

January - June 2026

Oncology Support Services

The Center for Integrative Oncology



We're Right Here Through Every Step of Care

The Center for Integrative Oncology programs and services are designed to complement your medical treatments, supporting your whole health during and after cancer care.

Visit stelizabeth.com/integrative-oncology or
call 859-301-4157 for more info.



Cooking and Nutrition Programs

Research shows that eating a diet rich in fruits, veggies, beans, whole grains, and nuts can help reduce cancer risk and is recommended for cancer survivors. Our nutrition programs, led or reviewed by our cancer care dietitians, provide practical tips, evidence-based guidance, and hands on ways to add these foods into everyday meals.

- Quick & Healthy: 5 Ingredient Meals
- Incubator Kitchen Collective: Culinary Delights
- Don't Give Up the Things You Love: Baking Edition
- Healing Plates & Practices: Managing Symptoms
- The Healthy Spoon: Nutrition in Every Bite
- Flourish: Meals that Nourish & Empower

Exercise Programs

Exercise has been shown to improve quality of life, help manage treatment side effects, and lower cancer risk. Our exercise classes are led by qualified instructors who demonstrate safe, effective techniques that can be adapted for all fitness levels and are designed to support your strength, energy, and overall well-being.

- Peaceful Pause Christian Yoga
- YCAT Yoga Therapy in Cancer
- Gentle Flow Yoga
- Moving for Life
- Strength & Rehabilitation
- Tai Chi
- Restorative Yoga

Mind and Body Therapies

Mind-body therapies such as acupuncture, massage, and Reiki offer gentle, supportive ways to enhance well-being during and after cancer treatment. These therapies address mind, body, and spirit to ease discomfort, reduce stress, and promote emotional balance.

- Acupuncture: May relieve pain, nausea, fatigue, and stress.
- Massage: Reduces anxiety, improves sleep, and eases tension.
- Reiki: Promotes calm and emotional well-being.

Appointment required. Provider referral necessary. Fee applies.

Please Note:

Not all classes are listed here. Please contact us or visit our website for a full list.

Individual and Family Counseling

A cancer diagnosis can feel overwhelming. Through our partnership with Cancer Family Care, we offer on-site counseling to support you and your loved ones. Contact us for a referral today.

Treat Yourself Days

Treat Yourself Days at our cancer care locations feature cooking demos and tastings, crafts and activities (w/ CSC), pet therapy, and movement sessions to help you relax and recharge.

- Grant County 11am - 1pm: Feb 2, May 4, Aug 3, Nov 2
- Ft. Thomas 11am - 1pm: Jan 6, Mar 3, May 5, Jul 7, Sep 1, Nov 3
- Dearborn County 11am - 1pm: Feb 26, Mar 26, Apr 23, May 28, Jun 25, Jul 23, Aug 27, Sep 24, Oct 22, Dec 17

Services in Infusion

Art Therapy

Creative expression to support relaxation and emotional well-being during infusion.

- Dearborn: 1st Tuesday of each month, 12 - 2pm
- Edgewood: 2nd & 4th Tuesday of each month, 12 - 2pm
- Ft. Thomas: 3rd Tuesday of each month, 12 - 2pm

Peaceful Pause

Breathing exercises, meditation, and optional prayer to promote calm during infusion.

- Edgewood: 1st & 3rd Tuesday of each month, 11am - 1pm
- Ft. Thomas: 2nd & 4th Tuesday of each month, 11am - 1pm
- Dearborn: 1st & 3rd Wednesday of each month, 12 - 2pm

Contact Us

Registration requested for all programs and services to ensure we have the supplies you might need.

Please note, all classes at Edgewood unless otherwise noted:

FTT = Ft. Thomas | GRT = Grant | DBN = Dearborn

- Request a referral from your provider or nurse
- 859-301-4157 | IntegrativeOncology@StElizabeth.com
- Stop by our department at the Edgewood Cancer Center, ground floor near the parking garage

January 2026

MON	TUE	WED	THURS	FRI	SAT/SUN
					O3 Closed
29	30	31	Closed	O2 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	
O5 Helping Each Other Breast Cancer Support 6:30 - 8:30pm	O6 YCAT Yoga 10:30 - 11:30am Treat Yourself FTT 11am - 1pm	O7 Moving for Life 10 - 11am Don't Give Up: Baking 3:10 - 4:10pm	O8 Tai Chi 12 - 1pm	O8 Restorative Yoga 10 - 11am Coffee & Connect w/ CSC 11am - 12pm	O4 Closed
12 Peaceful Pause Christian Yoga 10 - 11am	13 YCAT Yoga 10:30 - 11:30am Meditation 11:45am - 12:45pm	14 Moving for Life 10 - 11am DIY Tie Dye Bookmarks w/ CSC 11:30am - 12:30pm	15 YCAT Yoga 10:30 - 11:30am The Healthy Spoon 11:45am - 1pm Tai Chi 12 - 1pm	16 Restorative Yoga 10 - 11am	10 Closed
19	20 YCAT Yoga 10:30 - 11:30am	21 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm	22 Tai Chi 12 - 1pm	23 Restorative Yoga 10 - 11am	11 Closed
26	27 YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm	28 Moving for Life 10 - 11am Comfort Food Recipe Exchange w/ CSC 2 - 3pm Grief Yoga 6 - 7pm	29 Tai Chi 12 - 1pm Winter Diamond Dot Keychain w/ CSC 2 - 3pm	30 Restorative Yoga 10 - 11am	17 Closed
					31 Closed

Jumpstart your health with our free classes!
 Please note that acupuncture, massage therapy, and Reiki are offered for a fee; all other classes are complimentary!

