



# CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



**SAVE THE DATE!**

**Saturday, May 2, 2026**

**Creve Coeur Park in Sailboat Cove**

**1-mile or 3.7-mile walk or fun run**

**See page 11 for more info!**

**WALK. RUN. INSPIRE.**

See page 14 for more info or visit [cancersupportstl.org/steps-for-hope-walk](https://cancersupportstl.org/steps-for-hope-walk)

*Photo by Mykyta Kondratov on Unsplash*

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## ALL SERVICES OFFERED AT **NO CHARGE!**

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## Welcome to CSC-STL!

Here at Cancer Support Community, we provide support programs to anyone impacted by cancer, including people with a diagnosis, their loved ones, and anyone who has lost someone to cancer, at no charge. If you would like to learn more about our programs and how to register, please join us for one of our 'Welcome Meetings' below!

### RSVP for LIVE Session

Fridays: Jan 9, Feb 13, Mar 13 • 10:00–11:00 AM

### Register for ZOOM

Mondays: Jan 26, Feb 23, Mar 23 • 5:30–6:30 PM

## EDUCATION

*Education programs are funded in part by the David S. and Roberta Tolpen Education Fund.*

### Stepping Through Survivorship

Tuesday, January 13 • NOON–1:00 PM



#### Register for ZOOM

Join us for a casual, clinical conversation with a licensed ReVital Certified Cancer Rehabilitation Physical Therapist to discuss how to get moving as a cancer survivor. We will discuss strategies for transitioning back to exercise, movement techniques and awareness for joint protection and programs available to return to athleticism and higher-level activities.

### Non-Melanoma and Melanoma Skin Cancers – What You Should Know

Monday, January 26 • 6:00–7:30 PM

#### Register for ZOOM

Ameé Minton Rozanc, MS, PA-C, leads this workshop focused on understanding both melanoma and non-melanoma skin cancers. Participants will learn about the different types of skin cancer, warning signs to watch for, available treatments and potential side effects, clinical trial options, and the emotional impact of a diagnosis.

### Navigating Intimacy Through Cancer

Tuesday, February 3 • 6:00 - 7:30 PM

#### Register for ZOOM

A cancer diagnosis can deeply impact intimacy, sexuality, and relationships.

In this compassionate and practical talk, Angela Skurtu, M.Ed., LMFT-S, ACST-S, addresses the emotional and relational challenges individuals and couples face during and after treatment.

Participants will learn how to:

- > Communicate about needs, fears, and changing desires
- > Rebuild intimacy despite medical or physical challenges
- > Explore new ways to express closeness and connection
- > Set healthy boundaries and practice self-compassion

### Frankly Speaking About Gynecologic Cancers

Monday, February 23 • 6:00–7:30 PM

#### Register for ZOOM

This workshop delivered by Dr. Mutch, MD., is designed for individuals diagnosed with gynecologic cancers. Participants will learn about the different types of gynecologic cancers, available treatments and potential side effects, clinical trial options, and ways to navigate the emotional impact of a diagnosis.

### Care for the Caregivers

Wednesday, March 4 • 6:00–7:30 PM

#### Register for ZOOM

This program by Renata Sledge, PhD., LCSW, offers support and guidance for cancer caregivers. Together, we'll explore common challenges and role changes caregivers face, as well as the meaningful rewards that can come with caregiving. Participants will have the chance to share experiences, connect with others who understand, and learn practical strategies to cope and care for their own well-being.

### Navigating a New Cancer Diagnosis

March 11 • 11:00 AM–12:30 PM

#### RSVP for LIVE Session

David C Pratt Cancer Center, Suite 1440,  
Conference Room, Mercy Hospital,  
607 S. New Ballas Rd., 63141



A cancer diagnosis can bring many uncertainties. This workshop provides information, guidance, and practical tools to help you move forward with clarity and confidence. Topics include understanding the diagnosis, identifying your personal values and goals, addressing home and workplace considerations, sharing care responsibilities, supporting emotional wellbeing, and connecting with helpful community and clinical resources.

***In an effort to keep our programs free, we require that you complete a visitor form once a year.***

# INDIVIDUAL SUPPORT

Call 314-238-2000 to schedule any individual support service



## Open to Options™

Will help you identify and organize your questions for your doctor, communicate in an organized manner with your medical team, and make decisions that best fit your

personal desires and goals.

## Short Term Individual Counseling

Up to 6 support sessions specifically related to a person's experience with cancer. This service is offered on a case-by-case basis.

*Any individual services can be accommodated in-person or virtually.*

# SUPPORT GROUPS

Call 314-238-2000 for a support group preparation meeting

## Weekly Support for People Living with Cancer

**Tuesdays on ZOOM**

Professionally led groups for people in active treatment or who are living with cancer.

## Twice Monthly Support for Cancer Survivors

**First and Third Mondays on ZOOM**

Professionally led groups for people in maintenance treatment or who are living with long term side effects or concerned with recurrence.

## Twice Monthly Support for the Bereaved

**Daytime group & evening group available in-person**

Professionally led groups for those who have lost a loved one to cancer in the past several years.

