

# FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



**TOPGOLF**  
11400 OUTLET DRIVE  
FARRAGUT

**GOLF "FUN" RAISER 2025**

**APRIL 10, 2025**  
2:00 - 5:00 PM

**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

*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 | Pilot Company | Thompson Charitable Foundation

## CSCET STAFF

Beth A. Hamil | 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



### St. Patrick's Day Musical Celebration with Amadeus Concert Ensemble

Saturday, March 15  
11:30 AM-1:00 PM  
Brian Salesky, Host and Pianist  
Jacqueline Brecheen, Soprano  
Join CSCET friends for a light brunch and live music, celebrating St. Patrick's Day and Irish culture. Amadeus Concert Ensemble Artistic Director Brian Salesky and soprano Jacqueline Brecheen will delight you with beloved Irish songs and operetta arias from a century of captivating repertoire. Experience the healing power of music at this enchanting performance! In-person only. Pre-register.



### Ask the Doctor: Cancer Imaging

Thursday, March 27  
6:00-8:00 PM  
Garth Graham, MD  
Many people with cancer undergo imaging to diagnose their condition and evaluate the effectiveness of treatments. Dr. Graham will explain common imaging scans, including CT, MRI, and PET, and what information each provides. You'll learn about the risks and benefits of each scan, why one might be chosen over another, and the latest advancements in cancer imaging. Light meal provided. In-person and virtual. Pre-register.



### The Truth About Herbs and Supplements

Wednesday, April 9  
6:00-7:30 PM  
Noël Arring, DNP, PhD, RN  
Dr. Arring's research and clinical expertise in cancer symptom management and integrative health have deepened our understanding of the healing potential of herbs and supplements. She offers valuable insights on identifying safe, effective products and understanding what works. Learn how to harness nature's power to complement cancer treatment and ease common side effects. Light meal provided. In-person and virtual. Pre-register.



### Ask the Doctor: Prostate Cancer

Thursday, April 24  
6:00-7:30 PM  
Nilesch Patel, MD  
Prostate cancer treatment options depend on whether the diagnosis is low, intermediate, or high risk. Join Dr. Patel as he outlines treatment options, from active surveillance for low-risk cancers to precision therapies for high-risk, metastatic disease. You'll also learn strategies for staying as healthy as possible during and after treatment. Light meal provided. In-person and virtual. Pre-register.

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)

# EDUCATION & STRESS MANAGEMENT PROGRAMS

## 8-Week Mindfulness Series: Mindful Based Stress Reduction

Sundays, March 2, 9, 16 & 23  
4:30-6:30 PM  
Dianne Lemieux, PhD  
Group already in progress.

## St. Patrick's Day Musical Celebration with Amadeus Concert Ensemble

Saturday, March 15 | 11:30 AM-1:00 PM  
Brian Salesky, Host and Pianist  
Jacqueline Brecheen, Soprano  
See front cover for description.

## Nutrition Tips: Rethinking Your Drink

Tuesday, March 18 | 12:00-1:30 PM  
Chelsea Johnson, MS, RD, LDN, CSO  
Beverages are often an overlooked opportunity for cancer survivors to improve their health. Join Chelsea as she shares valuable nutrition tips and strategies to rethink hydration, caffeine, alcoholic and sugary beverages. She'll present creative rehydration recipes, mocktails, and smoothies, while highlighting the unique health benefits of each. Light meal provided. In person and virtual. Pre-register.



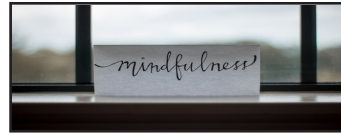
## Keep Moving After Diagnosis

Wednesday, March 26 | 12:00-1:30 PM  
Jason Fuller, PT, DPT

What movement class or activity is best for me? Have I been doing too much, or can I push myself more? What are realistic movement goals during and after treatment? These are common questions following a cancer diagnosis. Jason will discuss the importance of movement throughout the cancer journey, how to stay active, the role of rest, and when to seek professional guidance. Individuals with cancer and their support people are welcome. A light meal will be provided. In-person attendance is recommended; virtual attendance is available. Pre-register.

