



Located at Cherokee Mills
2230 Sutherland Avenue
Knoxville, TN 37919
(865) 546-4661
www.CancerSupportET.org

OFFICE HOURS
Monday through Friday
9 am - 5 pm
Program hours are noted.
Free Parking

OUR MISSION

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

We seek to help members reduce isolation, regain a sense of control in their lives and rediscover hope for the future.

All services are made available at no charge.

STAFF

- Beth Hamil
Executive Director
- Debra Sullivan, PhD
Program Director
- Kathleen M. Williams, LCSW
Program Associate
- Denise Stillman, PhD
Program Associate
- Katherine Chyka, MPH
Communications & Development Manager
- Sherry Lomax
Office Administrator



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Cancer Support Community PROGRAM CALENDAR



March & April

2018

JOIN OTHERS FACING CANCER FOR
Support Groups • Educational Workshops • Health & Wellness Programs



How Pets Help People

Wednesday, March 21
6:00-7:30 PM

Sonya M. Snyder, MPhil

Wonder if pets are worth the fuss? Learn to overcome some of the challenges of pet ownership and reflect on the social, emotional, and physical benefits of spending time with our furry, four-legged friends. Bring a picture of your favorite pet. Light meal provided. RSVP.



The Joy of Painting

Thursday, April 5
6:00-8:00 PM

Sarah Verzyden,
Art Instructor & Educator

Come try a new activity and focus on something besides cancer with this fun art class. Knowing your shapes, letters, and colors are the only tools you need to get started. Painting supplies provided. RSVP.



Oncology Clinical Trials: What You Need to Know

Wednesday, April 11
6:00-7:30 PM

Jennifer England, RN, BSN
Thompson Cancer Survival Center

Is a clinical trial right for you? Learn the types of clinical trials available for various cancers and what questions you might ask. Time will be set aside for those who would like to share their own experience with clinical trials. Light meal provided. RSVP.



Emotional Health and Wellbeing

Wednesday, April 25
1:00-2:30 PM

Debra Sullivan, PhD
CSC Program Director

How am I supposed to feel? A cancer diagnosis can bring difficult emotions and increased stress during and after treatment for both the person diagnosed and their loved ones. Learn to identify these feelings, find joy in your own way, and improve your quality of life. Light meal provided. RSVP.

FOLLOW US FIND US



We're located at the corner of Sutherland Avenue and Concord Street, just off of Interstate 40 near the University of Tennessee campus. Our door is always open - come learn more about us!



SAVE THE DATE FOR FACING CANCER TOGETHER

Saturday, June 2, 2018

Hospital & Program Sponsors:

Covenant Health - Thompson Cancer Survival Center • Provision Center for Proton Therapy • Tennova Healthcare • UT Medical Center Cancer Institute

Akima • Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission
Clayton Family Foundation • Genentech • Haslam Family Foundation
Katherine Collins Roddy and J. P. Roddy, Sr. Fund • Kroger • L5 Foundation
Mazda Knoxville • Mount Rest Fund of East Tennessee Foundation • Pfizer Inc.
Publix Charities • Regal Foundation • The Wal-Mart Foundation

All programs are held at Cancer Support Community unless noted (2230 Sutherland Ave. Knoxville, TN 37919).

All programs offered FREE of charge

Call & talk to a member of our program staff at 546-4661

Schedule an individual appointment

Drop in at 5PM on Tuesdays for a tour & orientation

education, nutrition & special programs

Mindfulness Based Stress Reduction - On-going series

Sun., March 4, All Day
Sun., March 11, 4:30-6:30PM
* In Progress - Registration Closed

Nutrition Ammunition: Nutrition Fact or Fiction?

Tuesday, March 13, noon-1:30 PM
Beth Booker, MS, MPH, RD
Start the new year off right by learning the difference between fake news & good science in the world of nutrition. Light lunch provided. RSVP.

Panning for Gold: Finding & Writing the Stories of Your Life

Wednesday, March 14, 1:30-3:00 PM
Wednesday, April 18, 1:30-3:00 PM
Donna Doyle, Poet
By looking at the big stories of our lives, we often miss little stories that make up a year, a month, a day, or an hour. These monthly, relaxed workshops will help you find the small nuggets of gold shining in the vast stream of your life. No writing experience necessary. RSVP.