# NETWORKING GROUPS

Professionally led groups designed for attendees with similar diagnosis or life situations to meaningfully connect with others and find support. Participants will share resources and discuss important topics such as treatment options, quality of life, intimacy concerns, and fear of recurrence. Participants can range anywhere from newly diagnosed to survivorship. Friends and family are welcome, unless indicated otherwise.

## ALL CANCER MONTHLY GROUP

**RSVP for LIVE Session**

3453 Hwy. T Washington, MO 63357  
at Blue Sage Ranch (green roofs)

Third Thursday each month • 1:00–2:30 PM

All patients, survivors, friends, and family welcome.

## BRAIN TUMOR MONTHLY GROUP

**Register for ZOOM**

Fourth Thursday each month • 6:30–8:00 PM

## BREAST CANCER MONTHLY GROUP

**Register for ZOOM or RSVP for LIVE Session**

Second Wednesday each month • 5:30–7:00 PM

## FRIENDS AND FAMILY MONTHLY GROUP

**Register for ZOOM or RSVP for LIVE Session**

4207 Lindell Blvd, St. Louis, MO 63108  
at American Cancer Society Hope Lodge

First Tuesday each month • 6:30–8:00 PM

For anyone supporting someone with cancer to cope with their own stress.

## ANN ARENBERG GASTROINTESTINAL CANCERS MONTHLY GROUP

**Register for ZOOM**

Third Wednesday each month • 6:30–8:00 PM

For those impacted by anal, bile duct, colon, gall bladder, intestinal, liver, rectal and stomach cancers.

## GRUPO DE APOYO PARA PERSONAS AFECTADAS POR EL CÁNCER

**Por ZOOM**

1.ER Y 3.ER viernes de cada mes • 10:00–11:30 AM

Un diagnóstico de cáncer puede ser emocionalmente difícil. Este grupo ofrece apoyo y conexión con otros en situaciones similares.

## GYNECOLOGICAL CANCER MONTHLY GROUP

**Register for ZOOM or RSVP for LIVE Session**

Third Monday each month • 6:30–8:00 PM (No January Group)

This group welcomes anyone with a history of gynecologic cancers.

## LUNG CANCER MONTHLY GROUP

**Register for ZOOM**

Second Thursday each month • 6:30–8:00 PM

## PROSTATE CANCER MONTHLY GROUP

**RSVP for LIVE Session**

First Thursday each month • 6:30–8:00 PM (No January Group)

## SURVIVORSHIP MONTHLY GROUP

**Register for ZOOM**

Third Thursday each month • 6:30–8:00 PM

For people finished with active treatment or are on maintenance treatment.

*All Networking and Support Groups are free, led by licensed mental health professionals, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, Missouri Baptist Healthcare Foundation, St. Louis Service Bureau and the Arenberg Family. Groups are not open for observation at any time and are only for people with a cancer diagnosis and, where indicated, their loved ones.*

# HEALTHY LIFESTYLE & STRESS MANAGEMENT

*Healthy Lifestyle & Stress Management programs provided in part by Bayer Fund, The Foundation for Barnes-Jewish Hospital, and the Regional Arts Commission of St. Louis.*

## Food for Life – The Power of Food For Cancer Prevention And Survival

Tuesdays, Jan 27; Feb 3, 10, 17, 24 • 11:30 AM–1:00 PM

*Participants encouraged to attend all sessions.*

**Register for ZOOM** or **RSVP for LIVE Session**

Caryn Dugan, certified Food for Life Instructor, combines education and cooking instruction in this class based on information from the Physicians Committee for Responsible Medicine. Learn how food choices impact cancer and how to reduce your risk of developing cancer or recurrence. You will learn to make dishes loaded with immune-boosting ingredients and foods to help your body rid itself of toxins. All in-person participants will receive a copy of The Cancer Survivor's Guide that includes 130 recipes.

**Class One:** Intro to How Foods Fight Cancer

**Class Two:** Fuel Up on Low Fat Foods and Favoring Fiber

**Class Three:** Discovering Dairy Alternatives

**Class Four:** Replacing Meat

**Class Five:** Cancer-Fighting Compounds  
and Immune-Boosting Foods

## Fueling the Phases: Hormones, Cycles, and Inflammation

Saturday, February 21 • 11:30AM–1:00 PM

**Register for ZOOM**

Participants will learn how insulin, estrogen, and inflammation may impact cancer risk. There will be a demonstration on plant forward dishes focusing on greens, legumes, and vitamin-C rich foods. A small gift card will be provided to attendees who complete the class.

## Power Salads

Tuesday, March 24 • 6:00 PM–7:30 PM

**Register for ZOOM** or **RSVP for LIVE Session**

Salads don't have to be boring or unsatisfying! Join nutrition and wellness educator Sandi Barrett for a fun, hands-on nutrition demo featuring a build-your-own Power Salad Bar. Mix and match fresh greens, seasonal veggies, whole grains, beans, and healthy fats to create your perfect salad.

## Weekly Wellness

Tuesdays • 11:30 AM–NOON

**Register for ZOOM** or **RSVP for LIVE Session**

Stop by to learn wellness strategies, connect with others, and engage in activities like breath work, progressive muscle relaxation, mindful meditation, guided imagery, or creative journaling to help you cope with stress and enhance your routine.

