

# CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION

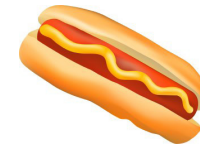


KIDS & FAMILY



## New East Knoxville Series!!!

Cancer Support Community is providing a bimonthly series of programs in East Knoxville.  
Series Kick-Off Cook Out September 7 from 5:30-8:00 pm at the Urban League (1514 E 5th Ave, Knoxville, TN 37917 )  
Come join us and learn more about it!



## We are in our new home!

Our location is 6204 Baum Drive, Knoxville, TN 37919

## Our COVID policy:

Masks will be available and are optional.  
If you have any symptoms of cold, flu, or COVID-19, please refrain from coming in person.

**Our Mission:** to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community

**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 | Pilot Company | Sequoyah Hills Presbyterian Church  
State of Tennessee Department of Health

## 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

## GET SOCIAL WITH US!



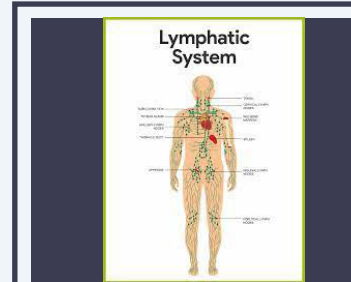
## 4-Day Summer Fun for Kids

July 10, 11, 12 & 13  
9:00 AM-2:00 PM  
Kathleen Williams, LCSW  
A free, 4-day program for school-age children who have a loved one with cancer. Kids will de-stress and have fun with others who have cancer in the family - through art, music, cooking, active games, dancing, and yoga. In-person only. Pre-registration is required. Call for more information. Deadline for registration is Monday, July 3.



## Getting Your Affairs in Order

Wednesday, August 16  
6:00-7:30 PM  
Victoria Tillman  
Attorney at Law  
Learn important and up-to-date information about estate planning: healthcare and financial powers of attorney, wills, death tax laws, and The SECURE Act. Gain useful knowledge and ensure that your wishes are carried out as effectively as possible. In-person and virtual. Pre-register.



## Lymphedema

Tuesday, August 22  
12:00-1:30 PM  
Rachel Ledford, PT, DPT, CLT  
PORI Certified Oncology Rehabilitation Specialist  
Cancer treatment involving lymph node removal or radiation therapy may cause swelling. Rachel will help you understand this condition and will teach you specific actions to manage symptoms and limit risk after cancer treatment. This program is especially relevant for individuals with breast, prostate, colon, gynecologic, and head and neck cancers. In-person and virtual. Pre-register.



## Ask the Doctor: Breast Reconstruction

Thursday, Aug. 31  
6:00-7:30 PM  
David Lo, MD, Plastic Surgeon  
Many factors are considered regarding breast reconstructive surgery. Women who have been diagnosed with breast cancer and their support people are invited to come learn about reconstruction options, how to make decisions that are right for them, and medical factors that may impact those decisions. In-person and virtual. Pre-register.

**We are in our new home!!!!** 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)

# GETTING STARTED & SUPPORT SESSIONS

## Newcomer Orientation

**Mondays | 4:00-5:00 PM or by appointment**

New to CSCET? Come meet with a licensed mental health professional to discuss the psychological and social impact of your or your loved one's cancer diagnosis. Let's work together to find programs to decrease stress, find more joy, and connect with others at this challenging time in life. Choose to attend in person or virtually. Call, email, or visit our website to pre-register or schedule your appointment.

# EDUCATION & STRESS MANAGEMENT PROGRAMS

## 4-Day Summer Fun for Kids

**July 10, 11, 12 & 13 | 9:00 AM-2:00 PM**

**Kathleen Williams, LCSW**

See front cover for description.

## Yoga to Improve Balance and Neuropathy

**Tuesday, July 18 | 1:00-2:30 PM**

**Randy Rainey, Certified Yoga Teacher**

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. This class is offered in-person and virtually, but coming in person is recommended.

## Nutrition Tips: The Power of Plants

**Tuesday, July 25 | 12:00-1:30 PM**

**Chelsea Johnson, MS, RD, LDN, CSO**

Plant-based proteins, herbs, and vegetables play a powerful role in fighting several types of cancers. Learn from a registered dietitian about integrating plants into your diet to get the most health benefit. Explore creative recipes to maximize flavors in plant-based dishes. In-person and virtual. Pre-register.

