

Summer 2022

JULY • AUGUST • SEPTEMBER

FREE CANCER SUPPORT FOR THE ENTIRE FAMILY
Now online and in-person



WELCOME!

New to The Gathering Place? Start here!
Meet with a staff member to explore our
FREE programs and services. Visit
touchedbycancer.org/welcome to begin.

Welcoming Orientation is every:

MONDAY AT 6:30PM
FRIDAY AT 10:30AM

WHAT'S INSIDE:

- Cleveland Dance Project pg 4
- Family Pizza Night pg 6
- KidShop/TeenShop pg 6
- Prostate Cancer Care
for Gay Men pg 4
- Young Adult Summer
Garden Party pg 7

The Gathering Place's mission is to provide a caring community
that supports, educates and empowers individuals and families currently
coping with the impact of cancer through programs and services
provided free of charge.



In our TGP world, Race for the Place officially kicks off summer. We are so grateful for the generous support of our event sponsors and every person who participated or donated to our largest fundraiser of the year. Between achieving our goal and finally being able to gather in person, we consider this event an amazing success – and that is thanks to you.

We are also excited to welcome new staff members to our team. Brittani Davis, MA, LPCC, LICDC, has joined us as a Licensed Professional Counselor who will provide programming and support to our adult participants. She will help to support positive change and healing for our participants at our Beachwood and Westlake location, and in the community. Sandy Conochan, PTA, ATC an athletic trainer, and physical therapy assistant will help develop and expand our exercise programming onsite and in the community. She will work with our participants to create personalized plans to improve overall health.

We're looking forward to seeing more of you in the sunny days ahead (virtual options are still offered for many programs) and remain honored to be a part of your journey. Please stop by to say hello.



with gratitude,
MICHELE SEYRANIAN
CEO

TOGETHER AGAIN

As we return to in-person programs, please refer to the icons in this key throughout the Program Guide.



VIRTUAL



WELLNESS CENTER



BEACHWOOD



OFF SITE



WESTLAKE



FAMILIES WELCOME

If you see more than one icon grouped together, it means the program is in person at one of our locations, and is also offered virtually. Note all programs are EDT time. If you have additional questions, please contact Beth Bennett, Chief Program Officer, at 216-455-1517.

OUR OFFICES

We are available by phone at 216-595-9546, Monday through Friday from 9:00am-5:00pm.

For a complete list of programs and to register, visit touchedbycancer.org/calendar.

THE GATHERING PLACE EAST

The Arnold & Sydell Miller Family Campus
23300 Commerce Park, Beachwood, OH 44122

THE GATHERING PLACE WEST

The Sandy Borrelli Center
25425 Center Ridge Road, Westlake, OH 44145

WELLNESS CENTER

Richman Family Wellness Center
23295 Commerce Park, Beachwood, OH 44122

MEET THE CLINICAL TEAM



BETH BENNETT

PT, RDN, LD, MS, MA
Chief Program Officer
bennett@touchedbycancer.org
216-455-1517



SANDY CONOCHAN

ATC, PTA
conochan@touchedbycancer.org
216-455-1529



STEPHANIE HOPKINS

MS, RDN, LD
hopkins@touchedbycancer.org
216-455-1525



SYDNEY BEEMAN

MA, LPC
beeman@touchedbycancer.org
216-455-1520



BRITTANI DAVIS

MA, LPCC, LICDC
davis@touchedbycancer.org
216-455-1528



SUSAN MARINAC

MSSA, LISW-S, MT-BC
Program Director
marinac@touchedbycancer.org
216-455-1512



STEPHEN CERNE

NSCA-CPT, ACSM/ACS-CET
cerne@touchedbycancer.org
216-455-1503



MARY FISHER-BORNSTEIN

LISW-S
bornstein@touchedbycancer.org
216-455-1506



ERIN RAFTER

PHD, CCLS
Family & Children Program Director
rafter@touchedbycancer.org
216-455-1516



EILEEN COAN

MA, MLS
coan@touchedbycancer.org
216-455-1504



ADELLE GATES

MA, CCLS
gates@touchedbycancer.org
216-455-1523



ANDREA SONNIE

LISW-S, OSW-C
sonnie@touchedbycancer.org
216-455-1521

ONGOING PROGRAMS

All exercise programs are virtual, unless otherwise noted. Health and fitness screening required before attending any movement class.

BALANCE FOR IMPROVED FUNCTION

Exercise class that builds on balance, stability and body awareness.

WEDNESDAYS: 12:30-1:00PM
 Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

EXERCISE CLASSES (FOR THOSE DIAGNOSED WITH CANCER)

Comprehensive strength, endurance, balance, and flexibility routine for those in cancer treatment or dealing with side effects from treatment.

- MONDAYS: 7:00-8:00PM***
- TUESDAYS 12:00-12:45PM**
- TUESDAYS 12:00-12:45PM**
- THURSDAYS: 12:00-12:45PM**
- THURSDAYS: 12:00-12:45PM**
- THURSDAYS: 6:30-7:30PM***

* Beginning in September, Mon/Thurs evening classes change to Tues/Thurs, 6:00-7:00pm

OPEN GYM

Attend an orientation and work out on your own.