Quick & Tasty Cooking: Flavors of Mexico

Tuesday, March 20, noon-1:30 PM
Missy Kennedy, Cooking Instructor
Change up your routine by adding some "ole" to your meals. Join Missy for some of her favorite dishes inspired by Mexico. RSVP.

What is Lymphedema & Am I at Risk?

Tuesday, March 27, noon-1:30 PM
Kathy Kearse, PT, CLT-LANA
Individuals who've received treatment for cancer that includes the removal of lymph nodes and/or radiation therapy have a higher risk of swelling in the arm, leg, trunk, head, or neck. Learn helpful exercises and how you can lower your risk after treatment of cancers like breast, prostate, colon, gynecologic, and head and neck, melanoma, and Hodgkin lymphoma. RSVP.

Nutrition Ammunition: Benefits of Exotic Fruits & Veggies

Tuesday, April 10, noon-1:30 PM
Beth Booker, MS, MPH, RD
Tired of eating the same things? Join Beth as she teaches us the benefits of eating some quirky, exotic foods. Light lunch provided. RSVP.

Off the Mat & On with Life!

Thurs., April 12, 19, 26, 11:30AM-1:00 PM
Dagny Vigander, RYT
Learn creative ways to stretch, strengthen, energize, and de-stress by bringing the benefits of yoga INTO your life when life won't stop for you! RSVP.

Oak Ridge Series: Caring for the Caregiver

Thursday, April 12, 5:30-7:30 PM
* TCSC Cancer Resource Center *
(102 Vermont Ave. Oak Ridge, TN 37830)
Denise Stillman, PhD
Cancer is a family affair. It affects the person with cancer and the many people who love them. Learn helpful tips on how support people can take care of themselves while caring for someone else. Light meal provided. RSVP.

Quick & Tasty Cooking: Spring Fare

Tuesday, April 24, noon-1:30 PM
Missy Kennedy, Cooking Instructor
Join Missy as she shares some of her favorite recipes with your favorite spring produce. RSVP.

Stress Reduction Tips with Belles Gyn Support Group

Thursday, April 26, 5:30-7:00 PM
CSC Clinical Staff and Belles Facilitators
Any woman diagnosed with a gynecologic cancer is invited to attend this program hosted by a collaboration between Belles Gyn Support Group and Cancer Support Community. Meet other women, share experiences, and learn and practice how to reduce the stress that come with a gyn cancer. Light meal provided. RSVP.

To make a reservation for supportive, structured play for children during featured programs, please call 48 hours in advance.

social connections

Knit Your Way to Wellness

Thursday, March 1 & 15, 1:00-3:00 PM
Thursday, April 5 & 19, 1:00-3:00 PM
Shelley Hecht, Loopville Instructor
New to knitting? Old Pro? Learn to knit or bring your own project to work on. Supplies are available.



HEALING THROUGH ART

No experience necessary!



Create Some Attitude in the Kitchen

Thursday, March 8, 1:00-3:00 PM
Cheri Pollack, Art Instructor
Paint an apron or dish towel to bring some funky-fun attitude to your kitchen. Wear casual attire and bring your art-i-tude! RSVP.

Funky Pots

Thursday, April 12, 1:00-3:00 PM
Cheri Pollack, Art Instructor
Spring is in the air! Decorate a terra cotta pot in your unique style using paints, magazines, and funky embellishments. RSVP.



family & kids

Call for a phone consultation or individualized appointment to address your questions & concerns about helping your family through the challenges of cancer.

Family Fun Saturdays

*Please call before your first visit. With cancer in your family, chances are everyone has more STRESS. Hang out & spend time with other families living with a cancer diagnosis. RSVP.

Family Fun with Everything Green

Sat., March 17, 11:00AM - 12:30PM
Kathleen Williams, LCSW
It's St. Patrick's Day so get out of the house and join other families for games, green food, and green smoothies. Light lunch provided. RSVP.



Family Fun with Yoga

Saturday, April 21, 11:00AM - 12:30PM
Dagny Vigander, Yoga Instructor
Learn some yoga moves to practice as a family. Light lunch provided. RSVP.

wellness & stress reduction

DROP-IN WORKOUT & YOGA CLASSES

Check with your medical team before attending. Most classes are gentle enough for those in active treatment & can be modified by CSC instructors.

Wellness Workout

Mondays, noon-1:00 PM
Holly Frantz, MEd
Practice total body conditioning: gentle stretching, resistance training & low-impact aerobic exercises.

