

ALL SERVICES AT NO COST FOR
ANYONE AFFECTED BY CANCER.

SO NO ONE FACES CANCER ALONE.



The Mind Body Connection

HOW TO REDUCE STRESS AND ENHANCE YOUR IMMUNE SYSTEM

Research in the area of psychoneuroimmunology (PNI) investigates the link between the mind and the body – how thoughts, feelings and attitudes positively or negatively affect illness or health. The mind and body work together in our overall health and recovery from illness. The way you react to stressful situations is relevant to your overall well-being. Below are examples of mind-body therapies that can be extremely helpful.

Breathing and Relaxation

The foundation of good health relies on correct breathing to supply oxygen to the entire body. Breathing exercises can help you deal with some of the stress and distress of cancer by helping you to relax, and focus on what makes you feel strong and healthy.

Guided Imagery

Guided imagery is a simple, effective tool for transforming emotional states of mind. The feelings you experience are governed by the thoughts and images on which you focus; think of something positive, and your emotions will be led in that direction.

Spirituality

Being diagnosed with a potentially life-threatening disease often forces people to take a reflective look at their life. It may seem unlikely when you're first diagnosed, but the crisis of cancer can actually help you gain insight into your beliefs and experiences and promote personal growth.

Tapping into your spirituality can help give you a sense of life's meaning beyond yourself, improve your quality of life, ease your distress, and strengthen your spirit. Ways to express your spirituality include:

- Meditating
- Praying
- Reading spiritual writings
- Attending religious services
- Helping others
- Surrounding yourself with nature
- Listening to music
- Spending time with loved ones

Many of the classes at Cancer Support Community incorporate these techniques and are extremely helpful in reducing stress and enhancing your immune system. See our calendar for ongoing classes including Qigong, Mindfulness Meditation, Yoga Mudra and Yoga Nidra as well as our Gentle Yoga and Tai Chi classes.

Additionally we are pleased to offer a special class which incorporates therapeutic drumming. *Continued on pg. 2.*



Therapeutic drumming

HOLLYWOOD Casino
PRESENTING SPONSOR

DIAMOND HILL CAPITAL MANAGEMENT
TITLE SPONSOR

NIGHT OF CHOCOLATE

This Willy Wonka-inspired signature fundraising event promises to transport guests to a world of pure imagination, with scenery and confections created by presenting sponsor Hollywood Casino Columbus and national and local chocolatiers. We are pleased to welcome back Hollywood Casino Columbus, as well as Title Sponsor Diamond Hill Capital Management. Our featured lineup of sponsors also includes J.M. Smucker, The Basement Doctor, Farmers Insurance, Lilly, Able Roof, Oakley Foundation, Atlas Butler Heating and Cooling, The Robert Weiler Company, Grange Insurance, Minka's Furs & Pearls, Heidelberg, Superior Beverage and Crimson Cup Coffee & Tea. Official Media Partners include NBC4, with NBC4 News Anchor Cabot Rea returning as master of ceremonies, as well as iHeart Media, and Clear Channel Outdoor. Join us September 18th at 7:30 PM at Hollywood Casino Columbus. Reserve your golden ticket today, www.cancersupportohio.org.

Franklin County Commissioners Promote Programs through Grounds for Hope™ Coffee

For one week in June, Franklin County employees and anyone who used the 16th floor cafeteria at the Franklin County Courthouse got to sample Grounds for Hope™ organic coffee, a cause marketing product that benefits Cancer Support Community Central Ohio (CSC) sold exclusively at Giant Eagle and roasted by Crimson Cup Coffee & Tea. This week-long promotion was just

one aspect of a larger awareness campaign meant to introduce Franklin County employees to Cancer Support Community's valuable programs available to them, their families, and all people whose lives are affected by cancer. CSC volunteers and staff members were on-hand throughout the week to answer questions, disseminate materials and educational materials,

and promote CSC's no-cost programs. An estimated 5,000 people received CSC information. A sincere thank you to the Franklin County Commissioners, their staff and AVI for spearheading this effort.