THURSDAYS: 9:00-11:00AM

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

FRIDAYS: 12:30-1:00PM
 Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

QIGONG-TAI CHI WITH JEANNIE KORAN

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM

YOGA WITH LISA THIEL

A gentle flow class appropriate for all levels.

TUESDAYS: 10:00-11:00AM
SATURDAYS: 9:00-10:00AM
 * For Yoga in Westlake see page 5

ZUMBA WITH ANITA BARTEL

Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.

MONDAYS: 11:00-11:45AM

INDIVIDUAL SERVICES

Medical research, resources, legal consultations, medical bill questions and transportation:

EILEEN COAN, MA, MLS
216-455-1504

Individual Short-Term Cancer Focused Emotional Support

SUSAN MARINAC, MSSA, LISW-S, MT-BC
216-455-1512

Children and Family/Parent Consultations

ERIN RAFTER, PHD, CCLS
216-455-1516

Nutrition and Exercise Consultations

STEPHANIE HOPKINS, MS, RDN, LD
216-455-1525

Wig Salon

DIANE WEINER, CVA
216-455-1508

SUPPORT GROUPS

VIRTUAL
 BEACHWOOD
 WESTLAKE

TGP offers virtual and in-person support groups. Below shows our support groups for adults - Children and Family support groups are featured on page 6. Please contact the group facilitator to register and for more information.

ALL CANCERS

GROUP FOR ADULTS WITH CANCER
 Mondays: 6:30-8:00pm
 Brittani Davis, MA, LPCC, LICDC
 216-455-1528

GROUP FOR ADULTS WITH CANCER
 Tuesdays: 6:30-8:00pm
 Andrea Sonnie, LISW-S, OSW-C
 216-455-1521

GROUP FOR CAREGIVERS
 Mondays: 6:30-8:00pm
 Susan Marinac, MSSA, LISW-S, MT-BC
 216-455-1512

GROUP FOR CAREGIVERS
 Tuesdays: 6:30-8:00pm
 Sydney Beeman, MA, NCC, LPC
 216-455-1520

GROUP FOR OLDER ADULTS WITH CANCER
 3rd Fridays: 11:00am-12:30pm
 Brittani Davis, MA, LPCC, LICDC
 216-455-1528

GROUP FOR YOUNG ADULTS WITH CANCER
 4th Thursdays: 6:30-8:00pm
 Sydney Beeman, MA, NCC, LPC
 216-455-1520

LIFE AFTER CANCER TREATMENT GROUP
 2nd Thursdays: 6:30-8:00pm
 Sydney Beeman, MA, NCC, LPC
 216-455-1520

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER
 1st Thursdays: 6:30-8:00pm
 Sydney Beeman, MA, NCC, LPC
 216-455-1520

CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP - DAY
 3rd Mondays: 2:00-3:30pm
 Andrea Sonnie, LISW-S, OSW-C
 216-455-1521

BREAST CANCER SUPPORT GROUP - EVENING
 4th Thursdays: 6:30-8:00pm
 Andrea Sonnie, LISW-S, OSW-C
 216-455-1521

GROUP FOR WOMEN WITH GYNECOLOGIC CANCERS (NON-OVARIAN)
 4th Wednesdays: 3:30-5:00pm
 Andrea Sonnie, LISW-S, OSW-C
 216-455-1521

METASTATIC BREAST CANCER GROUP
 3rd Tuesdays: 6:30-8:00pm
 Mary Fisher-Bornstein, LISW-S
 216-455-1506

MYELOMA GROUP
 1st Mondays (every other month): 5:30-7:00pm
 Mary Fisher-Bornstein, LISW-S
 216-455-1506

ORAL, HEAD AND NECK CANCER GROUP
 2nd Mondays: 3:30-4:30pm
 Brittani Davis, MA, LPCC, LICDC
 216-455-1528

OVARIAN CANCER SUPPORT GROUP
 3rd Wednesdays: 2:00-3:30pm
 Susan Marinac, MSSA, LISW-S, MT-BC
 216-455-1512

PANCREATIC CANCER GROUP
 4th Mondays: 3:30-4:30pm
 Sydney Beeman, MA, NCC, LPC
 216-455-1520

PROSTATE PARTNERS GROUP

2nd Thursdays: 6:30-8:00pm
 Mary Fisher-Bornstein, LISW-S
 216-455-1506

3rd Tuesdays: 6:30-8:00pm
 Brittani Davis, MA, LPCC, LICDC
 216-455-1528

YOUNG WOMEN WITH BREAST CANCER GROUP
 1st Tuesdays: 6:30-8:00pm
 Susan Marinac, MSSA, LISW-S, MT-BC
 216-455-1512

GRIEF & LOSS

GRIEF GROUP
 2nd Tuesdays: 2:00-3:30pm
 Erin Rafter, PHD, CCLS
 216-455-1516

GRIEF GROUP
 4th Tuesdays: 6:30-8:00pm
 Brittani Davis, MA, LPCC, LICDC
 216-455-1528

GRIEF GROUP
 2nd & 4th Tuesdays: 6:30-8:00pm
 Mary Fisher-Bornstein, LISW-S
 216-455-1506

GRIEF: WHEN, WILL IT END?
 3rd Wednesdays: 11:00am-12:00pm
 Mary Fisher-Bornstein, LISW-S
 216-455-1506

INFORMATION & EDUCATION

PROGRAM LOCATION KEY:



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE



FAMILIES WELCOME

ALL PROGRAMS ARE EDT TIME



WHEN SOMEONE YOU LOVE HAS CANCER

For families, friends and other support people for those with cancer. Learn the right things to say and avoid awkward conversations. Learn what is helpful and what is not helpful. Learn how to be of the greatest help emotionally.