## Qigong

Fridays • 11:00 AM–NOON

**Register for ZOOM** or **RSVP for LIVE Session**

Qigong uses meditation, breathing and gentle movement to balance and strengthen energy connections to heal your energy flow and increase vitality.

## Sanctuary Sound Journey

Thursdays, Jan 15, Feb 19, and Mar 19 • 6:00–7:00 PM

**RSVP for LIVE Session**

Join Mark Biehl, Certified Vibrational Sound Coach, for a blissful sound journey using Himalayan singing bowls, gongs, chimes, flutes, and voice. Dress comfortably and prepare for a peaceful experience.

## Writings of Resilience: A Creative Writing Workshop

Thursdays, February 5 and March 5 • 6:00–7:30 PM

**Register for ZOOM**

This workshop offers a supportive space for individuals impacted by cancer to explore their experiences through creative writing. The writing will be creatively guided rather than instructional, and no writing experience is needed.

## Healing Music and Conscious Self Care

Tuesday, March 10 • 5:30–7:00 PM

**RSVP for LIVE Session**

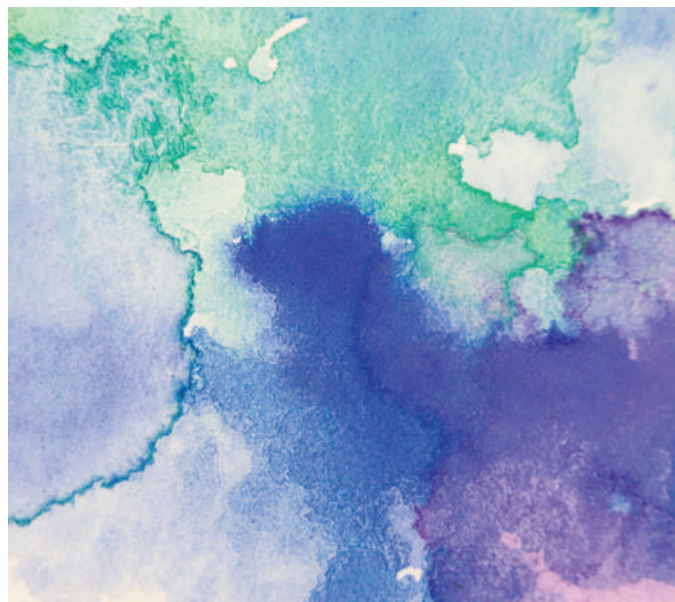
In this fun conversational evening, Amie Camie utilizes harp and tuning forks to expand perceptions, increase self-compassion, and inspire self-care choices.

## Painting From Within

Thursday, March 12 • 5:30–7:00 PM

**RSVP for LIVE Session**

Come explore your inner self with Susie McGaughey, Art Therapist. Start with some quiet meditation, no pre-planned ideas, and only using one brush stroke at a time, you will create paintings using your intuition as your guide. No art experience necessary.



## MOVEMENT

All movement classes are designed for participants at any ability level or physical condition and can be modified for your comfort, sitting or standing.

### Gentle Yoga

Gentle yoga practice can increase flexibility, mobility, and strength while decreasing symptoms of pain, fatigue, depression, and anxiety.

#### CSC-Borman Location

Tuesdays • 10:00–11:00 AM  
Wednesdays • 9:30–10:30 AM

**Register for ZOOM** or **RSVP for LIVE Session**

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Wednesdays • 5:15–6:15 PM

**Register for ZOOM** or **RSVP for LIVE Session**

#### Hope Lodge Location

ACS Hope Lodge:  
4207 Lindell Blvd, St. Louis, MO 63108

4<sup>th</sup> Wednesday of each month • 5:15 PM

**Register for ZOOM** or drop in **LIVE Session**

### Restorative Movement

✚ St. Luke's

Thursdays, Feb 5 & 19 and Mar 5 & 19 • 10:00–11:00 AM

**Register for ZOOM** or drop in **LIVE Session**

St. Luke's Hospital Cancer Center,  
Conference Room 360 East,  
232 S Woods Mill Rd, Chesterfield, MO 63017

Enjoy gentle, guided movements designed to improve balance, strengthen muscles and bones, and enhance flexibility and range of motion—all at a pace that feels comfortable to you.

### Rise and Renew

Saturdays • 9:00 AM

**Register for ZOOM**

Through carefully guided exercises, you'll improve muscle tone, increased energy, and nurture a sense of renewal and vitality. Participants are welcome to use a chair, resistance bands, or light weights.

### Intro to Pilates

2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month • NOON–1:00PM

**Register for ZOOM** or **RSVP for LIVE Session**

Join Terry Frare, Certified Pilates Instructor, for gentle core-strengthening movements to improve posture, flexibility, and balance. Perfect for all levels—do it from a chair or on a mat.

### Dancing Through the Decades

Mondays, March 2 and March 16 • 9:00–10:00 AM

**Register for ZOOM** or **RSVP for LIVE Session**

This class infuses gentle dance moves, steps and stretches, moving in unison in a way that feels good on the body. This class is accessible to all from a chair or standing. No dance experience required!