THE MIND BODY CONNECTION CONT.

Therapeutic Drumming

Used around the world, therapeutic drumming has been said to accelerate healing, boost the immune system, release emotional stress and trauma, while reducing fatigue, hypertension, anxiety, chronic pain and even migraines. The Alcohol, Drug and Mental Health (ADAMH) Board of Franklin County knows that creative arts, including music, play an important role in the healing process. Therapeutic drumming empowers anyone to use music to unlock the expressive and positive direction within each of us.

The Central Ohio Symphony performed a unique piece called Reconnecting in March 2015. "Reconnecting is a programmatic composition that tells the story of participants in a unique rehabilitation program for juvenile and adult offenders with mental illness or substance abuse issues and their progression through the court program: Initial Offense, Rehabilitation Phases, Graduation, And The Future."

There are mental health benefits of the Reconnecting composition that can be helpful to those with cancer. Although the story is a bit different the journey is similar - cancer offends the body, there is a treatment phase, a graduation from treatment and then decisions about how to live in the future.

We invite patients, survivors, loved ones and caregivers to experience "Reconnecting" September 29th at 6:30 pm hosted at The Basement Doctor 7369 E. Livingston Ave. Reynoldsburg, Ohio 43068, an introduction to therapeutic drumming, made possible by a grant from the ADAMH Board of Franklin County, in conjunction with the Central Ohio Symphony. "Reconnecting" will provide emotional and social support to patients and family members through musical expression.

"Therapeutic drumming promotes personal discovery that becomes the building blocks for creating a balanced and healthy life and a positive frame of mind," explains Warren Hyer, Symphony Executive Director, who along with musician Caitie Thompson will lead the group. "Reconnecting" aims to empower patients, survivors and family members with an outlet to experience many elements of wellness through a program outside of traditional medical treatment.

No experience is needed. You will be drumming expertly in minutes! Class is limited to 20 participants, call 614-884-4673 to RSVP now!

- See more at: <http://www.cancersupportcommunity.org/MainMenu/About-Cancer/Emotional-Wellbeing/Mind-Body.html#sthash.2MNkFrll.dpuf>

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

UNDERSTANDING YOGA MUDRAS

Yoga is not limited to specific movements or poses called asanas. The practices of yoga also include breathwork, meditation, chanting and mudras.

Mudras are hand gestures that can support health and healing. Mudras direct awareness and energy to different areas of the body and they can help restore balance on the emotional, mental and spiritual levels.

How can a simple gesture made with one's hands possibly create a specific energetic shift? The human hand and fingers are full of nerve endings. All of these sensory and motor nerve endings in the fingers are connected to the brain;

and the brain communicates with the entire body/self.

Yoga therapy training introduced 108 different mudras. There are mudras that quickly soothe an anxious mind; others that gently ease back pain or arthritic joints; some that improve digestive or immune function. It is truly amazing how effective yoga mudras can be.

We invite you to experience the powerful benefits of yoga mudras. Join us the second Tuesday of the month from 7-8pm.

Julie Kusiak is an Integrative Yoga Therapist. She facilitates the Yoga Mudra and Yoga Nidra classes; and the Mindfulness Meditation practice group. See the calendar for upcoming dates.

NUTRITION & COOKING



Cancer-Smart Cooking at Cancer Support Community

Join us at the **GIANT EAGLE** Community Kitchen

- 3rd Thursdays, 6pm
- September 17th: Harvest Time: Tastes of the Bounty
- October 15th: Apples Galore: Discover tasty ways to add this superfood to your meal plan and receive some of our best apple recipes.
- Save your seat for this fun and interactive class with Chef Bryan Loveless.
- 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.
- Join experts Chef Bryan Loveless and Giant Eagle Market District Dietician
- September 24th: The Truth Behind Super Foods: Integrate super foods into your everyday eating plan. Delicious and healthy recipes.
- October 22nd: Fall Harvest Power Foods (apples, pears, Brussels sprouts, and squash)— Learn about fall produce to really know how to make the most of the autumn crop and fantastic eating.