## A Gift of Sound

**Wednesday, July 26 | 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 individuals with a healing sound session using singing bowls, gongs and chimes to create soothing sound vibrations. Come relax with CSCET friends on socially distanced yoga mats and experience the Cloud of Sound all around. Space is limited so sign up soon and gift yourself a calming and rejuvenating experience. In-person only. Pre-register.

## Mindfulness in Everyday Life: Dealing with Change

**Saturday, July 29 | 11:00 AM-12:30 PM**

**Ann Pendley, Mindfulness Instructor**

When there is cancer, there often is a tsunami of change. Learn how a mindfulness practice can help ease the stress that comes with change, and soften the downward nature of the changes. Virtual only. Pre-register.



## Nutrition Tips: Evaluating the Anti-Inflammatory Diet

**Tuesday, August 8 | 12:00-1:30 PM**

**Amanda Mondini, RD, LD, CSO**

A growing body of research suggests that inflammation increases the risk of many chronic diseases, including some types of cancer. Learn the foods that may contribute to or help relieve inflammation. In-person and virtual. Pre-register.

## Calmer Body. Calmer Mind

**Thursday, August 10 | 5:30-7:00 PM**

**Denise Stillman, PhD**

**Cancer Support Oak Ridge Series Thompson Cancer Survival Center Oak Ridge (102 Vermont Ave., Radiation Oncology Waiting Room)**

Cancer is physically and emotionally stressful. Dr. Stillman will discuss our bodies' response to stress and demonstrate relaxation exercises to calm the body and the mind. Come as you are but be prepared to leave relaxed. In-person only. Pre-register.

## Getting Your Affairs in Order

**Wednesday, Aug. 16 | 6:00-7:30 PM**

**Victoria Tillman, Attorney at Law**

See front cover for description.

## 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. These one-on-one sessions are offered in person and virtually. Call or email us to schedule your first appointment.

## Lymphedema: What is it and how is it treated?

**Tuesday, August 22 | 12:00-1:30 PM**

**Rachel Ledford, PT, DPT, CLT**

See front cover for description.

## Let's Party!

**Thursday, August 24 | 6:00-7:30 PM**

**CSCET Staff**

Come to our first social event in our new home!!! A Pizza Party! There will be salad and music as well! Come enjoy a slice of fun!!! In-person only. Pre-register.



## Mindfulness in Everyday Life: Feeling Alive

**Saturday, Aug. 26 | 11:00 AM-12:30 PM**

**Ann Pendley, Mindfulness Instructor**

As humans, it's easy to fall into patterns and habits that leave us feeling numb or "zoned out" - especially during stressful times. Listening to the birds sing or watching others laugh with true presence and intention can help you feel more alive even during stressful life circumstances. Come explore how mindfulness techniques of presence, awareness, and intention can help you tap into more enlivened moments in your life. Virtual only. Pre-register.



## Ask the Doctor: Breast Reconstruction

**Thursday, August 31 | 6:00-7:30 PM**

**David Lo, MD, Plastic Surgeon**

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 VIRTUAL**

**Wednesdays | 11:00-11:45 PM IN-PERSON & VIRTUAL \*\*NOTE NEW TIME\*\***

**Stephanie Chunn, Certified Personal Trainer**

Practice total body conditioning: gentle stretching, resistance training and low-impact aerobic exercises. Pre-register.

## Chair Yoga

**Mondays | 11:00-1:45 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 | 1:00-2:00 PM VIRTUAL**

**Randy Rainey, Certified Yoga Instructor**

**Saturdays | 10:00-11:00 AM VIRTUAL in July IN-PERSON & VIRTUAL in August**

**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, July 6 & 20 | 1:00-3:00 PM**

**Thursday, August 3, 17 & 31 | 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, July 19 | 2:00-3:30 PM VIRTUAL ONLY**

**Wednesday, August 23 | 2:00-3:30 PM IN-PERSON ONLY**

**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. Class offered virtually in July and in-person in August. Pre-register.

## Guest Artist: Watercolor with Dana

**Thursday, July 20 | 6:00-7:30 PM**

**Dana Barnes, Art Instructor**

Transform a blank sheet of watercolor paper into a spectacular colorful painting of seasonal flowers worthy of framing. Give yourself the gift of fun and the joy of creating. In-person and virtual. Pre-register. For those joining online, supplies will be available for pick up the week of the class.