## SOCIAL CONNECTIONS

### Book Club – *Cured: Strengthen Your Immune System and Heal Your Life*

First Wednesday of the Month • 5:00–6:30 PM

**Register for ZOOM**

Cheryl Houston leads our monthly book club as we discuss *Cured* by Dr. Rediger, exploring how mindset, lifestyle, and emotional well-being connect with health. *Free copies are available.*

Jan 7: Ch. 7 & 8 • Feb 4: Ch. 9 & 10 • Mar 4: Ch. 11 & 12

### Winter Warm-up Paint & Sip

Monday, February 9 • 2:00–4:00 PM

**RSVP for LIVE Session**

Get cozy and creative at a relaxing afternoon of painting and sipping. Enjoy hot drinks and mocktails while you create a winter-inspired masterpiece. Perfect for beginners or seasoned artists.

### Love & Lyrics Bingo

Thursday, February 12 • 6:00–7:30PM

**RSVP for LIVE Session**

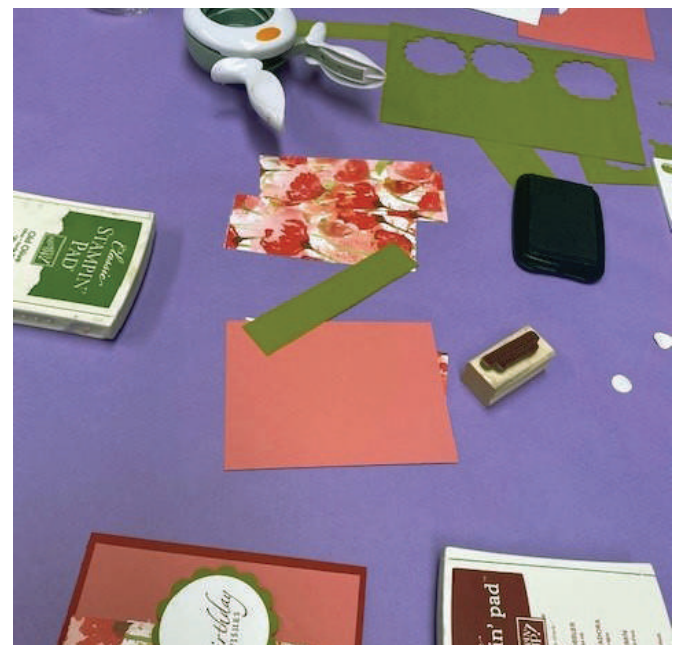
Join us for a fun and uplifting evening of Music Bingo, laughter, and connection! Enjoy favorite love songs and feel-good hits as you mark your cards, play for prizes, and share in a night of community and joy. It's a perfect way to celebrate the season of love in good company.

### Homemade Cards to Go

Wednesday, March 25 • 6:30–8:00 PM

**RSVP for LIVE Session**

Learn new card making techniques with volunteers Rhonda Travers and Linda Schreier. Participants will create several unique cards each time! Both beginners and experienced crafters welcome. Supplies will be provided.



# FAMILIES CONNECT

A program for the whole family when a child/teen, parent, grandparent, or adult relative has cancer, as well as families experiencing the loss of a loved one to cancer.

Funding for this program is provided in part  
by the Saigh Foundation



## What We Offer

### Support

We're here to understand your family's unique needs and provide meaningful support — from practical resources to emotional care. Short-term counseling is available for children, siblings, or families.

### Education

Learn how children understand and cope with cancer at different ages and learn strategies for meaningful conversations and emotional support. Stay informed with our monthly e-newsletter featuring tips, tools, and program updates.

### Social Connections

Join quarterly events where families can connect, share experiences, and find community with others facing similar challenges.

### Resources

Explore our family-friendly library filled with educational and supportive materials.

We also offer school-based presentations, peer programs, and staff support for communities affected by cancer.



# JASON BRIGHTFIELD YOUNG ADULT PROGRAM

A group for adults 18-40ish to find support and community while navigating cancer. Young adult caregivers and bereaved are also welcome.

Generously supported by the  
Joel and Rachael Brightfield Family

## Individual, Family, and Couples Counseling

Up to 6 support sessions specifically related to a person's experience with cancer. Contact us at [info@cancersupportstl.org](mailto:info@cancersupportstl.org) for more information!

## Pet Portrait Class

Wednesday, February 18 • 6:30–8:00 PM

### RSVP for LIVE Session

Young adults 18-40ish-Join us for a fun evening of creating your own personalized portrait of your beloved pal! All experience levels welcome-all supplies will be provided.

## Retreat: A Day of Healing with Horses at Rusted Spur Stables

Saturday, March 21 • 10:00 AM–2:00 PM

### RSVP for LIVE Session

7954 Tower Rd. Hillsboro, MO 63050

Join us for a restorative day of Equine Assisted Learning, therapeutic art, and mindfulness. Participants will experience the calming power of nonverbal communication with horses, learn teamwork skills that reduce anxiety and stress, and engage in creative art activities designed to deepen reflection and healing. Supplemental mindfulness practices will round out the day, leaving you grounded, inspired, and renewed. Lunch and supplies will be provided.