Cooking for Wellness on Daytime Columbus

- 4th Wednesdays, 12:30pm, NBC4
- September 23rd: Super Foods, Find out more on super breakfast choices and health benefits.
- October 21st: Power Foods, Brussel sprouts and more. Discover tasty ways to add these to your meal plan and why we are sweet-on sweet potatoes.
- Tune to Daytime Columbus with Robyn Haines. Learn nutritional benefits, cooking tips, recipes 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.

CANCER SUPPORT COMMUNITY CELEBRATES SURVIVOR'S DAY



COMMUNITY KITCHEN

Cancer Support Community Central Ohio is proud to announce that its demonstration kitchen at 1200 Old Henderson Road will now be named "The Giant Eagle Community Kitchen." The naming rights partnership expands an already successful partnership between the two organizations.

"The Cancer Support Community is an organization that's commitment to those affected by the illness is inspiring," said Brian Ferrier, VP Operations at Giant Eagle. "We are pleased to be able to partner with the Cancer Support Community and make the investment to help improve the quality of life of people living with cancer."

Giant Eagle supermarkets have proudly served customers for more than 80 years with a commitment to customer convenience, service and value. They are a recognized leader in giving back to the community and believe that the best community outreach combines financial gifts with human interaction and ongoing support.

The naming of the Giant Eagle Community Kitchen represents a momentous new chapter in Cancer Support Community's history by uniting two of the region's most recognized organizations in a mutually-beneficial partnership. All cooking classes at the newly named facility and Giant Eagle Market District Kingsdale feature a class topic that includes a demonstration, taste testing and a discussion of the recipe's nutritional content. Interactive and fun, these classes cover how to purchase, prepare and serve each dish. Everyone receives a hard copy of the topical recipes that taste delicious and are easy and convenient to prepare.



CAREGIVER SCREENING COMING TO CANCER SUPPORT COMMUNITY

Help us Care for Caregivers!

WHAT: We have been selected to participate in a nationwide Cancer Support Community research study to develop CancerSupportSource for Caregivers (CSS for Caregivers). CSS for Caregivers is a survey designed to identify concerns among caregivers and how they would like to receive assistance.

We are inviting those who are currently providing care to someone with cancer to help us test CSS for Caregivers. By participating you will complete CSS for Caregivers and other surveys designed to identify social and emotional concerns and distress. By comparing CSS for Caregivers to these other surveys we will learn about how well the survey can identify concerns.

WHY: Caregiving can be demanding and it is important that we find the best ways to support caregivers for their own well-being and for those receiving care. Our goal with CSS for Caregivers is to help caregivers identify concerns and connect them to the support they desire.

WHEN: We will be offering the survey from Aug. 17th through Oct. 10th. This study is online and you can complete it in the comfort of your own home. However, if you are unable to take the survey online, you can complete a paper and pencil version. It should take about 45 minutes to complete this study.

HOW: If you would like to participate, please call 614-884-HOPE (4673) and speak with Angie Santangelo or Jennifer Westgerdes. You will then receive an email with a unique username and password and instructions on how to access the survey. Your participation is strictly voluntary and responses will be kept confidential.

WELCOME JEN!

Cancer Support Community is pleased to introduce Jennifer Westgerdes MSW, LSW to our team. Jen is our new Program and Outreach Coordinator and will be working full time as part of our program



team. Jennifer is a Masters level social worker she has been in the field for 3 years and has an extensive history of volunteer work. Prior to becoming a social worker Jen

worked in the hospitality management industry. We are very excited to welcome Jen to our staff and our community.