## Ask the Doctor: Cancer Imaging

Thursday, March 27 | 6:00-8:00 PM  
Garth Graham, MD  
See front cover for description.



## Mindfulness in Everyday Life: Living with the Unknown

Saturday, Mar. 29 | 11:00 AM-12:30 PM  
Ann Pendley, Mindfulness Instructor  
Fear of the unknown is a universal experience. Since we can't predict the future, staying grounded becomes a challenge when we can't see what's ahead. However, a mindfulness practice can help us confront those 'what-ifs' and bring us back to fully embracing the 'what is' in the present moment. Virtual only. Pre-register.

## The Truth About Herbs and Supplements

Wednesday, April 9 | 6:00-7:30 PM  
Noël Arring, DNP, PhD, RN  
See front cover for description.



## Nutrition Tips: Benefits of Spring Foods

Tuesday, April 15 | 12:00-1:30 PM  
Chelsea Johnson, MS, RD, LDN, CSO  
Spring is the ideal time to refresh your diet. Chelsea will explore the nutritional benefits of spring foods and offer inspiration to expand your recipe collection. Come ready to embrace fresh, seasonal fare and spring into healthier eating! A cooking demonstration and light lunch will be provided. In person and virtual. Pre-register.

## Ask the Doctor: Prostate Cancer

Thursday, April 24 | 6:00-7:30 PM  
Nilesh Patel, MD  
See front cover for description.

## Mindfulness in Everyday Life: Living with Disappointments

Saturday, April 26 | 11:00 AM-12:30 PM  
Ann Pendley, Mindfulness Instructor  
Life is a mix of joyful moments and challenging times. Join us as we explore how mindfulness can empower us to navigate disappointments and handle life's ups and downs with greater resilience and peace. Virtual only. Pre-register.



## Ice Cream Social

Wednesday, April 30 | 6:00-7:30 PM  
CSCET Staff

Join CSCET staff and members for a refreshing treat as we welcome the warmer months! Enjoy a variety of flavors and toppings, plus fun icebreakers and the return of our popular selfie booth. This social event is perfect for all ages. If you have a favorite unique flavor or topping, bring it along to share! It's a wonderful chance to catch up with old CSCET friends and make new connections. 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.

## 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, March 6 & 20 | 1:00-3:00 PM  
Thursday, April 3 & 17 | 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

## WordFlow: Writing for Wellness

Wednesday, March 12 | 12:00-1:30 PM  
Wednesday, April 23 | 12:00-1:30 PM  
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. In-person only. Pre-register.

## Healing Through Art: Cubist Collages

Thursday, March 13 | 1:00-3:00 PM  
Kelly Sullivan, Art Instructor  
Unleash your inner Picasso and Braque! In this class, we'll be drawing, painting, and cutting as we dive into the world of Cubism. No drawing skills required—just bring your imagination, and we'll guide you through creating your own cubist masterpiece. Think of this class as part art, part puzzle, and 100% fun! In-person only. Pre-register.

## Healing Through Art: Mixed Media Flower Painting

Thursday, April 10 | 1:00-3:00 PM  
Kelly Sullivan, Art Instructor  
Let's kick off the Spring season with bold, bright colors and beautiful blooms! We'll combine painting techniques with a touch of word collage to add our personal flair to welcoming spring. Using acrylics, watercolors, and a hint of gel medium, participants will create vibrant, flower-filled masterpieces. 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.**

## 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, Mar. 14 | 10-11:30 AM **VIRTUAL**
- Friday, Apr. 11 | 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

- Wednesday, Mar. 5 | 3:30-5 PM **IN-PERSON**
- Wednesday, Apr. 2 | 3:30-5 PM **IN-PERSON**
- Natalie Depp, LCSW
- Connect with others experiencing bereavement in this group. Call before your first group to speak with our program staff.

