

ALL SERVICES AT NO COST FOR
ANYONE AFFECTED BY CANCER.

SO NO ONE FACES CANCER ALONE.



MOVE Beyond Cancer

PHYSICAL ACTIVITY BOOSTS WELLNESS

Evidence continues to mount that exercise helps survivors cut cancer risk while improving their treatment outcomes and ongoing quality of life.

American Cancer Society experts evaluated the scientific evidence and best clinical practices related to physical activity after a cancer diagnosis, identifying a multitude of reasons to get moving.

"There's just been an explosion of research in this area that gives us the confidence that these things matter," explains Colleen Doyle, director of nutrition and physical activity for ACS.

Those studies "really spell out the benefits of weight control, of physical activity, and of healthy diet in terms of recurrence of cancer and surviving cancer," Doyle adds.

For the growing millions of cancer survivors, getting regular aerobic and resistance exercise is a key recommendation, offering the following benefits:

- Improved balance
- Stronger muscles, bones
- Improved energy
- Improved self-esteem
- Improved relaxation, sleep
- Improved weight control

Some of the most popular options to get moving at Cancer Support Community are yoga, tai chi and qigong, with research pointing to positive effects. Gentle yoga can renew the body, lower stress, bring a sense of inner calm, and aid the body in recovery. In fact, early stage cancer survivors who participated in a University of Rochester Medical Center study reported sleeping better, feeling less fatigued and experiencing a better quality of life.

To keep exercise enjoyable and to maintain consistency, involve friends and alternate your routine. Always keep your healthcare team informed.



Qigong class on World Tai Chi and Qigong Day



Join our Celebrity MC Cabot Rea, NBC4 news anchor, at Hollywood Casino Columbus for Night of Chocolate "Wonka" style. Our guests will sample scrumdiddlyumptious chocolate treats created by Hollywood Casino, Giant Eagle and local, regional and national chocolatiers. Our guests will taste signature spirits created especially for this night, and sensational culinary cuisine created from top chefs at Hollywood Casino. Farmers Insurance sponsors our Silent Auction with hundreds of items and is so much fun and a Live Auction is full of treasures, including dream vacations, entertainment packages, and much more! To learn more about sponsorships or to volunteer contact Rob Alexander at 614-488-HOPE (4673) or ralexander@cancersupportohio.org

Come join the Parade!

The Basement Doctor and Cancer Support Community will be marching in the Bexley 4th of July parade, the Westerville 4th of July parade and the Dublin 4th of July parade. We'd love you to join us as we honor all cancer patients, survivors and

their families. Ride in the truck or walk the parade route, help us get the word out into the community. Look for upcoming details on NBC4 and The Basement Doctor commercials. To find out more information call Eric

Sheperd at 614-560-9763 and eshepard@mybasementdoctor.com



8 HELPFUL HINTS TO EXERCISING DURING CANCER TREATMENT

Yes, you can exercise during treatment!

Cancer treatment can be harsh on your body but this does not eliminate or prevent you from exercising; there are just things to observe for safety reasons. It's always a good idea to discuss with your healthcare team to clear any questions or worries you may have about being physically active.

1. If you still have a catheter, you must avoid pools, lakes, and other exposures that can cause infections. Speak to your medical team about precautions to protect your catheter site prior to engaging in any activity.
2. If you have had radiation, don't expose the treated area to chlorine in swimming pools as it may cause irritation.
3. If you have anemia (low red blood cell count), delay exercise until your anemia has improved.
4. If you have a low platelet count, avoid contact sports and heavy weightlifting.
5. If your immune system is comprised, you should avoid exercising in public gyms and pools. Speak to your medical team about when it is safe for you to use public exercise areas again.
6. If you have peripheral neuropathies or ataxia (nerve damage that may cause reduced ability in the limbs), you may do better with doing stationary exercises such as using a stationary reclining bicycle instead of walking on a treadmill.
7. Watch for bleeding, especially if you are taking blood thinners (Coumadin, Lovenox, Aspirin, NSAIDS, etc.). If bleeding occurs, apply pressure to the site, and ensure that your physician is aware.
8. While weight lifting can be beneficial in the prevention of osteoporosis and muscle loss, speak with your health care team prior it engaging in any weight lifting.