Chair Yoga

Mondays, 1:00-1:45 PM
Randy Rainey, Certified Yoga Instructor
This class is accessible to most people & offers all the benefits of a normal yoga class without getting up & down.

Qigong

Tuesdays, 5:00-6:00 PM
Russell Sauls, Instructor
Improve balance, flexibility, & muscle strength with this gentle movement class. Qigong is a mind/body practice that provides relaxation & soothing.

Wellness Workout

Wednesdays, noon-1:00 PM
Stephanie Chunn, Personal Trainer
Practice total body conditioning: gentle stretching, resistance training & low-impact aerobic exercises.

Yoga

Wednesdays, 3:00-4:00 PM
Saturdays, 10:00-11:00 AM
Pam Bradshaw, Certified Yoga Instructor
Improve flexibility & strengthen muscles through gentle yoga poses.

Gentle Yoga

Fridays, 10:00-11:00 AM
Randy Rainey, Certified Yoga Instructor
This class includes gentle chair, standing, & floor poses.



RSVP to programs by going to CancerSupportET.org/calendar or by calling (865) 546-4661.

STRESS REDUCTION PROGRAMS

Mindfulness in Everyday Life: "Mindful Waiting"

Saturday, March 24, 10:00 AM-noon
Ann Pendley, Meditation Instructor
Waiting for scan results and living with uncertainty is hard. Explore how mindfulness can make hard situations more tolerable. RSVP.

Mindfulness in Everyday Life: Dealing with Disappointments

Saturday, April 28, 10:00 AM-noon
Ann Pendley, Meditation Instructor
Disappointments can be aggravating, hurtful, painful, and even bring up anger. It is also a constant in our lives from the mundane to the more serious. Learn new tools to better manage these everyday experiences. RSVP.

SUPPORT GROUPS

We're here to support you during your cancer journey. Our on going professionally-led, weekly support groups for people with cancer and their loved ones connect you with others so that no one faces cancer alone.

An interview is required before attending. Schedule yours by calling (865) 546-4661.

Groups for People with Cancer

Mondays, 6:00-7:30 PM
Tuesdays, 6:00-7:30 PM

Groups for Family Members & Loved Ones

Tuesdays, 6:00-7:30 PM

NETWORKING GROUPS

Connect with others facing the same type of cancer in our monthly drop-in groups. Please call before your first visit and talk to a member of our program staff.

Breast Cancer Networker

Thursday, March 15 & Apr. 19, 6:00-7:30 PM
Kathy Ehrnschwender, PhD

Leukemia, Lymphoma & Myeloma Networker

Thursday, March 15 & Apr. 19, 4:00-5:30 PM
Kathleen Williams, LCSW

This group is for those affected by blood cancers and their support person.

Prostate Cancer Networker

Sat., March 10 & Apr. 14, 10:00-11:30 AM
Phil Johnson, PhD

Family Bereavement Group

Thursday, March 15 & Apr. 19, 6:00-7:30 PM
Kathleen Williams, LCSW

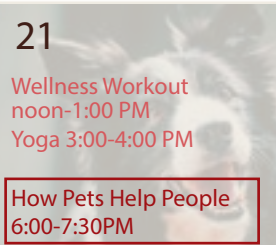
Short-Term Support Sessions

CSC clinical & program staff are available for short-term individual support sessions & family consultations. If you're interested, call us at (865) 546-4661 to talk with one of our program staff or schedule your appointment.

SO THAT NO ONE
FACES CANCER ALONE.

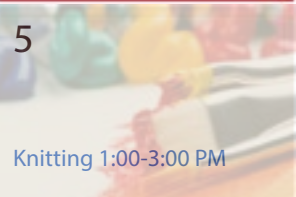
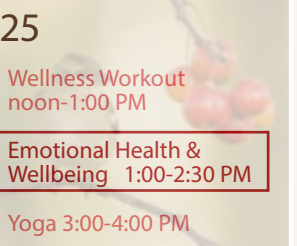
March