## 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 us to schedule your first appointment.

### 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.

# March

**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>PROGRAM NOTE</b> 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.			<b>1</b>  <b>Yoga</b> 10:00-11:00 AM
<b>2</b>  <b>8-Week Mindfulness Series: WEEK 5</b> <b>(Group already in progress)</b> 4:30-6:30 PM	<b>3</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>4</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>5</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM <b>Bereavement Group</b> 3:30-5:00 PM	<b>6</b>  <b>Support Group</b> 10:00-11:30 AM <b>Knitting</b> 1:00-3:00 PM	<b>7</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>8</b>  <b>Yoga</b> 10:00-11:00 AM
<b>9</b>  <b>8-Week Mindfulness Series: WEEK 6</b> <b>(Group already in progress)</b> 4:30-6:30 PM	<b>10</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>11</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>12</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Writing for Wellness</b> 12:00-1:30 PM <b>Yoga</b> 2:00-3:00 PM	<b>13</b> <b>Support Group</b> 10:00-11:30 AM <b>Healing Through Art: Cubist Collages</b> 1:00-3:00 PM	<b>14</b> <b>Prostate Cancer Support Group</b> 10:00 AM-11:30 PM <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>15</b> <b>Yoga</b> 10:00-11:00 AM <b>St. Patrick's Day Musical Celebration with Amadeus Concert Ensemble</b> 11:30 AM-1:00 PM
<b>16</b>  <b>8-Week Mindfulness Series: WEEK 7</b> <b>(Group already in progress)</b> 4:30-6:30 PM	<b>17</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>18</b> <b>Nutrition Tips: Rethinking Your Drink</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>19</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 2:00-3:00 PM	<b>20</b>  <b>Support Group</b> 10:00-11:30 AM <b>Knitting</b> 1:00-3:00 PM	<b>21</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>22</b>  <b>Yoga</b> 10:00-11:00 AM
<b>23/30</b>  <b>8-Week Mindfulness Series: WEEK 8</b> <b>(Group already in progress)</b> 4:30-6:30 PM	<b>24/31</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>25</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>26</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Keep Moving After Diagnosis</b> 12:00-1:30 PM <b>Yoga</b> 2:00-3:00 PM	<b>27</b> <b>Support Group</b> 10:00-11:30 AM <b>Ask the Doctor: Cancer Imaging</b> 6:00-8:00PM	<b>28</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>29</b> <b>Yoga</b> 10:00-11:00 AM <b>Mindfulness in Everyday Life</b> 11:00 AM-12:30PM

# April

**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>1</b>	<b>2</b> Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Bereavement Group 3:30-5:00 PM	<b>3</b> Support Groups 10:00-11:30 AM Knitting 1:00-3:00 PM	<b>4</b> Tai Chi/Qigong 12:00-1:00 PM	<b>5</b> Yoga 10:00-11:00 AM
<b>6</b>	<b>7</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>8</b> Support Groups 6:00-7:30 PM	<b>9</b> Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM The Truth About Herbs and Supplements 6:00-7:30 PM	<b>10</b> Support Groups 10:00-11:30 AM Healing Through Art: Mixed Media Flower Painting 1:00-3:00 PM	<b>11</b> Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	<b>12</b> Yoga 10:00-11:00 AM
<b>13</b>	<b>14</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>15</b> Nutrition Tips: Benefits of Spring Foods 12:00-1:30 PM Support Groups 6:00-7:30 PM	<b>16</b> Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	<b>17</b> Support Groups 10:00-11:30 AM Knitting 1:00-3:00 PM	<b>18</b> Office Closed No Programs	<b>19</b> Office Closed No Programs
<b>20</b>	<b>21</b> 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	<b>22</b> Support Groups 6:00-7:30 PM	<b>23</b> Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	<b>24</b> Support Group 10:00-11:30 AM Ask the Doctor: Prostate Cancer 6:00-7:30PM	<b>25</b> Tai Chi/Qigong 12:00-1:00 PM	<b>26</b> Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
<b>27</b>	<b>28</b> 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	<b>29</b> Support Groups 6:00-7:30 PM	<b>30</b> Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Ice Cream Social 6:00-7:30PM	<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>PROGRAM NOTE</b> 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.