



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
- Sherry Lomax
Office Administrator
- Katherine Chyka, MPH
Communications & Development Manager

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!

TAKE ON CANCER TOGETHER
JOIN. GIVE. ACT.

NON-PROFIT ORG.
U.S. POSTAGE PAID
KNOXVILLE, TN
PERMIT #195

Return Service Requested

Cancer Support Community PROGRAM CALENDAR

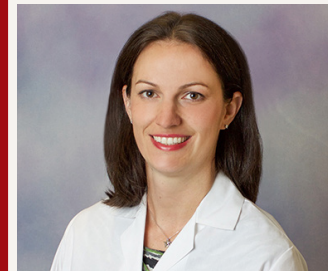
January & February



2018

JOIN OTHERS FACING CANCER FOR

Support Groups • Educational Workshops • Health & Wellness Programs



Breast Cancer: Current Treatment & Future Trends

Thursday, Jan. 25
6:00-7:30 PM

Jillian M. Lloyd, MD,
Breast Surgical Oncologist,
UT Cancer Institute

There've been many recent advances in breast cancer treatment like breast conserving surgeries, new chemo agents, targeted treatment therapies, & beneficial lifestyle factors. Join Dr. Lloyd, as she gives an overview of new treatments & answers some of your questions. Light meal provided. RSVP.



Monsters Made with Love

Wednesday, Jan. 31
6:00-8:00 PM

Laurie Kay, Artist

Ever feel like a "Hot Mess"? This full moon program offers a creative outlet to make something so ugly it's cute & remind us that there's no such thing as perfect. Join Monster Creator, Laurie Kay, in creating love, one stitch at a time. Supplies provided. RSVP.



Saturday Brunch with Live Music

Saturday, Feb. 3
11:00 AM-12:30 PM

Wes Pelle & Friends

Shake off the winter blues with music, good food, and community. Join present and past members and their families for a healthy brunch social with live musical entertainment featuring Wes Pelle and Friends. They offer classic acoustic folk/rock and Americana songs that are positive and up-lifting. RSVP.



Cancer: Is it in Your Genes?

Thursday, Feb. 15
11:30 AM-1:00 PM

Tabitha Perry, MS,
Genetic Counselor

Hereditary cancers are caused by a genetic change that's been passed through a family & puts individuals at a higher risk of developing certain cancers. Learn what markers healthcare providers look for & the steps that can prevent future cancer. Light meal provided. RSVP.

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

SAVE THE DATE FOR ARTITUDE
March 23, 2018 // Atrium at Cherokee Mills
Contact us for sponsorship opportunities & ticket information.

ARTITUDE

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

education, nutrition & special programs

Mindfulness Based Stress Reduction - 8 week series

Orientation: Sunday, Jan. 7, 4:30-6:00 PM
Classes: Sun., Jan. 21-March 11, 4:30-6:30PM
Dianne Lemieux, PhD
MBSR is a practice that involves focusing attention in the present moment to relax the body & calm the mind. Regular practice helps us manage stress, reduce anxiety & depression, & cultivate well-being. Newcomer's orientation highly recommended. Plan to attend all 8 classes. RSVP.

Nutrition Ammunition: Nutrition Fact or Fiction?

Tuesday, Jan. 9, 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.

Thoughts Getting You Down?

Thursday, Jan. 18, 11:30 AM-1:00 PM
Denise Stillman, PhD
Ever want to STOP the what-ifs? Thoughts keeping you up at night or making hard times even worse? Cognitive-Behavioral Psychologist, Dr. Stillman will talk about the power of your thoughts & how you can use them to help you. Light lunch provided. RSVP.

Quick & Tasty Cooking: Warm Winter Favorites

Tuesday, Jan. 23, noon-1:30 PM
Missy Kennedy, Cooking Instructor
Need new inspiration in your kitchen? Come taste Missy's creations. RSVP.

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

Wednesday, Jan. 24, 1:30-3:00 PM
Wednesday, Feb. 21, 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.

Guest Chef: Brandon Cruze

Wednesday, Feb. 7, 6:00-7:30 PM
Want to eat healthier in 2018? This program is for foodies & cooking novices alike. Chef Cruze will introduce healthy and easy recipes that will delight your palette & wake up your senses. RSVP.

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

Nutrition Ammunition: Am I Eating Enough of the Right Stuff?

Tuesday, Feb. 13, noon-1:30 PM
Beth Booker, MS, MPH, RD
Eating (mostly) right is one thing you can do to help fight cancer. Learn to create a cancer fighting meal plan packed with the nutrition you need. Light lunch provided. RSVP.

Quick & Tasty Cooking: Breakfast Ideas

Tuesday, Feb. 20, noon-1:30 PM
Missy Kennedy, Cooking Instructor
Come eat & learn to make Missy's favorite breakfast recipes. RSVP.

Stress Management & Resiliency

Thursday, Feb. 22, 6:00-7:30 PM
Rocio A. Huet, MD, University Internal Medicine & Integrative Health
Developing skills that help you live a more joyful life in the midst of cancer can be life changing. Dr. Huet will explain how our brains typically react to stressful events & how we can "retrain the brain" to be more positive. You'll walk away with concrete, scientific techniques for improving health & happiness. Light meal provided. RSVP.

social connections

Knit Your Way to Wellness
Thursday, Jan. 4 & 18, 1:00-3:00 PM
Thursday, Feb. 1 & 15, 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.



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.

HEALING THROUGH ART
No experience necessary!

Vision Boards

Thursday, Jan. 11, 1:00-3:00 PM
Cheri Pollack, Art Instructor
Create your own vision board to welcome the new year. RSVP.