## COMING SOON!



Contact us at [info@cancersupportstl.org](mailto:info@cancersupportstl.org) to learn more.

In partnership with Gilda's Club Madison and Gilda's Club Middle Tennessee.





| SUNDAY | MONDAY | TUESDAY                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                      | THURSDAY                                                                                                                                                                                           | FRIDAY                                                                                                | SATURDAY                                                                                            |
|--------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 1      | 2      | Gentle Yoga 10:00 AM<br>ZOOM or LIVE<br>Weekly Wellness 11:30 AM<br>ZOOM or LIVE<br>Navigating Intimacy<br>Through Cancer 6:00 PM<br>ZOOM<br>Friends and Family MG<br>@ Hope Lodge 6:30 PM<br>ZOOM or LIVE | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Book Club 5:00 PM<br>ZOOM<br>Gentle Yoga 5:15 PM<br>ZOOM or LIVE                                                                        | Restorative Movement<br>@ St. Luke's Hospital<br>10:00 AM<br>ZOOM or LIVE<br>Writings of Resilience<br>6:00 PM<br>ZOOM<br>Prostate Cancer MG<br>6:30 PM<br>ZOOM                                    | Grupo para Personas<br>Afectadas por el Cáncer<br>10:00 AM<br>ZOOM<br>Qigong 11:00 AM<br>ZOOM or LIVE | Rise and Renew 9:00 AM<br>ZOOM                                                                      |
| 8      | 9      | Winter Warm-up<br>Paint & Sip 2:00 PM<br>LIVE                                                                                                                                                              | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Gentle Yoga 5:15 PM<br>ZOOM or LIVE<br>Breast Cancer MG 5:30 PM<br>ZOOM or LIVE                                                         | Love & Lyrics Bingo<br>6:00 PM<br>LIVE<br>Lung Cancer MG<br>6:30 PM<br>ZOOM                                                                                                                        | Welcome Meeting<br>10:00 AM<br>LIVE<br>Qigong 11:00 AM<br>ZOOM or LIVE                                | Rise and Renew 9:00 AM<br>ZOOM                                                                      |
| 15     | 16     | Gynecological Cancer MG<br>6:30 PM<br>ZOOM or LIVE                                                                                                                                                         | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Gentle Yoga 5:15 PM<br>ZOOM or LIVE<br>Gastrointestinal<br>Cancers MG 6:30 PM<br>ZOOM<br>JBYA Program: Pet<br>Portraits 6:30 PM<br>LIVE | Restorative Movement<br>@ St. Luke's Hospital 10:00 AM<br>LIVE<br>All Cancer MG<br>@ Blue Sage Ranch 1:00 PM<br>LIVE<br>Sanctuary Sound Journey 6:00 PM<br>LIVE<br>Survivorship MG 6:30 PM<br>ZOOM | Grupo para Personas<br>Afectadas por el Cáncer<br>10:00 AM<br>ZOOM<br>Qigong 11:00 AM<br>ZOOM or LIVE | Rise and Renew 9:00 AM<br>ZOOM<br>Fueling the Phases<br>Nutrition Demonstration<br>11:30 AM<br>ZOOM |
| 22     | 23     | Welcome Meeting<br>5:30 PM<br>ZOOM<br>Frankly Speaking About<br>Gynecologic Cancers<br>6:00 PM<br>ZOOM                                                                                                     | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Gentle Yoga 5:15 PM<br>ZOOM or LIVE<br>JBYA Program: Pet<br>Portraits 6:30 PM<br>LIVE                                                   | Brain Tumor MG 6:30 PM<br>ZOOM                                                                                                                                                                     | Qigong 11:00 AM<br>ZOOM or LIVE                                                                       | Rise and Renew 9:00 AM<br>ZOOM<br>Families Connect<br>Across Missouri<br>9:30 AM<br>LIVE            |
|        |        | 24                                                                                                                                                                                                         | 25                                                                                                                                                                             | 26                                                                                                                                                                                                 | 27                                                                                                    | 28                                                                                                  |