## Healing Through Art: Block Printed Tea Towels

**Tuesday, August 1 | 1:00-3:00 PM**

**Kelly Sullivan, Art Instructor**

Decorate your own "useable" tea towels in this class where Kelly will show you how to carve Speedy Carve blocks and print them onto tea-towels. Once dried and heat set, the towel will be able to be washed. 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, July 5 | 3:30-5:00 PM**
- **Wednesday, August 2 | 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, July 14 | 10:00-11:30 AM**
- **Friday, August 11 | 10:00-11:30 AM**
- **Larry Brown, PhD**
- Connect with others who have
- prostate cancer in this virtual group.
- Call before your first visit to talk with
- our program staff.
- Pre-registration required.

**Some of our movement classes are now offered in person!! Check out our new schedule!!**



**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>IN-PERSON PROGRAM NOTE</b> Early registration for in-person attendance is highly encouraged. Programs with few in-person registrants may be changed to virtual only.				<b>1</b>  Yoga 10:00-11:00 AM
<b>2</b>	<b>3</b> 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	<b>4</b>  Office Closed No Programs	<b>5</b> Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM Bereavement Support Group 3:30-5:00 PM	<b>6</b>  Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	<b>7</b>  Tai Chi/Qigong 12:00-1:00 PM	<b>8</b>  Yoga 10:00-11:00 AM
<b>9</b>	<b>10</b> 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	<b>11</b> <b>12</b> 4-Day Summer Fun for Kids 9:00 AM-2:00 PM		<b>13</b>  Support Group 10:00-11:30 AM	<b>14</b>  Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	<b>15</b>  Yoga 10:00-11:00 AM
<b>16</b>	<b>17</b> 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	<b>18</b> Yoga to Improve Balance and Neuropathy 1:00-2:30 PM Support Groups 6:00-7:30 PM	<b>19</b> Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM Writing for Wellness 2:00-3:30 PM	<b>20</b> Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM Guest Artist 6:00-7:30 PM	<b>21</b>  Tai Chi/Qigong 12:00-1:00 PM	<b>22</b>  Yoga 10:00-11:00 AM
<b>23/30</b>	<b>24/31</b> 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	<b>25</b> Nutrition Tips: The Power of Plants 12:00-1:30 PM Support Groups 6:00-7:30 PM	<b>26</b> Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM A Gift of Sound 6:00-7:30 PM	<b>27</b>  Support Group 10:00-11:30 AM	<b>28</b>  Tai Chi/Qigong 12:00-1:00 PM	<b>29</b>  Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30 PM

# August

**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	<b>IN-PERSON PROGRAM NOTE</b> Early registration for in-person attendance is highly encouraged. Programs with few in-person registrants may be changed to virtual only.	<b>1</b> <b>Healing Through Art: Block Printed Tea Towels</b> 1:00-3:00 PM <b>Support Groups</b> 6:00-7:30 PM	<b>2</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM <b>Bereavement Support Group</b> 3:30-5:00 PM	<b>3</b> <b>Support Group</b> 10:00-11:30 AM <b>Knitting for Relaxation</b> 1:00-3:00 PM	<b>4</b> <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>5</b> <b>Yoga</b> 10:00-11:00 AM
<b>6</b>	<b>6</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>8</b> <b>Nutrition Tips: Evaluating the Anti-Inflammatory Diet</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>9</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM	<b>10</b> <b>Support Group</b> 10:00-11:30 AM <b>Calmer Body. Calmer Mind.</b> 5:30-7:00 PM	<b>11</b> <b>Prostate Cancer Support Group</b> 10:00 AM-11:30 PM <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>12</b> <b>Yoga</b> 10:00-11:00 AM
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<b>20</b>	<b>21</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>22</b> <b>Lymphedema: What is it and how is it treated?</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>23</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM <b>Writing for Wellness</b> 2:00-3:30 PM	<b>24</b> <b>Support Group</b> 10:00-11:30 AM <b>Pizza Party!</b> 6:00-7:30 PM	<b>25</b> <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>26</b> <b>Yoga</b> 10:00-11:00 AM <b>Mindfulness in Everyday Life</b> 11:00 AM-12:30PM
<b>27</b>	<b>28</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>29</b> <b>Support Groups</b> 6:00-7:30 PM	<b>30</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM	<b>31</b> <b>Support Group</b> 10:00-11:30 AM <b>Knitting for Relaxation</b> 1-3:00 PM <b>Ask The Doctor: Breast Reconstruction</b> 6:00-7:30 PM		