See more at: <http://www.cancersupportcommunity.org/MainMenu/About-Cancer/Living-Healthy-with-Cancer/Exercise-During-Treatment/Exercise-Tips-Precautions>

LIVING HEALTHY WITH, THROUGH & BEYOND CANCER AT THE CANCER SUPPORT COMMUNITY

WELCOME TYLER!

New Instructor, New Classes

CSC would like to welcome Tyler Carpenter to our team! Tyler is entering his third year as an assistant strength and conditioning coach at Ohio State. He works primarily with Men's and Women's



Tyler with his niece Charlie

Soccer, Women's Ice Hockey and Women's Track and Field. Tyler graduated from Ohio State and recently received his MS at University of Tennessee

where he had the opportunity to volunteer weekly with the East Tennessee CSC. Through that opportunity Tyler gained a great respect and appreciation for those whose lives are affected by cancer and understands how important it is to give time to the community. He looks forward to his time of working with those at the CSC to bring joy, movement, and education about Exercise

Tyler will be leading two classes:

Wellness Workout - Every Tuesday at noon. 15 minutes warm up, 30 minutes workout, 15 min cool down. All fitness levels welcome, everyone can do this class!

Fun Family Fitness - July 11th at 1pm and August 8th at 11am. Get the whole family moving together; kids, teens, parents and grandparents welcome. Tyler offers fun fitness activities!

NUTRITION & COOKING



Cancer-Smart Cooking at Cancer Support Community

- 3rd Thursdays, 6pm
- **July 16th: Au Naturelle** - Easy ways to entertain outside.
- **August 20th: Off to the Game!** - Healthful tailgate ideas.
- Learn to prepare colorful, nutritious foods with Chef Bryan Loveless. Recipes provided.
- RSVP two days prior 614-884-HOPE.



Cooking For Wellness At Market District

- 4th Thursdays at 6pm - Market District Demo Kitchen, 3061 Kingsdale Center, Columbus, 43221.
- Cooking demos by Chef Bryan Loveless
- **July 23rd Cancer Fighting Summer Eats** - Discover the healthy and delicious side of foods including ancient grains, chia, seafood, and more.
- **August 27th Super Summer Salads** - Transform simple side salads into savory entrees packed with the summer's fruits and vegetables.



Cooking for Wellness on Daytime Columbus NBC 4

- 4th Wednesdays, 12:30pm, NBC4
- **July 22nd: Cancer Fighting Summer Eats**
- **August 26th: Super Summer Salads**
- Tune to Daytime Columbus with Robyn Haines. Learn nutritional benefits, cooking tips and more.



Cancer Support Community Central Ohio is part of the largest, professionally-led non-profit network of cancer support worldwide, impacting more than one million people each year. Backed by evidence that the best cancer care includes social and emotional support, Cancer Support Community offers these services at **no cost** to anyone affected by cancer.

TAKING CARE IN THE SUMMER SUN!

Ohio Department of Health recommends the following for the prevention of skin cancer:

- Avoid direct exposure to the sun during the midday hours (10 a.m.-4 p.m.).
- When outdoors, wear a hat that shades the face, neck, and ears, as well as clothing that adequately covers arms, legs, and torso.
- Wear sunglasses with at least 99% UV absorption to protect the skin around the eyes.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher.
- Avoid indoor tanning booths and sun lamps, which are additional sources of UV radiation.

A simple ABCD rule outlines the warning signals of a mole that could be melanoma.

Check moles:

A is for asymmetry. One half of the mole does not match the other half.

B is for border irregularity. The edges are ragged, notched, or blurred.

C is for color. The pigmentation is not uniform, with variable degrees of tan, brown, or black.

D is for diameter greater than 6 millimeters (about 1/4 inch).

Although, in recent years more melanomas are being diagnosed between 3 and 6 millimeters. Any sudden or progressive increase in size should be of concern.

E is for evolving. The mole has changed over the past few weeks or months. For more information catch out www.healthyohio.gov

MONTHLY MEDITATION

Coming Home to Our Body

We have a conflicted relationship with our body. We spend time and effort each day to look our physical best. Yet we may not provide our body enough time, daily, to rest and restore.

Similarly, we may focus on the problematic areas in the body; and overlook the areas that are functioning well.