EILEEN COAN, MA, MLS

WEDNESDAY, JULY 6, 6:30-8:00PM

WEDNESDAY, JULY 20, 6:30-8:00PM

SELF-CARE FOR THE CAREGIVER

Gain tips on how to care for you while caring for your loved one.

SYDNEY BEEMAN, MA, NCC, LPC

WEDNESDAY, JULY 13, 6:30-8:00PM

MANAGING LYMPHEDEMA IN YOUR LEGS

Lymphedema does not just impact individuals treated for breast cancer. This session will focus on the common cancers that may cause lymphedema in the lower body. Diagnosis, treatment, and management of lymphedema will be discussed, and resources will be provided.

ROBERT HUNDT OTR/L, CHT, CLT, COMT-UE

WEDNESDAY, JULY 20, 6:30-7:30PM

LUNG CANCER REHABILITATION

After treatment for lung cancer, you may experience shortness of breath and have less endurance. This session will focus on the importance of a multi-disciplinary rehab approach for lung cancer survivors to increase quality of life.

MARY VARGO, MD

THURSDAY, JULY 21, 6:30-7:30PM

FORGIVENESS CAN SET YOU FREE

During this three-part series you will learn about the effect that forgiveness has on your life. This program will help you move through the steps of forgiveness toward better mental, physical and spiritual health.

MARY FISHER BORNSTEIN, LISW-S

THURSDAYS: 6:30-8:00PM

JULY 21, AUGUST 18, SEPTEMBER 15

COVER YOUR ASSETS: FINANCIAL PLANNING

Learn how to protect your assets and savings when dealing with a cancer diagnosis.

SARAH PARRAN, LISW-S

KATHY JOSEPH, ESQ.

WEDNESDAY, JULY 27, 6:30-8:00PM

ROOTS AND BRANCHES: HOW CANCER TRANSFORMS OUR LIVES

During this program we will explore via writing exercises and discussion how you have changed and what new growth has taken place in your life since your cancer diagnosis.

ANDREA SONNIE, LISW-S, OSW-C

THURSDAY, AUGUST 4, 6:00-7:30PM

ROUNDTABLE DISCUSSION FOR THOSE NEWLY DIAGNOSED WITH CANCER

Feeling overwhelmed with your new cancer diagnosis? You are not alone. Share with others and learn how to navigate the challenges. Includes information on important questions to ask your physician.

SUSAN MARINAC, LISW-S, MT-BC

FRIDAY, AUGUST 5, 12:00-1:00PM

GENETICS AND CANCER

Some kinds of cancer run in families. If you've had cancer at a young age, had two or more separate cancers, or have several close family members who have had cancer, you may have questions for a genetic counselor. Resources provided.

CAMERON FRIEDMAN, MS, LGC,

LICENSED, CERTIFIED GENETIC COUNSELOR

THURSDAY, AUGUST 18, 6:00-7:00PM

CLEVELAND DANCE PROJECT: MINDFULNESS & MOVEMENT

Dancing and journaling have been shown to improve both our physical and mental health. This class, created by their company's physical therapist, helps participants explore movement to find a release for emotions, and an escape from the daily stressors and anxieties of life. No experience necessary, adaptations to movement will be available for those who are more comfortable seated.

ANNA CERVENY, DPT, DIRECTOR,

CLEVELAND DANCE PROJECT

SATURDAY, AUGUST 27, 12:00-2:00PM

CALMING WATERS: LEARN TO COPE WITH BIG EMOTIONS

Learn to move from tidal waves to lapping shores. Big emotions are part of the cancer experience. Learn about dysregulated emotions and how to calm the waves using DBT (Dialectical Behavior Therapy) skills.

ANDREA SONNIE, LISW-S, OSW-C

WEDNESDAY, AUGUST 31, 6:30-7:30PM

MOVING FORWARD THOUGH CANCER

A 6-week program for individuals currently in treatment or who have finished treatment in the last year. It involves a weekly support group, twice-weekly fitness training and 4 healthy interactive cooking classes.

MARY FISHER-BORNSTEIN, LISW-S,
STEPHANIE HOPKINS, MS, RDN, LD
CARL HARMON, NSCA-CPT

ORIENTATION: MONDAY, AUGUST 29, 6:00-7:30PM

MONDAYS & WEDNESDAYS: 6:00-8:15PM

SEPTEMBER 12 – OCTOBER 19

UPDATES ON MEDICAL CANNABIS AND CANCER

Medical cannabis use is increasing among cancer patients, yet barriers to access and lack of understanding by health care professionals are still quite common. This program will provide updates on medical cannabis and its role in symptom management during cancer treatment.

KATY PACK, PHARM.D

KALI SZENTE, RISE CLEVELAND

WEDNESDAY, SEPTEMBER 7, 6:30-7:30PM

HIGH RISK BREAST HEALTH

Join our quarterly meeting with experts in high-risk breast health as they discuss the Oncology Clinical Practice Guidelines from the National Comprehensive Cancer Network on breast cancer detection, prevention, and risk reduction. Resources provided.

