

July - December 2026

Oncology Support Services

The Center for Integrative Oncology



We're Right Here Through Every Step of Care

Your journey matters. The Center for Integrative Oncology offers supportive services designed to complement your care and promote whole-person wellness - during treatment and beyond.

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

Research shows that exercise can improve quality of life, manage treatment side effects, and help reduce 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: Aug 3, Nov 2
- Ft. Thomas 11am - 1pm: Jul 7, Sep 1, Nov 3
- Dearborn County 11am - 1pm: 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, 10am - 12pm

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

July

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
29	30	01 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	02 YCAT Yoga 10:30 - 11:30am Tai Chi 1 - 2pm	03 Restorative Yoga 10 - 11am	04 Closed 05 Closed
06 Helping Each Other Breast Cancer Support 6:30 - 8:30pm	07 YCAT Yoga 10:30 - 11:30am Treat Yourself FTT 11am - 1pm Quick & Healthy 12 - 1:15pm	08 Moving for Life 10 - 11am DIY Bracelet Boutique e w/ CSC 2 - 3pm Strength & Rehab 2 - 3pm	09 Tai Chi 12 - 1pm	10 Restorative Yoga 10 - 11am	11 Closed 12 Closed
13 Peaceful Pause Christian Yoga 10 - 11am	14 YCAT Yoga 10:30 - 11:30am Ostomy Peer Group 1 - 2pm Gentle Flow Yoga 5 - 6pm General Cancer Group 6:30 - 7:30pm	15 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm	16 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	17 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	18 Closed 19 Closed
20	21 YCAT Yoga 10:30 - 11:30am Peaceful Pause in Inf 11am - 1pm Book Club w CSC 3 - 4pm	22 Moving for Life 10 - 11am	23 Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	24 Restorative Yoga 10 - 11am	25 Closed 26 Closed
27	28 YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm Gentle Flow Yoga 5 - 6pm	29 Moving for Life 10 - 11am Crafternoon w/ CSC 1 - 3pm Grief Yoga 6 - 7pm	30 Tai Chi 12 - 1pm	31 Restorative Yoga 10 - 11am	01 02

FREE Classes to Support Your Health

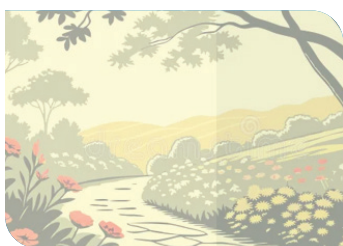
Most of our classes are complimentary. Acupuncture, massage therapy, and Reiki offered for a fee.

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

August

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
03 Treat Yourself GRT 11am - 1pm Helping Each Other Breast Cancer Support 6:30 - 8:30pm	04 YCAT Yoga 10:30 - 11:30am Coloring & Cuddles 11am - 1pm Quick & Healthy Cooking 11:45am - 1pm	05 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	06 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	07 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	08 Closed 09 Closed
10 Peaceful Pause Christian Yoga 10 - 11am	11 YCAT Yoga 10:30 - 11:30am Gentle Flow Yoga 5 - 6pm General Cancer Group 6:30 - 7:30pm	12 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Ostomy Peer Group 4 - 5pm	13 Tai Chi 12 - 1pm The Healthy Spoon 12 - 1pm	14 Restorative Yoga 10 - 11am	15 Closed 16 Closed
17	18 YCAT Yoga 10:30 - 11:30am Essential Oil 101 12 - 1pm Book Club w/ CSC 3 - 4pm	19 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm	20 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm Her Path Forward 1:15 - 3pm	21 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	22 Closed 23 Closed
24	25 YCAT Yoga 10:30 - 11:30am Incubator Kitchen Collective 11:45am - 1pm Gentle Flow Yoga 5 - 6pm	26 Moving for Life 10 - 11am String Art w/ CSC 2 - 3pm Grief Yoga 6 - 7pm	27 Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	28 Restorative Yoga 10 - 11am	29 Closed 30 Closed
31	01	02	03	04	05 05



Her Path Forward: A Post Cancer Wellness Class

Join us for a supportive, restorative offering designed for people after cancer treatment. This program offers practical tools, education, and connection to support your health and well-being.

Aug 20 | Nov 19

September

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
31	YCAT Yoga 10:30 - 11:30am Treat Yourself FTT 11am - 1pm Quick & Healthy Cooking 11:45am - 1pm	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 New Participant Brunch w/ CSC 12 - 1pm	Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	Closed 05 Closed 06
Helping Each Other Breast Cancer Support 6:30 - 8pm	YCAT Yoga 10:30 - 11:30am Gentle Flow Yoga 5 - 6pm General Cancer Group 6:30 - 7:30pm	Spirituality Series 9:30 - 10:30am Moving for Life 10 - 11am Strength & Rehab 2 - 3pm	Tai Chi 12 - 1pm	Restorative Yoga 10 - 11am Ostomy Peer Group 1 - 2pm	Closed 12 Closed 13
Peaceful Pause Christian Yoga 10 - 11am	YCAT Yoga 10:30 - 11:30am Peaceful Pause in Inf 11am - 1pm	Moving for Life 10 - 11am Healing Plates & Practices 11:30am - 1pm Strength & Rehab 2 - 3pm	YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	Closed 19 Closed 20
21	YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm Gentle Flow Yoga 5 - 6pm	Moving for Life 10 - 11am	Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	Restorative Yoga 10 - 11am Fall Fest w/ CSC in Dearborn	Closed 26 Closed 27
28	YCAT Yoga 10:30 - 11:30am	Moving for Life 10 - 11am Grief Yoga 6 - 7pm	01	02	03 04



