to design our own mosaic-style "tiles." Using a single shape or a variety of different shapes, participants will create a design or image and take home a one-of-a-kind stunning mosaic piece. Pre-register.

Healing Through Art: Summer Doodles

Tuesday, June 9 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
Have you ever experienced the joy of getting lost in a good doodle? This month, we'll combine gridwork, summer-inspired elements, and patterns to doodle the afternoon away. You'll leave feeling relaxed, with a visually pleasing design—and the skills to recreate the experience anytime at home. 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, May 8 | 10-11:30 AM IN-PERSON
Friday, June 12 | 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.

May

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 Use this QR code to register for our programs.	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.		1 Tai Chi/Qigong 12:00-1:00 PM	2 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
3	4 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	5 Support Groups 6:00-7:30 PM	6 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	7 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	8 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	9 Yoga 10:00-11:00 AM
10	11 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	12 Healing Through Art: Watercolor Mosaic Art 1:00-3:00 PM Support Groups 6:00-7:30 PM	13 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	14 Support Group 10:00-11:30 AM A Gift of Sound 6:00-7:30 PM	15 Don't Wig Out! 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM	16 Yoga 10:00-11:00 AM
17	18 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	19 Nutrition Tips: Foods to Improve Your Mood 12:00-1:30 PM Support Groups 6:00-7:30 PM	20 Wellness Workout 11:00-11:45 AM Growing and Cooking with Herbs 12:00-1:30 PM Yoga 2:00-3:00 PM	21 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	22 Tai Chi/Qigong 12:00-1:00 PM	23 Office Closed No Programs
24/31	25 Office Closed No Programs	26 Support Groups 6:00-7:30 PM	27 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	28 Support Group 10:00-11:30 AM Lymphedema: What You Need to Know 12:00-1:30 PM	29 Tai Chi/Qigong 12:00-1:00 PM Open Art Studio Session 1:00-3:00 PM	30 Yoga 10:00-11:00 AM

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 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	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 1:00-3:00 PM	5 Tai Chi/Qigong 12:00-1:00 PM	6 Yoga 10:00-11:00 AM
7	8 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	9 Healing Through Art: Summer Doodle Art 1:00-3:00 PM Support Groups 6:00-7:30 PM	10 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	11 Support Group 10:00-11:30 AM Cancer Imaging: What, When, Why? 6:00-8:00 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 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	16 Nutrition Tips: Nutrition for Bone Health 12:00-1:30 PM Support Groups 6:00-7:30 PM	17 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Stories from the HeART 6:00-8:00 PM	18 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	19 Office Closed No Programs	20 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
21	22 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	23 Support Groups 6:00-7:30 PM	24 Wellness Workout 11:00-11:45 AM Understanding Lab Results 12:00-1:30 PM Yoga 2:00-3:00 PM	25 Support Group 10:00-11:30 AM Ice Cream Social 6:00-7:30 PM	26 Tai Chi/Qigong 12:00-1:00 PM Open Art Studio Session 1:00-3:00 PM	27 Yoga 10:00-11:00 AM
28	29 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	30 Support Groups 6:00-7:30 PM	 Use this QR code to register for our programs.		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.