HEIDI GOODWIN, APRN, MSN, CNP, CNM,
CBCN & JOY KNIGHT, MS

THURSDAY, SEPTEMBER 8, 6:30-7:30PM

CANCER RELATED FATIGUE AND ENERGY CONSERVATION

Cancer-related fatigue is frequently experienced by patients during and after therapy. This session will explore simple ways to reduce cancer related fatigue. Resources provided.

CLARE OGONEK, OTR/L

WEDNESDAY, SEPTEMBER 14, 6:30-7:30PM

THURSDAY, SEPTEMBER 15, 6:30-7:30PM

PROSTATE CANCER CARE FOR GAY MEN

Prostate cancer is the most prevalent invasive cancer among men, affecting nearly one in eight at some point in their lives, according to the Centers for Disease Control. But the unique challenges facing gay and bisexual men with prostate cancer have largely gone unaddressed. This program will explore the unique challenges for this population. Co-sponsored by the LGBT Center of Greater Cleveland.

LOUIS NOVAK, MD

THURSDAY, SEPTEMBER 15, 6:30-7:30PM



STEPPING STONES: FINDING NEW PURPOSE WITH CANCER

Change your perspective around what your cancer journey may mean to you.

SYDNEY BEEMAN, MA, NCC, LPC

THURSDAY, AUGUST 25, 6:30-8:00PM

NUTRITION & EXERCISE

For more exercise classes see Ongoing Exercise Programs on page 3.

PROGRAM LOCATION KEY:



ALL PROGRAMS ARE EDT TIME



WHOLE FOOD LIFESTYLE CHECK-IN

Join this monthly discussion on what a healthy lifestyle means for cancer survivors. We will share recipes and resources as we review the latest research around cancer and nutrition.

STEPHANIE HOPKINS, MS, RDN, LD

FRIDAY, JULY 1, 11:00AM-12:00PM



FRIDAY, AUGUST 5, 11:00AM-12:00PM



FRIDAY, SEPTEMBER 2, 11:00AM-12:00PM



NUTRITION IN CANCER SURVIVORSHIP

What you eat before, during, and after cancer treatment can vary greatly based on your nutritional needs to fuel your body. Learn how nutrition goals can shift from active treatment to beyond treatment.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, JULY 6, 6:00-7:30PM



WEDNESDAY JULY 13, 3:00-4:00PM



SATURDAY, JULY 16, 10:30AM-12:00PM



Location: The Village Project,
27378 W. Oviatt Rd., Bay Village

PHYSICAL THERAPY SCREENING

Sign up to meet one-to-one for a 30-minute screening to assess your physical function, fall risk, and address any other individual questions or concerns related to physical health during and after cancer treatment. Recommendations and resources provided.

MICHAEL GROESCH, PT, DPT

Board-Certified Clinical Specialist in
Orthopedic Physical Therapy

MONDAYS: 1:00-5:00PM



JULY 11, AUGUST 8, SEPTEMBER 12

SHELLEY ALBERT, PT, DPT

Board Certified Clinical Specialist in Orthopedic
Physical Therapy and Certified in REVITAL
Oncology Rehabilitation

SATURDAYS: 12:00-2:00PM



AUGUST 27, SEPTEMBER 24

INTRODUCTION TO DRAGON BOATING

Join the fun and learn the basics of dragon boating, a fun team sport for anyone in cancer treatment, finished with treatment, caregivers, or those who have lost a loved one to cancer. No experience required. The 12th Annual Cleveland Dragon Boat Association Festival will be on Sunday, September 18, 2022

QUESTIONS TO BETH BENNETT, 216-455-1517

WEDNESDAYS: 6:30-8:00PM



JULY 13 THROUGH SEPTEMBER 14

Location: Merwin's Wharf,
1785 Merwin Ave. Cleveland, OH 44113

YOGA4CANCER

This six-part series addresses the specific needs of individuals diagnosed with cancer as they build strength and flexibility, reduce cancer related fatigue, increase bone density, and reduce the effects of neuropathy and lymphedema. The yoga4cancer program was developed by Tari Prinster and is based upon yoga for cancer research.

ANGIE GIALLOURAKIS, PHD, MED, Certified

Yoga4Cancer Teacher, Co-Founder

STEVEN G. Cancer Foundation & Elephants and Tea

TUESDAYS: 6:00-7:00PM



JULY 26, AUGUST 2, 9, 16, 23 & 30

FOUNDATIONS OF AQUATIC EXERCISE

Participants will explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance after cancer treatment. Each class will focus on a different topic related to aquatic exercise. Participants are encouraged but not required to complete all classes in the series.

