November & December

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

Wonder how we fund our FREE services & programs?
As a nonprofit, we raise 100% of our annual budget through:
- Donations from individuals & businesses.
- We accept cash, credit cards, gifts of appreciated stock & required minimum distributions on retirement accounts.
- Fundraising events such as our annual Fall Luncheon.
- Grants from foundations, community groups & local hospitals & treatment centers.
- Bequests from wills & beneficiary designations on retirement accounts/life insurance policies.

Interested in helping us fund our programs?
Contact CSCET Executive Director Beth Hamil.

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

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

All programs offered FREE of charge
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

Cancer Support Community
PROGRAM CALENDAR

Balancing Work & Cancer
Thursday, Nov. 14 6:00-8:00 PM
Joanna Morales, Cancer Rights Attorney
Rachel Becker, LCSW
Cancer & Careers
National speakers will address the many practical & legal challenges of working during & after treatment. Topics include diagnosis disclosure, working through & during treatments, side effect management, taking time off, returning to work & health insurance. Light meal provided. RSVP.

New Treatments: Blood Cancers
Wednesday, Nov. 20 6:00-8:00 PM
Rod Ramchandren, MD
Hematology & Medical Oncologist
Learn about advances in the treatment of blood cancers including targeted treatments & immunotherapy. Join Dr. Ramchandren as he describes some of the breakthrough therapies & future trends in the treatment of lymphoma & leukemia. Light meal provided. RSVP.

Sleep Matters
Tuesday, Dec. 3 noon-1:30 PM
Denise Stillman, PhD
Sleep Matters
Having trouble falling or staying asleep? For those impacted by cancer, the effects of treatment & medications along with the stress of a cancer diagnosis may keep you & your loved ones from getting a good night’s rest. Learn why sleep matters & what you can do to improve the quality of your ZZZs. Light meal provided. RSVP.

Afternoon Tea with Live Music
Sunday, Dec. 8 3:00-4:30 PM
Students of KSO Musicians, Alicia Keener & Megan Kehren
Join CSCET friends & family for an afternoon of tea & holiday cheer. KSO viola & violin players present their students to delight us during this fun, family-friendly program. Ms. Keener & Ms. Kehren will also share their musical skills throughout the afternoon. Light refreshments provided. RSVP.

November & December
Program Calendar

Support Groups
- Educational Workshops
- Health & Wellness Programs

STAFF
Beth Hamil
Executive Director
Debra Sullivan, PhD
Program Director
Kathleen Williams, LCSW
Program Associate
Denise Stillman, PhD
Program Associate
Katherine Chyka, MPH
Communications & Development Manager
Renee G. Harold
Office Administrator

Hospital & 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 Family Foundation • Genentech • Haslam Family Foundation • KAMA
Katherine Collins Roddy & J. P. Roddy, Sr. Fund • Kroger • LS Foundation
Mount Rest Fund of East Tennessee Foundation • Publix Charities
Tennessee Cancer Coalition • Tennessee Water Technology • WUOT 91.9 FM
Mindful Self-Compassion: On-Going Series
Sunday, Nov. 3 - 17, 4:30-7:00 PM
Dianne Lemieux, LCSW
In progress. Registration closed.

Nutrition Ammunition: Coping with Cancer Side Effects
Tuesday, Nov. 12, noon-1:30 PM
Donna Doyle, Poet
These relaxing writing workshops will help you find the small nuggets of gold shining in the vast stream of your life. No writing experience needed. RSVP.

Quick & Healthy Cooking: Winter Comfort Foods
Thursday, Dec. 5, noon-1:30 PM
Jennie Berger, Wellness Enthusiast
Learn to prepare classic comfort foods with a new twist. Get recipes for vegetarian chilli & Jennie’s take on the Buddha Bowl. RSVP.

Nutrition Ammunition: Looking for Energy?
Tuesday, Dec. 10, noon-1:30 PM
Beth Booker, MS, MPH, RD
Do you know the best way to get energy from your food? Learn tips to maximize your energy intake from our resident nutrition expert. Light meal provided. RSVP.

Quick & Healthy Cooking: Easy Holiday Appetizers
Tuesday, Nov. 19, noon-1:30 PM
Joseph Blauvelt, Culinary Instructor
Lecem to prepare healthy & easy-to-freeze small bites for holiday guests! Culinary Chef Blauvelt and a few of his students will bring fresh ideas to taste at CSCET & try in your own kitchen. RSVP.

What is Aroma Flow Yoga? 
Tuesday, Dec. 12, noon-1:15 PM
Melinda Irving & Katherine Moore
Want to learn how aromatherapy can enhance your yoga practice? From uplifting & stimulating to calming & soothing – individuals have benefitted from essential oils for years. Learn to use these oils during gentle flow yoga or just come for a new experience. RSVP.

