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July & August 2025

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



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!

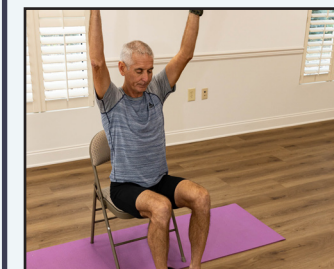


@CSCET



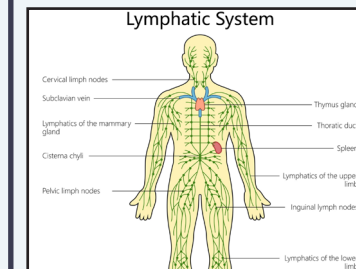
Tea with Jennifer! You're Invited!

Tuesday, July 29
4:00-5:30 PM
CSCET Staff
Please join us in warmly welcoming Jennifer Harrell, the new Executive Director of CSCET! This gathering is a wonderful opportunity to meet and connect with Jennifer, share what CSCET means to you, and help her experience the warmth, strength, and heart of this community. Enjoy an afternoon with tea and light refreshments, conversations, and the chance to build new connections in a spirit of support and togetherness. In-person only. Pre-register.



Gentle Yoga 101 Chair Yoga 101

Thurs., July 31, 6:00-7:30 PM
Wed., August 27, 9:00-10:00 AM
Randy Rainey, Yoga Instructor
Join CSCET Yoga Instructor, Randy Rainey, for a comprehensive introduction to yoga, exploring both its rich history and its modern-day practical applications. These classes are designed to welcome practitioners of all experience levels, from complete beginners to experienced yogis looking to deepen their understanding. See inside for more information about each class. In-person only. Pre-register.



Lymphedema: What You Need to Know

Wednesday, August 13
12:00-1:30 PM
Amy White, PT, CLT-LANA ASTYM
If you've undergone cancer treatment involving lymph node removal or radiation therapy, you may be at increased risk for lymphedema—swelling that can occur in the arm, leg, trunk, head, or neck. This session will help you recognize the signs of lymphedema and provide practical strategies to reduce your risk after treatment for breast, prostate, colon, gynecologic, and other cancers. Light lunch provided. In-person and virtual. Pre-register.



Seriously Funny: How Humor Helps

Thursday, August 21
6:00-7:30 PM
Rev. Chris Buice, Senior Minister TVUUC
It's no joke that laughter can have a profound effect on our wellbeing, and science shows that there is a link between humor and our physical health. Join Rev. Chris Buice for an exploration of how a sense of humor can help us navigate life's most serious challenges, as well as the role humor played in his personal experience with a cancer diagnosis and treatment. Light meal provided. In-person and virtual. Pre-register.

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Register for programs at
www.CancerSupportET.org



Email us at
info@CancerSupportET.org

EDUCATION & STRESS MANAGEMENT PROGRAMS

Kids Week 2025

M-Th, July 7,8,9 &10 | 9:00 AM-2:00 PM
Parent Orientation: Wed., July 2, 4:30-6:00 PM

Natalie Depp, LCSW
Renee Dawson, MA

Kids Week is a free, 4-day program designed for school-age children who have a loved one with cancer. Through art, music, cooking, active games, dancing, and yoga, kids will have the chance to relax, express themselves, and connect with others who understand what it’s like to have cancer in the family. Pre-registration is required. To learn more or sign up, please call us. The deadline for registration is Wed., July 2.



Nutrition Tips: Gut Health & Cancer

Tuesday, July 15 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
This program explores the impact of gut health on cancer recovery and long-term wellness. Join Chelsea to learn how a balanced microbiome can support immunity, reduce inflammation, and improve quality of life. Topics include pre- and probiotics, managing side effects like fatigue and digestive issues, and using diet and natural remedies to restore gut health. Backed by evidence-based strategies, participants will gain practical tools to enhance recovery and overall well-being. Light meal and cooking demo provided. In person and virtual. Pre-register.

Mindfulness in Everyday Life: Opening to Change

Saturday, July 19 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Change is essential for growth, yet many of us resist it. By cultivating awareness of our ever-changing circumstances, we can learn to face change with greater ease. Virtual only. Pre-register.

Tea with Jennifer! You're Invited!

Tuesday, July 29 | 4:00-5:30 PM
CSCET Staff
See front cover for description.

Gentle Yoga 101

Thursday, July 31 | 6:00-7:30 PM
Randy Rainey, Yoga Instructor
This special program will include instruction on classic gentle yoga poses, basic breathing techniques, and the use of modifications and props to accommodate all body types and physical abilities. In-person only. Pre-register.



Thoughts Getting You Down?

Thursday, August 7 | 6:00-7:30 PM
Denise Stillman, PhD
Want to stop the what-ifs? Are thoughts keeping you up at night or making a challenging circumstance worse? Cognitive-behavioral psychologist Dr. Denise Stillman will discuss the power of your thoughts and teach ways to enlist our thoughts as an ally. Light meal provided. In-person and virtual. Pre-register.