JOY NOWELS, EXERCISE SPECIALIST, ACSM

Certified, Ai Chi Certified, Arthritis Foundation
Certified Aquatic Program Leader

Location: Peter B. Lewis Aquatic &
Therapy Center, 27300 Cedar Rd,
Cleveland, OH 44122

AQUATIC PRINCIPLES

FRIDAY, JULY 29, 2:00-3:00PM



ENDURANCE TRAINING

FRIDAY, AUGUST 5, 2:00-3:00PM



STRENGTH TRAINING

FRIDAY, AUGUST 12, 2:00-3:00PM



BALANCE TRAINING

FRIDAY, AUGUST 19, 2:00-3:00PM



DEEP WATER TRAINING

FRIDAY, AUGUST 26, 2:00-3:00PM



SHELLEY ALBERT, PT, DPT

Board Certified Clinical Specialist in Orthopedic
Physical Therapy and Certified in REVITAL
Oncology Rehabilitation

Location: Rocky River Civic Center
21016 Hilliard Blvd., Rocky River,
OH 44116

AQUATIC PRINCIPLES

FRIDAY, AUGUST 12, 2:00-3:00PM



ENDURANCE TRAINING

FRIDAY, AUGUST 19, 2:00-3:00PM



STRENGTH TRAINING

FRIDAY, AUGUST 26, 2:00-3:00PM



BALANCE TRAINING

FRIDAY, SEPTEMBER 9, 2:00-3:00PM



DEEP WATER TRAINING

FRIDAY, SEPTEMBER 16, 2:00-3:00PM



NUTRITION & SIDE EFFECTS FROM TREATMENT

You may face eating issues during or after cancer treatment which can make maintaining a good nutrition status challenging. This discussion will help guide you through tips and ideas on how to manage treatment side effects so that you can nourish your body properly.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, AUGUST 10, 6:00-7:00PM



SUMMERTIME REFRESHERS TO BEAT THE HEAT

Proper hydration is important year-round, but especially in the summer months as temperatures rise. Learn how to adequately hydrate your body through different beverage recipes.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, AUGUST 17 6:00-7:30PM



SATURDAY, AUGUST 20, 10:00-11:00AM



12:00-1:30PM



YOGA SERIES

A 4-week yoga series where all levels are welcome including beginners. This series is designed to reduce stress and increase flexibility.

CHRISTINA CARROLL, RYT 500

TUESDAYS: 6:00-7:00PM



SEPTEMBER 6, 13, 20 & 27

CANCER FIGHTING KITCHEN

Become connected to chef Rebecca Katz's online cooking course on nutrition and cancer.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, SEPTEMBER 7, 6:00-7:30PM



SATURDAY, SEPTEMBER 10, 10:00-11:00AM



12:00-1:30PM



PUTTING RESEARCH INTO ACTION: GUIDELINES FOR PHYSICAL ACTIVITY & NUTRITION

Earlier this year, the American Cancer Society released their guidelines for nutrition and physical activity in cancer survivors. This 2-part series provides information about the new guidelines and how to implement their recommendations into your daily lifestyle.

STEPHEN CERNE, BS, NSCA-CPT, ASCM-CET

STEPHANIE HOPKINS, MS, RDN, LD

PART 1: MONDAY, SEPTEMBER 12, 12:30-1:30PM



PART 2: MONDAY, SEPTEMBER 19, 12:30-1:30PM



CANCER SPECIFIC PROGRAMS

See Support Groups
on page 3 for more
cancer specific options

PROGRAM LOCATION KEY:

VIRTUAL BEACHWOOD WESTLAKE WELLNESS CENTER OFF SITE FAMILIES WELCOME

ALL PROGRAMS ARE EDT TIME



MYELOMA GROUP

TOPIC: NUTRITION TIPS FOR PEOPLE DIAGNOSED WITH MYELOMA

MARY FISHER-BORNSTEIN, LISW-S,
STEVIE GUTIN, RN
BECCA NOERNBERG, MS, RDN, LD
MONDAY, JULY 11, 5:30-7:00PM

TOPIC: UNDERSTANDING YOUR BLOOD COUNTS

MARY FISHER-BORNSTEIN, LISW-S,
STEVIE GUTIN, RN
MONDAY, SEPTEMBER 12, 5:30-7:00PM

LUNG CANCER REHABILITATION

After treatment for lung cancer, you may experience shortness of breath and have less endurance. This session will focus on the importance of a multi-disciplinary rehab approach for lung cancer survivors to increase quality of life.

MARY VARGO, MD

THURSDAY, JULY 21, 6:30-7:30 PM

UPDATES ON LYMPHOMA

Updates on the latest treatments for Lymphoma.

BRIAN HILL, MD, PHD

WEDNESDAY, AUGUST 10, 6:30-8:00PM

PROSTATE PARTNERS

TOPIC: GRILL AND CHILL: NETWORKING, GRILLING AND EATING

THURSDAY, JULY 14, 6:30-8:00PM

TUESDAY, JULY 19, 6:30-8:00PM

TOPIC: TREATING ERECTILE DYSFUNCTION & INCONTINENCE

THURSDAY, AUGUST 11, 6:30-8:00PM

TUESDAY AUGUST 16, 6:30-8:00PM

TOPIC: COMMUNITY OUTING

Social networking event in the community.

THURSDAY, SEPTEMBER 8, 6:30-8:00PM

Location: Great Lakes Brewing Co.

HIGH RISK BREAST HEALTH

Join our quarterly meeting with experts in high-risk breast health as they discuss the Oncology Clinical Practice Guidelines from the National Comprehensive Cancer Network on breast cancer detection, prevention, and risk reduction. Resources provided.

HEIDI GOODWIN, APRN, MSN, CNP, CNM, CBCN
JOY KNIGHT, MS

THURSDAY, SEPTEMBER 8, 6:30-7:30PM

PROSTATE CANCER INFO SESSION

For those who have been diagnosed with prostate cancer within the last six months. This program takes place before each monthly Prostate Partners group.