October

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
28	29	30	01 YCAT Yoga 10:30 - 11:30am The Healthy Spoon 12 - 1pm Tai Chi 12 - 1pm	02 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	03 Closed
					04 Closed
05 Helping Each Other Breast Cancer Support 6:30 - 8:30pm	06 YCAT Yoga 10:30 - 11:30am Coloring & Cuddles 11am - 1pm Quick & Healthy 11:45am - 1pm	07 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	08 Tai Chi 12 - 1pm	09 Restorative Yoga 10 - 11am	10 Melanoma Know More GRT (by appt) 10am - 12pm
					11 Closed
12 Peaceful Pause Christian Yoga 10 - 11am	13 YCAT Yoga 10:30 - 11:30am Ostomy Peer Group 1 - 2pm Gentle Flow Yoga 5 - 6pm Gen Cancer Support 6:30 - 7:30pm	14 Spirituality Series 9:30 - 10:30am Moving for Life 10 - 11am Strength & Rehab 2 - 3pm	15 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	16 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	17 Closed
					18 Closed
19	20 YCAT Yoga 10:30 - 11:30am Peaceful Pause in Inf 11am - 1pm Essential Oil 101 12 - 1pm	21 Moving for Life 10 - 11am Cook Like an RD 11:30am - 1pm Strength & Rehab 2 - 3pm	22 Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	23 Restorative Yoga 10 - 11am	24 Closed
					25 Closed
26	27 YCAT Yoga 10:30 - 11:30am IKC Cooking 11:45am - 1pm Gentle Flow Yoga 5 - 6pm	28 Moving for Life 10 - 11am Grief Yoga 6 - 7pm	29 Tai Chi 12 - 1pm	30 Restorative Yoga 10 - 11am	31 Closed
					01

Massage Therapy

Provides therapeutic support to help manage tension, promote relaxation, and improve overall well-being throughout the cancer care journey.

Offered by appointment with a fee on Mondays, Wednesdays, & Fridays

November

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
02 Treat Yourself GRT 11am - 1pm Helping Each Other Breast Cancer Support 6:30 - 8:30pm	03 YCAT Yoga 10:30 - 11:30am Treat Yourself FTT 11am - 1pm Quick & Healthy 11:45am - 1pm	04 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	05 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm	06 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	07 Closed
09 Peaceful Pause Christian Yoga 10 - 11am	10 YCAT Yoga 10:30 - 11:30am Gentle Flow Yoga 5 - 6pm Gen Cancer Support 6:30 - 7:30pm	11 Spirituality Series 9:30 - 10:30am Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Ostomy Peer Group 4 - 5pm	12 Tai Chi 12 - 1pm	13 Restorative Yoga 10 - 11am	14 Closed
16	17 YCAT Yoga 10:30 - 11:30am Incubator Kitchen Collective 11:45am - 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 Her Path Forward 1:15 - 3pm	20 Restorative Yoga 10 - 11am Flourish 11:30am - 1:30pm	21 Closed
23	24 YCAT Yoga 10:30 - 11:30am Gentle Flow Yoga 5 - 6pm	25 Moving for Life 10 - 11am	26 Closed	27 Restorative Yoga 10 - 11am	22 Closed
30	01	02	03	04	28 Closed
					29 Closed
					05
					06



Connection Groups:

Support groups are available for a variety of needs including breast cancer, brain tumors, ostomy patients, bereavement, and more.

December

2026

MON	TUE	WED	THURS	FRI	SAT/SUN
30	01 YCAT Yoga 10:30 - 11:30am Coloring & Cuddles 11am - 1pm Quick & Healthy 12 - 1:15pm	02 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm Don't Give Up: Baking 3:10 - 4:10pm	03 YCAT Yoga 10:30 - 11:30am Tai Chi 12 - 1pm The Healthy Spoon 12 - 1pm	04 Restorative Yoga 10 - 11am Flourish 11:30 - 1:30pm	05 Melanoma Know More FTT (by appt) 10am - 12pm 06 Closed
07 Helping Each Other Brease Support 6 - 8:30pm	08 YCAT Yoga 10:30 - 11:30am Gentle Flow Yoga 5 - 6pm Gen Cancer Support 6:30 - 7:30pm	09 Moving for Life 10 - 11am Strength & Rehab 2 - 3pm	10 Tai Chi 12 - 1pm	11 Restorative Yoga 10 - 11am Ostomy Peer Group 1 - 2pm	12 Closed 13 Closed
14 Peaceful Pause Christian Yoga 10 - 11am	15 YCAT Yoga 10:30 - 11:30am Incubator Kitchen Collective 11:45am - 1pm Essential Oils 101 12 - 1pm	16 Moving for Life 10 - 11am Healing Plates 11:30am - 1pm Strength & Rehab 2 - 3pm	17 YCAT Yoga 10:30 - 11:30am Treat Yourself DBN 11am - 1pm Tai Chi 12 - 1pm	18 Restorative Yoga 10 - 11am Flourish 11:30 - 1:30pm	19 Closed 20 Closed
21	22 YCAT Yoga 10:30 - 11:30am Gentle Flow Yoga 5 - 6pm	23 Moving for Life 10 - 11am	24 Closed	25 Closed	26 Closed 27 Closed
28	29 YCAT Yoga 10:30 - 11:30am	30 Moving for Life 10 - 11am Grief Yoga 6 - 7pm	31 Tai Chi 12 - 1pm	01	02 03