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Gynecological Cancer	1 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Breast Cancer Networking Group	2 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now What?	3 10:30AM Qigong 12PM Frankly Speaking About Cancer - Coping with the Cost of Care Part 1	4 12PM Laughter Therapy 1PM Tai Chi Basic	5 8:30AM Walk with a Doc  9:30AM Adult Yoga
7 OFFICES CLOSED 	8 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Mindfulness Meditation 7PM Yoga Mudra	9 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Write to Heal: Journaling Workshop	10 10:30AM Qigong 12PM The Journey  Prostate Cancer	11 Check out our AMGEN Cancer Education and Resource Library   1PM Tai Chi Basic	12 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:30AM Fun Family Fitness 1PM Yoga Nidra
14 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate	15 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Multiple Myeloma	16 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now What?	17 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer Smart Cooking 	18 1PM Tai Chi Basic 7:30PM Night of Chocolate 	19 8:30AM Walk with a Doc  9:30AM Adult Yoga 1PM Open Studio
21 11AM Adult Yoga 6PM Tai Chi Basic	22 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Renal Cancer Networking Group	23  12:30PM Daytime Columbus NBC4 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register	24 10:30AM Qigong 12PM The Four Agreements-Book Discussion 6PM Cooking for Wellness @ G.E. Market District 	25 1PM Tai Chi Basic  Thyroid Cancer	26 8:30AM Walk with a Doc  9:30AM Adult Yoga
28 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate	29 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Therapeutic Drumming 	30 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register	 Ovarian Cancer		 Leukemia Lymphoma

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

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BUY YOURS AT OPLATES.COM		1 10:30AM Qigong	2 12PM Laughter Therapy 1PM Tai Chi Basic	3 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:30AM Yoga Nidra
	5 11AM Adult Yoga 6PM Tai Chi Basic	6 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Breast Cancer Networking Group	7 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now what?	8 10:30AM Qigong 12PM The Journey	9 Check out our AMGEN Cancer Education and Resource Library  1PM Tai Chi Basic
12 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate COLUMBUS DAY	13 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Mindfulness Meditation 7PM Yoga Mudra	14 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Write to Heal: Journaling Workshop	15 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer Smart Cooking 	16 1PM Tai Chi Basic  Liver Cancer	17 8:30AM Walk with a Doc  9:30AM Adult Yoga
19 11AM Adult Yoga 6PM Tai Chi Basic	20 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6:30PM Multiple Myeloma	21 12PM Pumpkin Party 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register 6:30PM Cancer! Now what?	22 10:30AM Qigong 12PM The Four Agreements-Book Discussion 6PM Cooking for Wellness @ G.E. Market District 	23 1PM Tai Chi Basic	24 8:30AM Walk with a Doc  9:30AM Adult Yoga 1PM Open Studio
26 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate	27 10AM Mindfulness Meditation 12PM Welcome to Wellness! Call to register 12PM Wellness Workout 6PM Renal Cancer Networking Group	28  12:30PM Daytime Columbus NBC4 4PM Adult Yoga 5:30PM Welcome to Wellness! Call to register	29 10:30AM Qigong 12PM Frankly Speaking About Cancer - Coping with the Cost of Care Part 2	30 1PM Tai Chi Basic  Breast Cancer	31 8:30AM Walk with a Doc  9:30AM Adult Yoga

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.

Sept. 2nd and 16th, Oct. 7th and 21st

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.

Sept. 1st and Oct. 6th

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.

Sept. 15th and Oct. 20th

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.

Sept. 22nd and Oct. 27th

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.

September 19th and October 24th

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 month at 6:30*
- 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!

FRANKLY SPEAKING ABOUT CANCER

Coping with the Cost of Care Series
Cancer Support Community presents Coping with the Cost of Care, a practical guide to navigating the complex challenges of managing the expenses associated with the cost of cancer care. These sessions will be provided by Medicare expert Debbie Ayers and have special emphasis on guiding those with Medicare through upcoming annual open enrollment period. Lunch will be provided by Home Care Concierge.

September 3rd at Noon CANCER & MEDICARE: A LOOK AT COVERAGE & COST

Review of Medicare Basics with emphasis on coverage and cost of various types of cancer screenings, treatments, and services.

October 29th at Noon IT'S TIME FOR MEDICARE'S ANNUAL OPEN ENROLLMENT! WHAT'S NEW FOR 2016?