A mindful body scan practice can help us be-friend our body, to come home to ourselves in a compassionate way.

- Sit comfortably, spine gently aligned
- Ankles uncrossed, feet on the ground, eyes closed
- Allow two breaths to slowly flow in/out
- Inhale, letting awareness flow down to the ankles/feet with the exhale
- Simply observe areas of both tension and of ease for several breaths
- Feel appreciation for your ankles/feet and what they do
- Continue the scan, guiding breath and awareness to each area, moving slowly up the body: legs; torso; arms/hands; neck; head/senses
- Let gratitude flow through you

Julie Kusiak is an Integrative Yoga Therapist who facilitates the Mindfulness Meditation practice group, and the Yoga Nidra and Mudra classes.

See the calendar for upcoming dates.

PERFECT PRE WORKOUT SNACK

Banana Oatmeal Shake

1 Servings:

- 1/4 cup(s) oatmeal, cooked, cooled
- 1 banana
- 1 cup(s) milk, Substitute Ensure for added calories
- 1 tablespoon(s) wheat germ, ELIMINATE if mouth is sensitive
- 1 tablespoon(s) honey
- 1/8 teaspoon(s) vanilla extract

Blend ingredients together.

NOTE: Yields a high nutrition, High Calorie drink if Ensure is used = 646 Calories



PERFECT POST WORKOUT SNACK

Bursting Blueberry Smoothie

1 Servings:

- 4 ounce(s) tofu, silken
- 1 banana
- 1/2 cup(s) blueberry
- 1 tablespoon(s) olive oil
- 1 teaspoon(s) honey
- 1 cup(s) rice milk

Blend ingredients together. REPLACE rice milk with Ensure for extra calories

Using Ensure yields a 720 Calorie high nutrition drink.



LET'S GET ACTIVE!

Fitness Tip from the Mayo Clinic

Standing burns more calories than sitting does. Look for ways to get out of your chair. Stand while talking



on the phone. Skip instant messaging and email, and instead walk to a colleague's desk for a face-to-face chat.

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Don't forget your sunscreen!</p> 		<p>1 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now What?</p>	<p>2 10:30AM Qigong</p>  <p>Bladder Cancer Awareness</p>	<p>3 HOLIDAY Offices Closed</p>	<p>4 HOLIDAY Offices Closed</p> <p>4TH OF JULY</p> 
<p>6 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p>	<p>7 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Breast Cancer Network Group</p>	<p>8 12PM Therapeutic Drumming 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Write to Heal: Journaling Workshop</p>	<p>9 10:30AM Qigong 12PM The Journey</p>	<p>10 1PM Tai Chi Basic</p>	<p>11 8:30AM Walk with a Doc 9:30AM Adult Yoga 11:30AM Yoga Nidra 1PM Fun Family Fitness</p> 
<p>13 11AM Adult Yoga 6PM Tai Chi Basic</p>	<p>14 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Mindfulness Meditation 7PM Yoga Mudra</p>	<p>15 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now What?</p>	<p>16 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer Smart Cooking</p>	<p>17 1PM Tai Chi Basic</p>	<p>18 8:30AM Walk with a Doc 9:30AM Adult Yoga</p> 
<p>20 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p>	<p>21 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Multiple Myeloma Networking Group</p>	<p>22  12:30PM Daytime Columbus NBC4 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register</p>	<p>23 10:30AM Qigong 12PM The Four Agreements-Book Discussion 6PM Cancer Smart Cooking</p> 	<p>24 1PM Tai Chi Basic</p>	<p>25 8:30AM Walk with a Doc 9:30AM Adult Yoga 1PM Open Studio</p> 
<p>27 11AM Adult Yoga 6PM Tai Chi Basic</p>	<p>28 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Renal Cancer Networking Group</p>	<p>29 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register</p>	<p>30 10:30AM Qigong 6:30PM FORCE</p>	<p>31 1PM Tai Chi Basic</p>	 <p>Sarcoma Awareness</p>

Special programs noted in red. Please register for all programs: 614.884.4673.