Lymphedema: What You Need to Know

Wednesday, August 13 | 12:00-1:30 PM
Amy White, PT, CLT-LANA ASTYM
See front cover for description.

Nutrition Tips: Pack a Picnic with Chelsea

Tuesday, August 19 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Celebrate the joys of outdoor dining while learning about the health benefits of seasonal, locally-sourced foods and sun-derived Vitamin D. Chelsea will share practical tips on meal planning, safe food handling—especially for immunocompromised individuals—and the mood-boosting power of time outdoors. Light meal and picnic packing demonstration provided. In person and virtual. Pre-register.

Seriously Funny: How Humor Helps

Thursday, August 21 | 6:00-7:30 PM
Rev. Chris Buice, Senior Minister TVUUC
See front cover for description.

Mindfulness in Everyday Life: Experience vs. Interpretation of Experience

Saturday, August 23 | 11:00AM-12:30PM
Ann Pendley, Mindfulness Instructor
Learning to distinguish between what happens and how you interpret it is a powerful skill that can reduce emotional distress and bring greater mental clarity. This session will help you recognize the difference between your experiences and the stories you tell yourself about them—an essential step toward emotional resilience and self-awareness. Virtual only. Pre-register.

Chair Yoga 101

Wednesday, August 27 | 9:00-10:00 AM
Randy Rainey, Yoga Instructor
Join CSCET Yoga Instructor Randy Rainey for an introduction to chair yoga, a modification of traditional yoga developed to increase accessibility for individuals with limited mobility or chronic health issues. This program will include instruction on the use of modifications and props to achieve classic gentle yoga poses and basic breathing techniques without having to get on the floor. In-person only. Pre-register.



Don’t Wig Out!

Friday, August 29 | 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.

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 July 5th****

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 July 4th****

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, July 3,17 & 31 | 1:00-3:00 PM IN-PERSON
Thursday, August 7 & 21 | 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, July 23 | 12:00-1:30 PM IN-PERSON
Wednesday, August 27 | 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: City Scape Mixed Media Painting

Thursday, July 24 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
We’re drawing inspiration from simple architecture and bold color for this project. A background of bright, vibrant watercolors will set the tone, while stencils will be used to layer buildings of various shapes and sizes. Pre-register.

Healing Through Art: Black and White, Circles and Ovals

Thursday, August 14 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
This month, we’re exploring contrast and shape. Using only black and white paint, we’ll create dynamic circular patterns on paper—discovering just how many surprising variations exist within the simple circle and oval! We’ll then transform our patterned papers into a compelling abstract (or not-so-abstract) composition. 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, July 11| 10-11:30 AM VIRTUAL**
- **Friday, August 8 | 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.

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.
- **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.

July

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>Use this QR code to register for our programs.</p>	1 Support Groups 6:00-7:30 PM	2 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Kids Week Parent Orientation 4:30-6:00 PM	3 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	4 Office Closed No Programs	5 Office Closed No Programs
6	7 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	8 <div style="border: 2px solid red; padding: 5px; text-align: center;"> Kids Week 2025 July 7-10 (9:00 am - 2:00pm) </div>	9 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	10 Support Group 10:00-11:30 AM	11 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	12 Yoga 10:00-11:00 AM
13	14 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	15 Nutrition Tips: Gut Health & Cancer 12:00-1:30 PM Support Groups 6:00-7:30 PM	16 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	17 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	18 Tai Chi/Qigong 12:00-1:00 PM	19 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
20	21 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	22 Support Groups 6:00-7:30 PM	23 Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	24 Support Group 10:00-11:30 AM Healing Through Art: City Scape Mixed Media Painting 1:00-3:00 PM	25 Tai Chi/Qigong 12:00-1:00 PM	26 Yoga 10:00-11:00 AM
27	28 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	29 Tea with Jennifer! You're Invited! 4:00-5:30 PM Support Groups 6:00-7:30 PM	30 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	31 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM Gentle Yoga 101 6:00-7:30 PM	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.

August

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 Tai Chi/Qigong 12:00-1:00 PM	2 Yoga 10:00-11:00 AM
3	4 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	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 Thoughts Getting You Down? 6:00-7:30 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 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	12 Support Groups 6:00-7:30 PM	13 Wellness Workout 11:00-11:45 AM Lymphedema: What You Need to Know 12:00-1:30 PM Yoga 2:00-3:00 PM	14 Support Group 10:00-11:30 AM Healing Through Art: Black and White, Circles and Ovals 1:00-3:00 PM	15 Tai Chi/Qigong 12:00-1:00 PM	16 Yoga 10:00-11:00 AM
17	18 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	19 Nutrition Tips: Pack a Picnic with Chelsea 12:00-1:30 PM Support Groups 6:00-7:30 PM	20 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	21 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Seriously Funny: How Humor Helps 6:00-7:30 PM	22 Tai Chi/Qigong 12:00-1:00 PM	23 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30 PM
24/31	25 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	26 Support Groups 6:00-7:30 PM	27 Chair Yoga 101 9:00-10:00 AM Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	28 Support Group 10:00-11:30 AM	29 Don't Wig Out! 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM	30 Yoga 10:00-11:00 AM