Announcement of new premiums and deductibles. Discussion of how to make an informed decision for both your health plan and your Part D drug plan for 2016.



DERRIE`RE DASH PRESENTED BY RACE FOR HOPE

5K Run/Walk and 1 Mile Family Fun Walk

Sunday Sept. 27th at 11:00 am - Upper Arlington High School

Funds raised benefit local colorectal cancer organizations, including Cancer Support Community Central Ohio. Register at www.raceforhope.com or www.premierraces.com

INDIVIDUALIZED DISTRESS SCREENING

When cancer strikes, everyone has their own unique needs. Our tool CancerSupportSourceSM 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.

CANCER SUPPORT COMMUNITY WELCOMES BACK DIAMOND HILL AS RETURNING TITLE SPONSOR OF NIGHT OF CHOCOLATE

*Event set for September 18th
at Hollywood Casino Columbus*

Cancer Support Community would like to thank Diamond Hill for their continuing commitment to our organization. Their support comes on the heels of Diamond Hill being named a 2015 Top Workplace by Columbus CEO Magazine and WBNS 10TV.

"As a company, we believe it's important to give back to the community where we and many of our clients live and work," says Ric Dillon, Diamond Hill's CEO. "Our company and its associates give generously in time and money to several Central Ohio causes."

Because cancer has impacted many Diamond Hill associates and clients, working with Cancer Support Community stood out as a great opportunity for the locally-based investment company.

"We believe that the programs provided by Cancer Support Community Central Ohio are absolutely vital to people who are in the midst of an often difficult cancer



journey," says Dillon. "If our sponsorship of Night of Chocolate can help sustain those programs, then we are honored to return as this year's title sponsor."

Night of Chocolate 2015 will feature a Willy Wonka-inspired theme and promises to introduce guests to "a world of pure imagination." Diamond Hill invites you to experience this one-of-a-kind event where you'll be transported into Wonka's infamous chocolate factory. For tickets, visit www.cancersupportohio.org or call 614-884-4673.



**DIAMOND
HILL** | CAPITAL
MANAGEMENT

ANTHEM FOUNDATION PROVIDES GRANT FOR DISTRESS SCREENING PROGRAM

Anthem.
Foundation

The Anthem Blue Cross and Blue Shield Foundation, LLC recently awarded Cancer Support Community (CSC) a grant to provide screening and support for cancer survivors who are at a high risk for serious psychological distress. This grant-funded project will focus efforts on reaching cancer survivors who are beyond treatment and being treated outside accredited facilities in Franklin County. Almost 6% of long-term cancer survivors are likely to be experiencing serious psychological distress, which means there are an estimated 2,500 survivors in Franklin County who could benefit from our no cost programs. The goal is to screen a percentage of these individuals for distress, provide them with a personalized support care plan, and have them participate in our evidence-based programs, as warranted by their individual screening results. If you or someone you know could benefit from our distress screening program, contact asantangelo@cancersupportohio.org.

CRAWL FOR CANCER AWARDS \$5,000 TO CANCER SUPPORT COMMUNITY

For the fourth year in a row, Cancer Support Community was awarded a \$5,000 grant by Crawl for Cancer, an organization driven to plan and host fundraising events that support lifesaving research and those affected by cancer. The Columbus Crawl is one of the largest of over twenty Crawls across the nation that help raise money for national and local philanthropies dedicated to fighting cancer. Cancer Support Community Central Ohio was selected as one of seven local cancer organizations to receive an award from this one-day event that raises \$80,000 for charity.

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CANCER SUPPORT COMMUNITY.

CENTRAL OHIO

Providing Rays of Hope for all people affected by cancer
www.cancersupportohio.org

1200 Old Henderson Road
Columbus, OH 43220
www.cancersupportohio.org
614.884.HOPE (4673)

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

COMMUNITY SPONSORS



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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.

Organic Coffee

GROUND'S FOR HOPE

THE PERFECT BREW:
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Grounds for Hope
Coffee

NBC 4

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