Heart Art

Thursday, Feb. 8, 1:00-3:00 PM
Cheri Pollack, Art Instructor
The heart often represents where mind, body, & spirit join. Create your own "Heart Art" on canvas using mixed media & inspiration. RSVP.

Family Fun with the Winter Olympics

Saturday, Jan. 27, 11:00AM - 12:30PM
Kathleen Williams, LCSW
Get out of the house and join other families for some CSC style Olympic fun and games. Light lunch provided. RSVP.



Family Fun with Cooking

Saturday, Feb. 24, 11:00AM - 12:30PM
Chef Blauvelt, Culinary Instructor
Join Chef Joseph Blauvelt as he teaches young people how to find their way around the kitchen and introduces recipes that the whole family can prepare. 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.

NEW! Wellness Workout

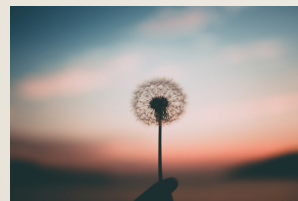
Wednesdays, noon-1:00 PM
Stephanie Chunn, Personal Trainer
Practice total body conditioning: gentle stretching, resistance training & low-impact aerobic exercises.

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: Working with our Emotions

Saturday, Jan. 27, 10:00 AM-noon
Ann Pendley, Meditation Instructor
Our emotions can be our best teachers. Mindfulness can help us befriend all our emotions & learn what they have to teach us. RSVP

Mindfulness in Everyday Life: Taking Care of Anger

Saturday, Feb. 24, 10:00 AM-noon
Ann Pendley, Meditation Instructor
Have some anger? Learn to "take care" of your anger with mindfulness techniques so that it doesn't "take care" of you & those around you. RSVP.

support & networking groups

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, Jan. 18 & Feb. 15, 6:00-7:30 PM
Kathy Ehrnschwender, PhD

Leukemia, Lymphoma & Myeloma Networker

Thursday, Jan. 18 & Feb. 15, 4:00-5:30 PM
Kathleen Williams, LCSW
This group is for those affected by blood cancers and their support person.

Prostate Cancer Networker

Saturday, Jan. 13 & Feb. 10, 10:00-11:30 AM
Phil Johnson, PhD

Family Bereavement Group

Thursday, Jan. 18 & Feb. 15, 6:00-7:30 PM
Kathleen Williams, LCSW

New Oak Ridge Series

to better reach those located near Oak Ridge. Programs are on the 2nd Thursday of every other month.

FIRST PROGRAM: Calmer Body; Calmer Mind
Thursday, Feb. 8 // 5:30-7:30 PM
TCSC Cancer Resource Center
(102 Vermont Ave. Oak Ridge, TN 37830)
Denise Stillman, PhD & Julie Emig, MS

Learn about your bodies' response to stress & practice relaxation exercises to calm your body & mind. Light meal provided. RSVP.

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.

January

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 Office Closed	2 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	3 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM	4 Knitting 1:00-3:00 PM	5 Gentle Yoga 10:00-11:00 AM	6 Yoga 10:00-11:00 AM
	7 MBSR 8-week Series Orientation 4:30-6:00 PM	8 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	9 Nutrition Ammunition noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	10 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM	11 Healing Through Art 1:00-3:00 PM	12 Gentle Yoga 10:00-11:00 AM
14	15 Group 6:00-7:30 PM Admin. Office Closed	16 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	17 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM	18 Thoughts Getting You Down? 11:30 AM-1:00 PM Knitting 1:00-3:00 PM LLM Networker 4:00-5:30 PM BC Networker 6:00-7:30 PM Bereavement 6:00-7:30 PM	19 Gentle Yoga 10:00-11:00 AM	20 Yoga 10:00-11:00 AM
21 MBSR 8-week Series Class One 4:30-6:30 PM	22 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	23 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	24 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	25 Breast Cancer: Current Treatments & Future Trends 6:00-7:30 PM	26 Gentle Yoga 10:00-11:00 AM	27 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 10:00 AM-noon Family Fun with Olympics 11:00 AM-12:30 PM
28 MBSR 8-week Series Class Two 4:30-6:30 PM	29 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	30 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	31 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM Monsters Made with Love 6:00-8:00 PM			

February

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 Knitting 1:00-3:00 PM	2 Gentle Yoga 10:00-11:00 AM	3 Yoga 10:00-11:00 AM Saturday Brunch with Live Music 11:00 AM-12:30 PM
4 MBSR 8-week Series Class Three 4:30-6:30 PM	5 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	6 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	7 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM Guest Chef: Brandon Cruze 6:00-7:30 PM	8 Healing Through Art 1:00-3:00 PM Oak Ridge Series: Calmer Body; Calmer Mind 5:30-7:30 PM (*off-site*)	9 Gentle Yoga 10:00-11:00 AM	10 Prostate Cancer Networker 10:00-11:30 AM Yoga 10:00-11:00 AM
11 MBSR 8-week Series Class Four 4:30-6:30 PM	12 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	13 Nutrition Ammunition noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	14 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM	15 Cancer: Is it in Your Genes? 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	16 Gentle Yoga 10:00-11:00 AM	17 Yoga 10:00-11:00 AM
18 MBSR 8-week Series Class Five 4:30-6:30 PM	19 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	20 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	21 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	22 Stress Management & Resiliency 6:00-7:30 PM	23 Gentle Yoga 10:00-11:00 AM	24 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 10:00 AM-noon Family Fun with Cooking 11:00 AM-12:30 PM
25 MBSR 8-week Series Class Six 4:30-6:30 PM	26 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	27 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	28 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM			

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.