Programs offered free of charge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All programs are held at: Cancer Support Community 2230 Sutherland Avenue Knoxville, TN 37919 unless noted. www.CancerSupportET.org (865) 546-4661</p>				1	2	3
4	5	6	7	8	9	10
<div style="border: 1px solid red; padding: 2px;"> <p>MBSR 8-week Series Class Seven All Day</p> </div>	<p>Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p>	<div style="border: 1px solid red; padding: 2px;"> <p>Healing Through Art 1:00-3:00 PM</p> </div>	<p>Gentle Yoga 10:00-11:00 AM</p>	<p>Yoga 10:00-11:00 AM</p> <p>Prostate Cancer Networker 10:00-11:30 AM</p>
11	12	13	14	15	16	17
<div style="border: 1px solid red; padding: 2px;"> <p>MBSR 8-week Series Class Eight 4:30-6:30 PM</p> </div>	<p>Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<div style="border: 1px solid red; padding: 2px;"> <p>Nutrition Ammunition noon-1:30 PM</p> </div> <p>Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>Wellness Workout noon-1:00 PM</p> <div style="border: 1px solid red; padding: 2px;"> <p>Panning for Gold: Finding & Writing the Stories of Your Life 1:30-3:00 PM</p> </div> <p>Yoga 3:00-4:00 PM</p>	<p>Knitting 1:00-3:00 PM</p> <p>LLM Networker 4:00-5:30 PM BC Networker 6:00-7:30 PM Bereavement 6:00-7:30 PM</p>	<p>Gentle Yoga 10:00-11:00 AM</p>	<p>Yoga 10:00-11:00 AM</p> <div style="border: 1px solid red; padding: 2px;"> <p>Family Fun with Everything Green 11:00 AM-12:30 PM</p> </div>
18	19	20	21	22	23	24
	<p>Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<div style="border: 1px solid red; padding: 2px;"> <p>Quick & Tasty Cooking noon-1:30 PM</p> </div> <p>Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	 <p>Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p> <div style="border: 1px solid red; padding: 2px;"> <p>How Pets Help People 6:00-7:30 PM</p> </div>		<p>Gentle Yoga 10:00-11:00 AM</p>	<p>Yoga 10:00-11:00 AM</p> <div style="border: 1px solid red; padding: 2px;"> <p>Mindfulness in Everyday Life 10:00 AM-noon</p> </div>
25	26	27	28	29	30	31
	<p>Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<div style="border: 1px solid red; padding: 2px;"> <p>What is Lymphedema & Am I at Risk? 12:00-1:30 PM</p> </div> <p>Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p>	<p>No Knitting</p>	<p>Office Closed</p>	<p>Office Closed</p>

April

Programs offered free of charge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	3 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	4 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM	5  Knitting 1:00-3:00 PM The Joy of Painting 6:00-8:00 PM	6 Gentle Yoga 10:00-11:00 AM	7 Yoga 10:00-11:00 AM
8	9 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	10 Nutrition Ammunition noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	11 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM Oncology Clinical Trials: What You Need to Know 6:00-7:30 PM	12 Off the Mat & On with Life! 11:30 AM-1:00 PM Healing Through Art 1:00-3:00 PM Oak Ridge Series: Caring for the Caregiver 5:30-7:30 PM (*off-site*)	13 Gentle Yoga 10:00-11:00 AM	14 Prostate Cancer Networker 10:00-11:30 AM Yoga 10:00-11:00 AM
15	16 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	17 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	18 Wellness Workout noon-1:00 PM Panning for Gold: Finding & Writing the Stories of Your Life 1:30-3:00 PM Yoga 3:00-4:00 PM	19 Off the Mat & On with Life! 11:30 AM-1:00 PM Knitting 1:00-3:00 PM LLM Networker 4:00-5:30PM BC Networker 6:00-7:30 PM Bereavement 6:00-7:30 PM	20 Gentle Yoga 10:00-11:00 AM	21 Yoga 10:00-11:00 AM Family Fun with Yoga 11:00 AM-12:30 PM
22	23 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	24 Quick & Tasty Cooking noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	25  Wellness Workout noon-1:00 PM Emotional Health & Wellbeing 1:00-2:30 PM Yoga 3:00-4:00 PM	26 Off the Mat & On with Life! 11:30 AM-1:00 PM Stress Reduction Tips w/ Belles Gyn Support Group 5:30-7:00 PM	27 Gentle Yoga 10:00-11:00 AM	28 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 10:00 AM-noon
29	30 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM					All programs are held at: Cancer Support Community 2230 Sutherland Avenue Knoxville, TN 37919 unless noted. www.CancerSupportET.org (865) 546-4661