# February 2026

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = PROGRAMS LOCATED OFF-SITE



| SUNDAY | MONDAY                                                                                                 | TUESDAY                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                             | FRIDAY                                                                                          | SATURDAY                                                                              |
|--------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1      | Dancing Through the Decades 9:00 AM<br>ZOOM or LIVE                                                    | Gentle Yoga 10:00 AM<br>ZOOM or LIVE<br>Weekly Wellness 11:30 AM<br>ZOOM or LIVE<br>Family and Friends MG @ Hope Lodge 6:30 PM<br>ZOOM or LIVE                                     | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Book Club 5:00 PM<br>ZOOM<br>Gentle Yoga 5:15 PM<br>ZOOM or LIVE<br>Care for the Caregivers 6:00 PM<br>ZOOM                                                                                 | Restorative Movement @ St. Luke's Hospital 10:00 AM<br>ZOOM or LIVE<br>Writings of Resilience 6:00 PM<br>ZOOM<br>Prostate Cancer MG 6:30 PM<br>LIVE                                                  | Grupo para Personas Afectadas por el Cáncer 10:00 AM<br>ZOOM<br>Qigong 11:00 AM<br>ZOOM or LIVE | Rise and Renew 9:00 AM<br>ZOOM                                                        |
| 8      |                                                                                                        | Gentle Yoga 10:00 AM<br>ZOOM or LIVE<br>Weekly Wellness 11:30 AM<br>ZOOM or LIVE<br>Intro to Pilates NOON<br>ZOOM or LIVE<br>Healing Music and Conscious Self Care 5:30 PM<br>LIVE | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Navigating a New Cancer Diagnosis @ Mercy Pratt 11:00 AM<br>LIVE<br>Gentle Yoga 5:15 PM<br>ZOOM or LIVE<br>Breast Cancer MG 5:30 PM<br>ZOOM or LIVE<br>Painting From Within 5:30 PM<br>LIVE | Painting From Within 5:30 PM<br>LIVE<br>Lung Cancer MG 6:30 PM<br>ZOOM                                                                                                                               | Welcome Meeting 10:00 AM<br>LIVE<br>Qigong 11:00 AM<br>ZOOM or LIVE                             | Rise and Renew 9:00 AM<br>ZOOM                                                        |
| 15     | Dancing Through the Decades 9:00 AM<br>ZOOM or LIVE<br>Gynecological Cancer MG 6:30 PM<br>ZOOM or LIVE | Gentle Yoga 10:00 AM<br>ZOOM or LIVE<br>Weekly Wellness 11:30 AM<br>ZOOM or LIVE                                                                                                   | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Gentle Yoga 5:15 PM<br>ZOOM or LIVE<br>Gastrointestinal Cancers MG 6:30 PM<br>ZOOM                                                                                                          | Restorative Movement @ St. Luke's Hospital 10:00 AM<br>ZOOM or LIVE<br>All Cancer MG @ Blue Sage Ranch 1:00 PM<br>LIVE<br>Sanctuary Sound Journey 6:00 PM<br>LIVE<br>Survivorship MG 6:30 PM<br>ZOOM | Grupo para Personas Afectadas por el Cáncer 10:00 AM<br>ZOOM<br>Qigong 11:00 AM<br>ZOOM or LIVE | Rise and Renew 9:00 AM<br>ZOOM<br>JBYA Program @ Rusted Spur Stables 10:00 AM<br>LIVE |
| 22     | Welcome Meeting 5:30 PM<br>ZOOM                                                                        | Gentle Yoga 10:00 AM<br>ZOOM or LIVE<br>Weekly Wellness 11:30 AM<br>ZOOM or LIVE<br>Intro to Pilates NOON<br>ZOOM or LIVE<br>Power Salads 6:00 PM<br>ZOOM or LIVE                  | Gentle Yoga 9:30 AM<br>ZOOM or LIVE<br>Gentle Yoga @ Hope Lodge 5:15 PM<br>ZOOM or LIVE<br>Homemade Cards to Go 6:30 PM<br>ZOOM or LIVE                                                                                            | Brain Tumor MG 6:30 PM<br>ZOOM                                                                                                                                                                       | Qigong 11:00 AM<br>ZOOM or LIVE                                                                 | Rise and Renew 9:00 AM<br>ZOOM                                                        |
| 29     |                                                                                                        | Gentle Yoga 10:00 AM<br>ZOOM or LIVE<br>Weekly Wellness 11:30 AM<br>ZOOM or LIVE                                                                                                   |                                                                                                                                                                                                                                    |                                                                                                                                                                                                      |                                                                                                 |                                                                                       |

# March 2026

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = PROGRAMS LOCATED OFF-SITE



Thank you to our wonderful Hope After Dark Volunteers! We are so grateful for your commitment and generosity.

|                 |                    |
|-----------------|--------------------|
| Henry Coen      | Danielle McPherson |
| Carly Cooper    | Jennifer Naslund   |
| Kelsey Edwards  | Madilyn Naslund    |
| Tim Fox         | Lisa Redd          |
| Molly Griffin   | John Redd          |
| Paige Kendall   | Calvin Robinson    |
| Allie Koenig    | Emma Rogers        |
| Kavi Lakshmanan | Alexandra Rogers   |
| Daytona McCabe  | Cecelia Shelton    |

**Cancer is a journey...** from diagnosis, through treatment, and beyond. Cancer Support Community of Greater St. Louis offers a safe community where those impacted by cancer can find others who relate and access resources to help in making important decisions along the way. Helping to find a glimmer of hope during the darkest times... hope after the darkness of cancer. For 32 years, Cancer Support Community of Greater St. Louis has been providing that HOPE to those impacted by cancer in our community. On October 16, our community joined us in raising more than **\$300,000** at our annual HOPE AFTER DARK fundraising campaign. KEZK's **Julie Tristan** emceed our Night to Celebrate VIP sponsor event on October 16 at The World's