CSC = Cancer Support Community class;
 register at mycancersupportcommunity.org.



February

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
26	27	28	29	30	31
O2 Treat Yourself GRT 11am - 1pm Helping Each Other Breast Cancer Support 6:30 - 8:30pm	O3 YCAT Yoga 10:30 - 11:30am Coloring & Cuddles 11am - 1pm Quick & Healthy Cooking 11:45am - 1pm	O4 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	O5 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	O6 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	O7 Closed
O9 Peaceful Pause Christian Yoga 10 - 11am	10 YCAT Yoga 10:30 - 11:30am Meditation 11:45am - 12:45pm	11 Coffee & Connection w/ CSC 9 - 10am Moving for Life 10 - 11am Ostomy Peer Support 4 - 5pm	12 Tai Chi 12 - 1pm	13 Restorative Yoga 10 - 11am	O8 Closed
16	17 YCAT Yoga 10:30 - 11:30am Essential Oil 101 12 - 1pm	18 Moving for Life 10 - 11am Healing Plates & Practices 11:30am - 1pm Strength & Rehab 2 - 3pm	19 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	20 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	21 Closed
23	24 YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm	25 Moving for Life 10 - 11am DIY Taper Candle Painting w/ CSC 3 - 4pm Grief Yoga 6 - 7pm	26 Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	27 Restorative Yoga 10 - 11am	28 Closed
					O1



Class Spotlight: Healing Plates & Practices

Join Nutrition Expert Amy and Nurse Navigator Emily for a cooking and wellness series focused on helping you manage symptoms through nutrition and complementary therapies.

Feb 18 / Mar 18 / Apr 15 / May 20



March

2026

MON

TUE

WED

THURS

FRI

SAT/SUN

<p>O2 Helping Each Other Breast Cancer Support 6:30 - 8pm</p>	<p>O3 YCAT Yoga 10:30 - 11:30am Coloring & Cuddles 11am - 1pm Treat Yourself FTT 11am - 1pm</p>	<p>O4 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm</p>	<p>O5 YCAT Yoga 10:30 - 11:30am The Healthy Spoon 11:45am - 1pm Tai Chi 12 - 1pm</p>	<p>O6 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm</p>	<p>O7 Melanoma Know More Skin Cancer Screening 10am - 12pm O8 Closed</p>
<p>O9 Peaceful Pause Christian Yoga 10 - 11am</p>	<p>10 YCAT Yoga 10:30 - 11:30am Meditation 11:45am - 12:45pm</p>	<p>11 Spirituality Series 9:30 - 10:30am Moving for Life 10 - 11am</p>	<p>12 New Participant Brunch w/ CSC 10:30am - 12pm Tai Chi 12 - 1pm</p>	<p>13 Restorative Yoga 10 - 11am Ostomy Peer Support 1 - 2pm</p>	<p>14 Closed 15 Closed</p>
<p>16</p>	<p>17 YCAT Yoga 10:30 - 11:30am</p>	<p>18 Moving for Life 10 - 11am Healing Plates & Practices 11:30am - 1pm Strength & Rehab 2 - 3pm</p>	<p>19 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm</p>	<p>20 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm</p>	<p>21 Closed 22 Closed</p>
<p>23</p>	<p>24 YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm</p>	<p>25 Moving for Life 10 - 11am Grief Yoga 6 - 7pm</p>	<p>26 Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm</p>	<p>27 Restorative Yoga 10 - 11am</p>	<p>28 Closed 29 Closed</p>
<p>30</p>	<p>31 YCAT Yoga 10:30 - 11:30am</p>	<p>01</p>	<p>02</p>	<p>03</p>	<p>04 05</p>