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BUY YOURS AT OPLATES.COM			1 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:30AM Yoga Nidra 11:30AM Chef Bryan at The Ohio State Fair
3 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate	4 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Breast Cancer Network Group	5 1:30PM Chef Bryan at The Ohio State Fair 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now what?	6 10:30AM Qigong 12PM - Subduing the Cancer Dragon: The ABCs of Creating Conditions for Healing	7 12PM Laughter Therapy 1PM Tai Chi Basic	8 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:30AM Fun Family Fitness 5PM Chef Bryan at The Ohio State Fair
10 11AM Adult Yoga 6PM Tai Chi Basic	11 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Mindfulness Meditation 7PM Yoga Mudra	12 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Write to Heal: Journaling Workshop	13 10:30AM Qigong 12PM The Journey	14 1PM Tai Chi Basic	15 8:30AM Walk with a Doc  9:30AM Adult Yoga
17 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate	18 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Multiple Myeloma	19 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now what?	20 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer Smart Cooking 	21 1PM Tai Chi Basic	22 8:30AM Walk with a Doc  9:30AM Adult Yoga
24 11AM Adult Yoga 6PM Tai Chi Basic	25 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Renal Cancer Networking Group	26  12:30PM Daytime Columbus NBC4 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM FORCE	27 10:30AM Qigong 11:45AM The Four Agreements-Book Discussion 6PM Cooking for Wellness @ G.E. Market District 	28 1PM Tai Chi Basic	29 8:30AM Walk with a Doc  9:30AM Adult Yoga 1PM Open Studio
31 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate	<div>  <p>Coffee is our nation's top source of antioxidants, accounting for 40% of our overall intake. Make your iced coffee beverage with</p> <p>Grounds for Hope, available at any Central Ohio . \$3 from every bag benefits Cancer Support Community Central Ohio.</p> </div>				

See p6 for program descriptions. Please register for all programs: **614.884.4673**.



= offsite activities

WHAT'S HAPPENING AT CSC

CANCER! NOW WHAT?

Did you or someone you love recently hear the word "Cancer" for the first time? Come join others on the journey, ask questions, get support, and most importantly find hope! A bi-monthly support group for those who are newly affected by cancer.

1st and 3rd Wednesday monthly

BREAST CANCER NETWORKING GROUP

This group meets at 6:30 pm on the first Tuesday of each month. Those who have been diagnosed with breast cancer are welcome to come. Group is led by Angie Santangelo, LISW-S, Clinical Program Director.

May 5th and June 2nd

MULTIPLE MYELOMA NETWORKING GROUP

This group meets at 6:30 pm on the third Tuesday of each month. Those who have been diagnosed with multiple myeloma or those who love someone with who has been diagnosed are welcome to come. Group is led by Nick and Sandy Menedis.

May 19th and June 16th

RENAL CANCER NETWORKING GROUP

This group meets at 6:00pm on the fourth Tuesday of each month. Those who have been diagnosed with renal cancer or those who love someone with who has been diagnosed are welcome to come. Group is led by Megan Meade, LSW. **May 26th and June 23rd**

OPEN STUDIO

A monthly art activity open to child, teen, and adult family member participation. Open Studio may be defined as a space intended to foster creativity and experimentation in an atmosphere of shared experience, conversation, and freedom of expression. Art activities will be developed and facilitated by a board certified Art Therapist and can be modified for those of all ages. Come Drop-In: The Open Studio will allow for families to arrive/depart as needed within the time frame provided.

The last Saturday of every month from 1-3pm

ONGOING CLASSES

- Laughter Therapy, *1st Friday at noon*
- Brown Bag Book Club, *3rd Thursday at 11:45am*
- Cooking Classes *for details see page 2*
- The Four Agreements Book Discussion, *4th Thursday from April to October*
- Fun Family Fitness, *Join Tyler, 2nd Saturday of the month at noon*
- The Journey, *2nd Tuesday at Noon*
- Mindfulness Meditation, *2nd & 4th Tuesday at 10am, 2nd Tuesday's at 6pm*
- Open to Options, *Receive support as you identify important questions to ask your medical team. Call 844-4673 to schedule an appointment.*
- Qigong, *Thursdays at 10:30 am*
- Tai Chi Basic, *Mondays at 6pm & and Fridays at 1:00pm*
- Tai Chi Intermediate, *Every Other Monday at 7pm*
- Yoga - 3 Times a Week, *Mondays at 11:00am, Wednesdays at 4:00pm, Saturdays at 9:30 am*
- Walk with a Doc, *Saturday mornings. Visit www.walkwithadoc.org for details.*
- Wellness Workout, *Join Tyler, Tuesdays at noon*
- Write to Heal: Journaling Workshop, *2nd Wednesday of the month at 6:30 pm*
- W2W - Welcome to Wellness!: An Introduction to Cancer Support Community *Offered 2x a Week, Tuesdays at Noon, Wednesdays at 5:30*
- Cancer Support Helpline, *1-888-793-9355, Mon-Fri 9am-8pm. Teen Group Loop: www.grouploop.org*