Fair Pavilion where we enjoyed a beautiful evening of hope and community. We celebrated leaders in our community who have made a difference in the lives of people impacted by cancer by presenting our 2025 Marsha Wolff and Tina Borchert Inspiration Award to honorees, **Charlie and Joyce Woodard**. Because of our sponsors, donors, supporters, and YOU, Cancer Support Community of Greater St. Louis can continue to provide HOPE along with emotional support, educational resources, social connections and a place of understanding to those impacted by cancer. Thank you for helping us prove that, together, **St. Louis is Stronger than Cancer.**



Michelle Mufson (Board Chair), Charlie and Joyce Woodard, Peggy Scott (Campaign Chair)  
To learn more about the Woodard's story, visit [www.cancersupportstl.org/hopeafterdark](http://www.cancersupportstl.org/hopeafterdark)



# hope after dark

Corporate Sponsors

Individual Sponsors

## Donor of Hope

**KUHN FOUNDATION**

## Donors of Knowledge



## Donors of Action



## Donors of Community



**METROPOLITAN BUILD**  
DESIGN RENOVATION CONSTRUCTION

## Donors of Mission



## Light of Hope

JESSICA AND ANDY MILLNER,  
R&G BROD FAMILY FOUNDATION

KAREN AND TOM STERN

## Ray of Hope

MIKE NELSON

DONNA RAYMON

REBECCA AND PAUL ROMINE

## Spark of Hope

JOEL AND RACHAEL BRIGHTFIELD

RICK AND DEBY HALPERN

BRAD AND RHONDA KLOEPEL

KENNETH AND NANCY KRANZBERG

JAMIE AND TIM LOOMIS

MICHELLE AND EPHRAIM MUFSON

HELEN NELLING

## Twinkle of Hope

SHIRLEY BLUESTEIN

RICHARD AND SHARON COHEN

BOB COHEN

LYNN AND MARY CUNNINGHAM

JENNIFER AND JONATHAN DEUTSCH

ANTHONY GARAVAGILA

STEVE GLAUBER

ED AND DORETTE GOLDBERG

KAREN JARRETT

PAIGE KENDALL

DEBBIE AND BARRY KOENEMANN

MARTY AND MERLE OBERMAN

PAM AND RON RUBIN

# hope after dark

## THANK YOU

A special thank you to our campaign honorees, **Charlie and Joyce Woodard**, and our campaign chair, **Peggy Scott**, for your dedication to CSCSTL and all your work to make Hope After Dark a success!

## TRIBUTES OF HOPE

### CAROL BELLOLI

Charlie & Joyce Woodard

### GAIL BOPP

Jessica & Andy Millner

### GRACE BROD

Jessica & Andy Millner

### BOB BROD

Jessica & Andy Millner

### DONNA COHEN

Bob Cohen

### SHAWN CROCKER

Mike Nelson

### MARIANNE GARAVAGLIA

Tony Garavaglia

### SANDI GOLD

Debbie & Barry Koenemann

### VICTOR HATHUC

Paige Kendall

### LORI LUEBBERING

Brad Kloeppel

### JON MCDANIEL

Mike Nelson

### GINA MEEHAN-TAYLOR

Brad Kloeppel

### KATE MINOR

Jamie Loomis

### MICHELLE MUFSON

Randee & Rob Romanoff

### GARY NELLING

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### PEGGY NELSON

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### LYNNE PALAN

Jessica & Andy Millner

### DREW PATCHIN

Ed & Dorette Goldberg

### SUSANNE PELIKAN

Nancy & Dick Arnoldy

### TERRY ROBINSON

Charlie & Joyce Woodard

### JIM SCOTT

Charlie & Joyce Woodard

### PEGGY THOMPSON

Helen Nelling

### CHARLIE WOODARD

Nancy & Dick Arnoldy

### KAY YORK-SCHNEIDER

Bette & Valery Welch

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Michelle Mufson

### THE BOARD OF CSC

Michelle Mufson

### THE LADIES OF THE BREAST CANCER

SUPPORT GROUP AT CSC

Karen Jarrett

## TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from July 1, 2025 through September 30, 2025. We apologize for any omissions or errors.

### IN HONOR OF:

#### SHARON CLARK

The Arenberg Family

#### SHERI KANTERMAN

Erica Chick

### IN MEMORY OF:

#### BILLY BECKER

Leonard Komen

#### ROGER BROCKMAN

Gary & Sherry Wolff

#### KRISTA CHURN

Spiro Cosmas  
Nancy Estes Family

#### BARRY FRIEDMAN

BUI  
Nancy Bohm  
Julie & Scott Cohn  
Ken & Diane Deutch  
Lois Kanefield  
Meadowbrook Country Club  
Steve & Lori Lander  
Rod & Peggy Pearlina  
William & Andrea Rubin  
Brad & Ronna Steinback  
Diana Stewart  
Tessler Family  
Susan & Howard Weissman

#### SUZANNE HAGAN

Joseph Hagan

#### NEIL HANDLEMAN

Sheila Cohen



Tribute donations to Cancer Support Community of Greater St. Louis are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a greeting card to notify that special someone of your kind donation. Your contribution helps fund our programs and services, offered at no charge, to those facing a cancer diagnosis in our community.