TUESDAYS: 5:15-6:15PM THURSDAYS: 5:15-6:15PM

PROSTATE CANCER CARE FOR GAY MEN

Prostate cancer is the most prevalent invasive cancer among men, affecting nearly one in eight at some point in their lives, according to the Centers for Disease Control. But the unique challenges facing gay and bisexual men with prostate cancer have largely gone unaddressed. This program will explore the unique challenges for this population. Co-sponsored by the LGBT Center of Greater Cleveland.

LOUIS NOVAK, MD

THURSDAY, SEPTEMBER 15, 6:30-7:30PM



UPDATES IN OVARIAN CANCER RESEARCH

Hear from a researcher studying ovarian tumor biology at the cellular level. Dr. DiFeo will provide an overview of research in this area and share specifics about her lab.

ANALISA DIFEIO, PH.D.

WEDNESDAY, SEPTEMBER 21, 6:30-7:30PM

CHILDREN, TEEN & FAMILY

Registration required for all children and family programs.
Please contact Erin Rafter at 216-455-1516.



CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

This interactive and creative group is designed to connect and support the entire family (caregivers, children, and siblings) in coping with the impact of cancer. Families can also connect with each other to know they are not alone in this experience.

ADELLE GATES, MA, CCLS

THEME: COOLING DOWN HOT EMOTIONS-WATER BALLOON FUN!

SATURDAY, JULY 9, 10:00-11:00AM

THEME: MINDFULNESS SCAVENGER HUNT

SATURDAY, AUGUST 13, 10:00-11:00AM

FAMILY PIZZA NIGHT

Come out and join us for a fun night of pizza making! All ingredients are provided for you and your family to customize your own stone fired pizza. Enjoy an evening while meeting other families, playing games, and crafts.

ERIN RAFTER, PHD, CCLS

MONDAY, AUGUST 15, 6:30-8:00PM

WEDNESDAY, AUGUST 17, 6:30-8:00PM

BRIDGES GRIEF GROUP FOR FAMILIES

Group for parents, children and teens who have experienced a death of an adult loved one from cancer. Includes expressive, age specific, group activities and a concurrent support group for parents.

MONDAYS: 6:30-7:30PM
JULY 18, SEPTEMBER 19

WEDNESDAYS: 6:30-7:30PM
JULY 20, SEPTEMBER 21

MONDAY: 6:30-7:30PM
AUGUST 1

FAMILY FUN FEST

Celebrating families facing childhood cancer is the focus of this festive event which will include games, food and fun. Families will receive t-shirts and goodie bags and enjoy meeting other families.

ADELLE GATES, MA, CCLS

SATURDAY, SEPTEMBER 10, 1:30-3:00PM

★ SPECIAL EVENT!

KIDSHOP/TEENSHOP

Workshop for children and teens who have an adult family member with cancer. Utilizing art, play and discussion, children, teens and their parents interact with families in similar situations.

THEME: COOLING DOWN HOT EMOTIONS

MONDAY, JULY 11, 6:30-7:30PM

MONDAY, JULY 25, 6:30-7:30PM

WEDNESDAY, JULY 27, 6:30-7:30PM

THEME: SAND AND SYMBOLS

MONDAY, SEPTEMBER 12, 6:30-7:30PM

MONDAY, SEPTEMBER 26, 6:30-7:30PM

WEDNESDAY, SEPTEMBER 28, 6:30-7:30PM

YOUNG ADULTS

PROGRAM LOCATION KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE  FAMILIES WELCOME

ALL PROGRAMS ARE EDT TIME




SUMMER GARDEN PARTY



Join us for an evening of community and fun! Activities include a Drum Circle for stress reduction, a tour of our healing garden and support and networking with other YA's. We will hear from Nick Giallourakis from Elephants and Tea and learn about TGP offerings for Young Adults as well as national resources. Refreshments will be provided. Co-sponsored by Elephants & Tea.

QUESTIONS TO SYDNEY BEEMAN
AT 216-455-1520

FRIDAY, JULY 29, 5:30-7:30PM 



★ SPECIAL EVENT!

GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Monthly support for women in their 20's, 30's and 40's diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-S, MT-BC

TUESDAYS:
JULY 5
AUGUST 2
SEPTEMBER 6


6:30-8:00PM  

GROUP FOR YOUNG ADULTS WITH CANCER

Program for young adults in their 20's, 30's and 40's surviving cancer. Opportunities provided for social networking and creative outlets to assist with coping.

SYDNEY BEEMAN, MA, LPC

TOPIC: A SOUND BATH EXPERIENCE
THURSDAY, AUGUST 18, 6:30-8:00PM 

TOPIC: LEAVES ON A STREAM- AN
EXERCISE IN MINDFULNESS
SEPTEMBER 22, 6:30-8:00PM 

CREATIVE ARTS & MEDITATION



CLAY CLASS: MOTIVATION & CHANGE

Work with clay during this two-part art therapy program to explore changes after a cancer diagnosis. Encourages relaxation and stress reduction.