PLEASE CALL TO REGISTER

SPECIAL PROGRAMS!

**The Journey, Thursday, July 9, 2015
Time: Noon - 1:30 PM**

We have a special guest speaker this month at The Journey. Master Yuantong Liu is visiting from China and graciously agreed to speak to our participants. Master Liu is a Zhineng Qigong Master and teaches this healing art as "gently opening the heart and mind" to a better understanding of Self, which naturally induces healing and nurtures good health. We will have the opportunity to experience his wisdom and humor as we explore the healing power of Zhineng Qigong. Please do not miss this rare opportunity to bring laughter, joy and peace into your being.

YOGA NIDRA, July 11th and August 1st at 1pm

Yoga Nidra is designed to help participants experience physical relaxation and inner peace. The class will begin with gentle yoga stretches which will lead into a deep meditative state of consciousness. Yoga Nidra helps all levels fully relax and awakens the body and mind to its healing potential. The meditations of Yoga Nidra help participants let go, overcome anxieties, fears and tensions. Dress comfortably and in layers, bring a blanket because your body temperature will lower and you may get cold. No yoga experience necessary.

Individualized Screening

When cancer strikes, everyone has their own unique needs. Our tool CancerSupportSource enables participants to rate their concerns and to identify what specific assistance is needed. Reports are instantly generated including resource fact sheets. Screenings are provided during W2W or you can call to schedule an appointment.

Therapeutic Drumming - Patients, survivors, loved ones, and caregivers are invited to experience "Reconnecting" July 8th at noon, an introduction to therapeutic drumming, made possible by a grant from the ADAMH Board of Franklin County, in conjunction with the Central Ohio Symphony. No experience needed!





Rocky Brands CEO, David Sharp with one of his teammates.



Winning team, Arlington Bank.



Volunteers Susan Haller and Prophokey.

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THANKS OHIO SMALL GRAINS MARKETING PROGRAM



We are proud to partner with Ohio Small Grains Marketing Program and share all the great work of this organization and honor the work of Ohio farmers for their leading roles in agriculture, citizenship and good family living.

The American Cancer Society recommends that individuals eat more whole grains to lower their risk of cancer. Adding more whole grains to your family's meals is a smart move. Not only do they provide the vitamins, nutrients and minerals needed to keep your family healthy and strong, but whole grains also contain dietary fiber, which may help reduce your risk of heart disease, cancer, diabetes and other health complications.

"Farmers are working every day to provide safe and nutritious food and livestock for the public, foods that fit perfectly into a healthy diet which everyone needs," explains Tadd Nicholson, Executive Director of Ohio Small Grains Marketing Program (OSGMP) and proud partner of Cancer Support Community. "Including whole grains into your diet is important for everyone - whether you are a cancer survivor, undergoing treatment, or striving to live a healthier life."

Please join OSGMP and Cancer Support Community with Chef Bryan at the Ohio State Fair

- August 1 - 11:30 a.m.
- August 5 - 1:30 p.m.
- August 8 - 5:30 p.m.



CANCER SUPPORT COMMUNITY™

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OUR MISSION

To ensure that all people affected by cancer are empowered by knowledge, strengthened by action, and sustained by community



Our thanks and appreciation to everyone who supports Cancer Support Community Central Ohio

SAVE THE DATE: Night of Chocolate - Sept. 18

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As a 501(c)3 non-profit organization, Cancer Support Community's programs and services are available at no cost to anyone affected by cancer, thanks to financial support from individual donors, corporations, foundations, and grants. All donations are tax-deductible to the fullest extent of the law. To learn more about funding opportunities, contact us at 614-884-HOPE.

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