### Here's how:

1. Direct Payment: Online at [www.cancersupportstl.org](http://www.cancersupportstl.org)
2. Make checks payable to Cancer Support Community of Greater St. Louis and mail with relevant information to Cancer Support Community of Greater St. Louis, 11775 Borman Dr, Suite 103, St Louis, MO 63146.
3. You may also call 314-238-2000 and make a tribute gift using a credit card.

Gifts of \$25 or more are published in Cancer Support Community of Greater St. Louis' quarterly newsletter. Due to administrative costs, a minimum donation of \$10 per tribute is requested.

# SAVE THE DATE!

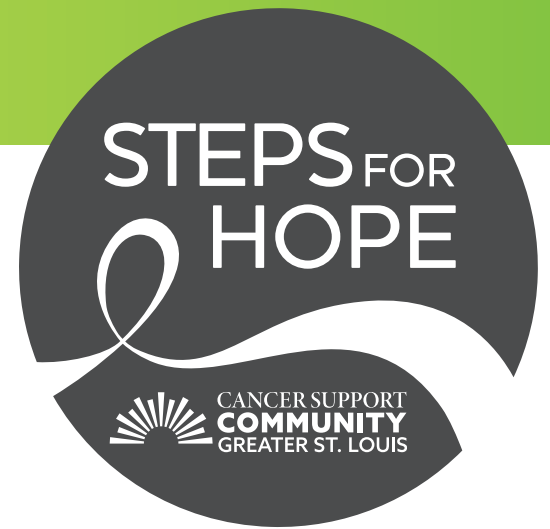
**Saturday, May 2, 2026**  
**Creve Coeur Park in Sailboat Cove**  
**1 mile or 3.7 mile walk or fun run**

Join us for our **28<sup>th</sup> Steps For Hope Walk** to celebrate survivorship, honor loved ones, and support Cancer Support Community of Greater St. Louis. Invite your family, friends, and coworkers to take their own **STEPS FOR HOPE!** Together we can make a difference in the lives of individuals and families in our community living with cancer.

## Day Includes:

Community, Kids Activities, Entertainment,  
Food, Raffle, and more!

**Check our website for registration  
to open early 2026!**



# WALK. RUN. INSPIRE.

# HOW YOU CAN SUPPORT CSCSTL

## Leave Your Lasting Legacy



Here at Cancer Support Community of Greater St. Louis, we spend a lot of time planning for a better future. You can help and make a big impact with a future gift by remembering Cancer Support Community of Greater St. Louis in your will and estate plan. It's a meaningful way to make a big difference by giving beyond your lifetime. **A couple of ways to do that are:**

### Bequest

You can include the Cancer Support Community of Greater St. Louis in your will and specify an amount of money, or percentage of your estate, to benefit CSCSTL.

### Insurance Policy

Gift a life insurance policy by naming the Cancer Support Community of Greater St. Louis as a beneficiary.

For more information, please contact:

Emily Kelle, [ekelle@cancersupportstl.org](mailto:ekelle@cancersupportstl.org)

314.238.2000, Extension 354

## Monthly Giving



Consider making your gift last all year long by giving monthly. This is a great way to support Cancer Support Community of Greater St. Louis and is as easy as providing pre-arranged gifts through your credit card.

## Matching Gifts



Double the impact of your gift! Check with your company to see if they offer a matching gift program. Many may offer a dollar for dollar match.

## Stock Gifts



A direct donation of stock to Cancer Support Community of Greater St. Louis is the most cost-effective method when compared with a gift of cash or the sale of securities followed by a gift of the proceeds. By directly gifting appreciated securities, you can make a more generous contribution than you might with cash. Your gift of appreciated securities to Cancer Support Community of Greater St. Louis is an easy and prudent way to make your charitable gift.

# WHAT OTHERS ARE DOING FOR CSCSTL

## 205 Miles. One Day.

A huge shoutout and thank you to **Joseph Kemp** for raising funds and awareness for Cancer Support Community of Greater St. Louis. Every year, Joseph takes on a **205-mile bike ride** to Lake of the Ozarks from Chesterfield in honor of those facing cancer in our community. Thank you, Joseph, for taking on this incredible feat and for your generosity!



A very special shout out and thank you to our friend, Tessa! In September, Tessa hosted a lemonade stand in her neighborhood with a portion of the proceeds benefiting Cancer Support Community. "Our lemonade stand is more than just a place to enjoy a refreshing drink- it is a way to give back to the community and make a positive difference," the sign on her stand read, "Through this small effort, we hope to raise awareness, bring people together, and remind others that even simple acts- like buying a cup of lemonade- can have a meaningful impact." They certainly can, Tessa! We are so grateful for your support!

# 1 YEAR IN OUR NEW HOME

We are so happy to be celebrating 1 year at our new location in Maryland Heights! From our dedicated program area, to our larger kitchen space, to our movement room with cushioned floors and large windows, we have been loving our new home! Thank you to those who have already been out to see us, and we welcome you to come drop by if you haven't yet already!



## STAFF

Contact Us @ 314.238.2000

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**CANCER SUPPORT  
COMMUNITY  
GREATER ST. LOUIS**



**MISSION:** *Cancer Support Community of Greater St. Louis uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.*

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