St. Elizabeth
HEALTHCARE

April 2026

MON	TUE	WED	THURS	FRI	SAT/SUN
30	31	01	02	03	04
		Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	Closed
06	07	08	09	10	05
		Helping Each Other Breast Cancer Support 6:30 - 8:30pm	YCAY Yoga 10:30 - 11:30am Quick & Healthy 11:45am - 1pm	Spirituality Series 9:30 - 10:30am Moving for Life 10 - 11am Cook Like a Dietitian: Freezer Meals 11:30am - 1:30pm	Closed
13	14	15	16	17	11
		Peaceful Pause Christian Yoga 10 - 11am	YCAY Yoga 10:30 - 11:30am Meditation 11:45am - 12:45pm Ostomy Peer Support 1 - 2pm	Moving for Life 10 - 11am Healing Plates & Practices 11:30am - 1pm Strength & Rehab 2 - 3pm	Restorative Yoga 10 - 11am The Cozy Coffee Book Share w/ CSC 11am - 12pm
20	21	22	23	24	12
		YCAY Yoga 10:30 - 11:30am Essential Oil 101 12 - 1pm	Moving for Life 10 - 11am	Treat Youself DBN 11am - 1pm Tai Chi 12 - 1pm	Closed
27	28	29	30	01	18
		YCAY Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm	Moving for Life 10 - 11am Snack & Share: App & Charcuterie w/ CSC 12 - 1:30pm Grief Yoga 6 - 7pm	Tai Chi 12 - 1pm Hummingbird Diamond Dot Garden Stake w/ CSC 1 - 2:30pm	Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm Make & Take Herb Jars w/ CSC 1:30 - 2:30pm
27	28	29	30	01	19
					Closed
27	28	29	30	01	20
					Closed
27	28	29	30	01	21
					Closed
27	28	29	30	01	22
					Closed
27	28	29	30	01	23
					Closed
27	28	29	30	01	24
					Closed
27	28	29	30	01	25
					Closed
27	28	29	30	01	26
					Closed
27	28	29	30	01	27
					Closed

Spirituality Series:

This series invites you to explore the meaningful connection between spirituality and healing, offering a space to find strength, comfort, and clarity.

Mar 11 / Apr 8 / May 13 / Sep 9 / Oct 14 / Nov 11



May

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
				○1 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	○2 Closed ○3 Closed
○4 Treat Yourself GRT 11am - 1pm Helping Each Other Breast Cancer Support 6:30 - 8:30pm	○5 YCAT Yoga 10:30 - 11:30am Treat Yourself FTT 11am - 1pm Quick & Healthy 11:45am - 1pm	○6 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	○7 YCAT Yoga 10:30 - 11:30am The Healthy Spoon 11:45am - 1pm Tai Chi 12 - 1pm	○8 Restorative Yoga 10 - 11am Candle Pour & Tea Tour w/ CSC 11:30am - 1pm	
11 Peaceful Pause Christian Yoga 10 - 11am	12 YCAT Yoga 10:30 - 11:30am Meditation 11:45am - 12:45pm	13 Spirituality Series 9:30 - 10:30am Moving for Life 10 - 11am Ostomy Peer Support 4 - 5pm	14 Tai Chi 12 - 1pm	15 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	16 Closed 17 Closed
18	19 YCAT Yoga 10:30 - 11:30am	20 Moving for Life 10 - 11am Healing Plates & Practices 11:30am - 1pm Strength & Rehab 2 - 3pm	21 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	22 Restorative Yoga 10 - 11am	23 Closed 24 Closed
25	26 YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm	27 Moving for Life 10 - 11am Grief Yoga 6 - 7pm	28 Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	29 Restorative Yoga 10 - 11am Walking Club w/ CSC 11:30am - 12:30pm	30 31

Connection Groups:

A variety of support groups are available, including for breast cancer, brain tumors, bereavement, lung cancer, metastatic breast cancer, prostate cancer, young adults, and more.



These groups are facilitated by Cancer Support Community. Let us know if you'd like more info.

June 2026

MON	TUE	WED	THURS	FRI	SAT/SUN
O1 Helping Each Other Breast Cancer Support 6:30 - 8pm	O2 YCAT Yoga 10:30 - 11:30am Coloring & Cuddles 11am - 1pm Quick & Healthy 11:45am - 1pm	O3 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	O4 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	O5 Restorative Yoga 10 - 11am Flourish 11:30 - 1:30pm	O6 Melanoma Know More Skin Cancer Screening 10am - 12pm O7 Closed
O8 Peaceful Pause Christian Yoga 10 - 11am	O9 YCAT Yoga 10:30 - 11:30am Meditation 11:45am - 12:45pm	10 Moving for Life 10 - 11am	11 Tai Chi 12 - 1pm Sunny Side Up DIY Tea Towel w/ CSC 1 - 2:30pm	12 Restorative Yoga 10 - 11am Ostomy Peer Support 1 - 2pm	13 Closed 14 Closed
15	16 YCAT Yoga 10:30 - 11:30am Essential Oils 101 12 - 1pm	17 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm	18 YCAT Yoga 10:30 - 11:30am Mandala Magic: DIY Coasters w/ CSC 11:45am - 12:45pm Tai Chi 12 - 1pm	19 Restorative Yoga 10 - 11am Flourish 11:30 - 1:30pm	20 Closed 21 Closed
22	23 YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm	24 Moving for Life 10 - 11am Grief Yoga 6 - 7pm	25 Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	26 Restorative Yoga 10 - 11am	27 Closed 28 Closed
29	30 YCAT Yoga 10:30 - 11:30am	O1	O2	O3	O4 O5