Yoga
Wednesdays, 3:00-4:00 PM
Jennie Berger, Certified Yoga Instructor
Saturdays, 10:00-11:00 AM
Allison Bradley, Certified Yoga Instructor
Improve flexibility & strength 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.

Tai Chi/Qigong
Fridays, 12:00-1:00 PM
Russell Sauls, Instructor
Improve balance, flexibility, & muscle strength with this gentle movement class. Qigong is a mind/body practice that provides relaxation & healing.

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Russell Sauls, Instructor
Improve balance, flexibility, & muscle strength with this gentle movement class. Qigong is a mind/body practice that provides relaxation & healing.

Mindfulness in Everyday Life: Cultivating Gratitude in the Midst of Challenge
Saturday, Nov. 23, 10:00 AM noon
Ann Pendley, Meditation Instructor
Explore the benefits of cultivating more gratitude in your life through mindfulness meditation practice. RSVP.

Mindfulness in Everyday Life: Maintaining Inner Peace
Saturday, Dec. 21, 10:00 AM noon
Ann Pendley, Meditation Instructor
Gift yourself an opportunity to experience some moments of inner peace during this busy time of year and learn ways to revisit this peace throughout the season. RSVP.

Thanksgiving Potluck Social
Wednesday, Nov. 13, 6:00-7:30 PM
CSCET Staff & Volunteers
Join CSCET family & friends for food, fellowship, & the tastes & smells of Thanksgiving. We’ll provide the turkey & drinks. Bring yourself, family, friends, & a favorite side dish, salad, or dessert. RSVP.

Quick & Healthy Cooking: Take on Cancer Together
Supper & Support Nutrition Ammunition
Thursday, Dec. 5, 6:30-7:30 PM
CSCET Cancer Resource Center* 
(102 Vermont Ave. Oak Ridge, TN 37830) 
Healthy food choices can be difficult, especially during the holidays. Registered Dietician, Susan Smith will offer tips for maximizing nutrition during & after cancer – all while enjoying a tasty & healthful sampling menu. RSVP.

There’s no need to feel alone in your journey. Call before your first visit & talk to members of our program staff.

Young Adult Group (*NEW*)
Saturday, Nov. 9 & Dec. 14 @ 10:00-11:30 AM
Kathleen Williams, LCSW & Friends
Young adults facing cancer can often feel isolated from their friends. This group is for people ages 18-30 with cancer and their loved ones. Please call Kathleen Williams, LCSW to register.

Family Bereavement Group
Saturday, Nov. 23 & Dec. 21 @ 10:00-11:30 AM
Kathleen Williams, LCSW & Friends
This group is for adult family members of people who have passed. Call before your first visit & talk to a member of our program staff.

Family Fun with Art
Saturday, Dec. 7, 11:00 AM-12:30 PM
Kathleen Williams, LCSW & Friends
Join kids and families for a fun art project for the whole family. Light lunch provided. RSVP.

LEVEL I: Mindfulness Techniques
Wednesday, Dec. 18, 6:00-7:30 PM
Ann Pendley, Meditation Instructor
Meditation is the most effective tool available to us to listen to our inner voice, and learn to give our attention to the here and now, in the moment. This course is for people who are already familiar with meditation. Call before your first visit to talk to our program staff.

LEVEL II: Mindfulness Techniques
Tuesday, Dec. 24, 6:00-7:30 PM
Ann Pendley, Meditation Instructor
This course is for people who are already familiar with meditation. Call before your first visit to talk to our program staff.

LEVEL III: Mindfulness Techniques
Tuesday, Dec. 31, 6:00-7:30 PM
Ann Pendley, Meditation Instructor
This course is for people who are already familiar with meditation. Call before your first visit to talk to our program staff.

LEVEL IV: Mindfulness Techniques
Tuesday, Jan. 7, 6:00-7:30 PM
Ann Pendley, Meditation Instructor
This course is for people who are already familiar with meditation. Call before your first visit to talk to our program staff.
# November

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<td>Group 10:00-11:30 AM</td>
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<td>Healing Through Art 1:00-3:00 PM</td>
<td>Orientation 5:00-6:00 PM</td>
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<td>Wellness Workout noon-1:00 PM</td>
<td>Finding &amp; Writing the Stories of Your Life 1:30-3:00 PM</td>
<td>Yoga 3:00-4:00 PM</td>
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All programs are free of charge!
# DECEMBER

All programs offered free of charge!

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All programs are held at: Cancer Support Community 2230 Sutherland Avenue Knoxville, TN 37919 unless noted. CancerSupportET.org (865) 546-4661

Please RSVP to events in a RED BOX by calling (865) 546-4661 or registering online at www.CancerSupportET.org. Most other events are “drop-in” and registration is not required. Please note, groups or networkers may require a phone call or interview. Cancer Support Community can provide supportive, structured play for children of members attending monthly education or featured programs. Reservations for structured play must be made 48 hours in advance by calling (865) 546-4661.