MAUREEN MOSES, MA, ATR-BC

THURSDAYS, JULY 14 & 28, 6:00-7:30PM 

THURSDAYS, SEPTEMBER 1 & 15, 1:00-2:30PM 

SINGING BOWLS

Immerse yourself in the healing power of sound on this relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more.

BECKY HOPP, CERTIFIED SOUND HEALER

FRIDAY, JULY 22, 11:00AM-12:00PM 

FRIDAY, AUGUST 26, 11:00AM-12:00PM 

FRIDAY, SEPTEMBER 23, 11:00AM-12:00PM 

NATURE COLLAGE

Gather objects found in nature, make abstract collages. We will take photos and then return the objects back to nature.

EILEEN COAN, MA, MLS

WEDNESDAY, AUGUST 10, 6:30-7:30PM 

WEDNESDAY, AUGUST 24, 6:30-7:30PM 

HORTICULTURE THERAPY: HERBAL TEA

Learn how to make your own herbal tea blends from fresh herbs you can grow yourself. We'll talk about easy to grow herbs, how to brew tea from fresh and dried herbs, how to dry for future use and we'll sample some teas.

KAREN KENNEDY, HTR

WEDNESDAY, AUGUST 24, 6:30-8:00PM 

WEDNESDAY, AUGUST 31, 6:30-8:00PM 

DRUMMING FOR HEALTH



Community drum circle for individuals diagnosed with cancer and their family members. No experience necessary. Drums are provided.

MARY FISHER-BORNSTEIN, LISW-S

SUSAN MARINAC, LISW-S, MT-BC

TUESDAY, AUGUST 30, 6:30-7:30PM 

THURSDAY, SEPTEMBER 1, 6:30-7:30PM 

CELEBRATE INTERNATIONAL DAY OF PEACE WITH THE ARTS AT HOME

Explore what peace means to you personally in light of cancer, loss and world events. With supplies you already have at home, use art, writing and meditation to set a new peaceful intention.

EILEEN COAN, MA, MLS

WEDNESDAY, SEPTEMBER 21, 6:30 - 7:30 PM 

GUIDED MEDITATION

Learn and practice basic meditation techniques to manage stress in the comfort of your own home during these virtual sessions.

TUESDAYS: 5:30-6:15PM 

JULY 5 & 19
AUGUST 2 & 16
SEPTEMBER 20

EILEEN COAN, MA, MLS

FRIDAYS: 9:30-10:15AM 

JULY 1
AUGUST 5
SEPTEMBER 2

ERIN RAFTER, PHD, CCLS

“

At TGP, I appreciate having a resource I can count on for support and information.

TGP PARTICIPANT

JULY

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

CHECK PAGES 3-7 FOR PROGRAM LOCATION
AND VIRTUAL AVAILABILITY

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with
your smartphone
camera to register for
our upcoming programs
and events.

MON	TUES	WED	THUR	FRI	SAT
ANIMAL CAMP: JULY 11-15 JULY 18-22 AUGUST 1-5				1 9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion Offices Close at 2:00PM	2 Closed for July 4th Holiday
4 Closed for July 4th Holiday	5 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer	6 12:30PM Balance for Improved Function 6:00PM Nutrition in Cancer Survivorship 6:30PM When Someone You Love Has Cancer	7 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Sister Circle	8 10:30AM Welcoming Orientation 12:30PM Restorative Motion Offices Close at 2:00PM	9 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Balloon Fun!
11 11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 5:30PM Myeloma Group: Nutrition Tips 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop/Teenshop 7:00PM Exercise	12 10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	13 12:30PM Balance for Improved Function 3:00PM Nutrition in Cancer Survivorship 6:30PM Self-Care for the Caregiver 6:30PM Intro to Dragon Boating	14 9:00AM Open Gym 12:00PM Exercise 6:00PM Clay Class: Motivation & Change 6:30PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	15 10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion Offices Close at 2:00PM	16 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:30AM Nutrition in Cancer Survivorship
18 11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 7:00PM Exercise	19 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	20 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:30PM Bridges 6:30PM When Someone You Love Has Cancer 6:30PM Managing Lymphedema 6:30PM Intro to Dragon Boating	21 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Lung Cancer Rehabilitation 6:30PM Forgiveness Can Set You Free	22 10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion Offices Close at 2:00PM	23 9:00AM Yoga 10:00AM Qigong-Tai Chi
25 11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop/Teenshop 7:00PM Exercise	26 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	27 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Intro to Dragon Boating 6:30PM Kidshop/Teenshop 6:30PM Cover Your Assets: Financial Planning	28 9:00AM Open Gym 12:00PM Exercise 6:00PM Clay Class: Motivation & Change 6:30PM Exercise 6:30PM Breast Cancer Group	29 10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Principles 5:30PM Summer Garden Party Offices Close at 2:00PM	30 9:00AM Yoga 10:00AM Qigong-Tai Chi

AUGUST

PROGRAM CALENDAR

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MON	TUES	WED	THUR	FRI	SAT
1 11:00AM Zumba 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	2 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer	3 12:30PM Balance for Improved Function 6:30PM Intro to Dragon Boating	4 9:00AM Open Gym 12:00PM Exercise 6:00PM Roots and Branches 6:30PM Exercise 6:30PM Sister Circle	5 9:30AM Guided Meditation 10:30AM Welcoming Orientation 11:00AM Whole Food Lifestyle Check-In 12:00PM Roundtable Discussion 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Endurance Offices Close at 2:00PM	6 9:00AM Yoga 10:00AM Qigong-Tai Chi
8 11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	9 10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	10 12:30PM Balance for Improved Function 6:00PM Nutrition & Treatment Side Effects 6:30PM Updates on Lymphoma 6:30PM Intro to Dragon Boating 6:30PM Nature Collage	11 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	12 10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Strength 2:00PM Aquatic Exercise: Principles Offices Close at 2:00PM	13 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Scavenger Hunt
15 11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Family Pizza Night 7:00PM Exercise	16 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	17 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:00PM Summertime Refreshers 6:30PM Intro to Dragon Boating 6:30PM Family Pizza Night	18 9:00AM Open Gym 12:00PM Exercise 6:00PM Genetics and Cancer 6:30PM Exercise 6:30PM Forgiveness Can Set You Free 6:30PM Young Adults Group	19 10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Balance 2:00PM Aquatic Exercise: Endurance Offices Close at 2:00PM	20 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Summertime Refreshers 12:00PM Summertime Refreshers
22 11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	23 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	24 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Intro to Dragon Boating 6:30PM Nature Collage 6:30PM Horticulture Therapy	25 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Breast Cancer Group 6:30PM Stepping Stones	26 10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Deep Water 2:00PM Aquatic Exercise: Strength Offices Close at 2:00PM	27 9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Cleveland Dance Project 12:00PM Physical Therapy Screening
29 11:00AM Zumba 6:00PM Moving Forward Orientation 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	30 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Drumming for Health	31 12:30PM Balance for Improved Function 6:30PM Calming Waters 6:30PM Intro to Dragon Boating 6:30PM Horticulture Therapy			

SEPTEMBER

PROGRAM CALENDAR

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MON	TUES	WED	THUR	FRI	SAT
			1 9:00AM Open Gym 12:00PM Exercise 1:00PM Clay Class: Motivation & Change 6:00PM Exercise 6:30PM Sister Circle 6:30PM Drumming for Health	2 9:30AM Guided Meditation 10:30AM Welcoming Orientation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Balance Offices Close at 2:00PM	3 Closed for Labor Day Holiday
5 Closed for Labor Day Holiday	6 10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Grief Group	7 12:30PM Balance for Improved Function 6:00PM Cancer Fighting Kitchen 6:30PM Intro to Dragon Boating 6:30PM Medical Cannabis & Cancer	8 9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM High Risk Breast Health	9 10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Deep Water	10 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Cancer Fighting Kitchen 12:00PM Cancer Fighting Kitchen 1:30PM Family Fun Fest
12 11:00AM Zumba 12:30PM Physical Activity & Nutrition Pt1 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 5:30PM Myeloma Group: Blood Counts 6:00PM Moving Forward Through Cancer 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop/Teenshop	13 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	14 12:30PM Balance for Improved Function 6:00PM Moving Forward Through Cancer 6:30PM Cancer Related Fatigue 6:30PM Intro to Dragon Boating	15 9:00AM Open Gym 12:00PM Exercise 1:00PM Clay Class: Motivation & Change 6:00PM Exercise 6:30PM Forgiveness Can Set You Free 6:30PM Cancer Related Fatigue 6:30PM Prostate Cancer Care for Gay Men	16 10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion	17 9:00AM Yoga 10:00AM Qigong-Tai Chi
19 11:00AM Zumba 12:30PM Physical Activity & Nutrition Pt2 2:00PM Breast Cancer Group 6:00PM Moving Forward Through Cancer 6:30PM Bridges 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	20 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Grief Group	21 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:00PM Moving Forward Through Cancer 6:30PM Bridges 6:30PM Ovarian Cancer Research Updates 6:30PM Celebrate International Day of Peace with the Arts at Home	22 9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise 6:30PM Young Adults Group 6:30PM Breast Cancer Group	23 10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion	24 9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Physical Therapy Screening
26 11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:00PM Moving Forward Through Cancer 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop/Teenshop	27 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	28 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:00PM Moving Forward Through Cancer 6:30PM Kidshop/Teenshop	29 9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise	30 10:30AM Welcoming Orientation 12:30PM Restorative Motion	

CURIOUS ABOUT DRAGON BOATING?



A dragon boat is a human-powered watercraft with 20 paddlers, a steer person, and a drummer who sets a pace for the paddlers. Fun is the best way to describe this activity! The fastest way to move a dragon boat through the water, requires real teamwork and communication.

Dragon boating originated in Ancient China thousands of years ago, where the first participants were Chinese villagers who celebrated the 5th day of the 5th lunar month of the Chinese calendar. It was believed that Dragon Boat Racing would help avert misfortune and encourage the rains needed for prosperity; the dragon of Asia has traditionally been a symbol of water.

Dragon boating came to the United States around 1980, and in 1990, breast cancer survivors participated in a multi-month study by a physician from British Columbia who proved exercising in a sport like dragon boating does not increase lymphedema. From this small study, the sport of dragon boating exploded for cancer survivors. Today, there are numerous teams across the country who participate in dragon boat festivals every season. Race distance averages 250-500 meters.

For over 10 years, every fall, The Gathering Place has taken part in an annual Dragon Boat Festival sponsored by the Cleveland Dragon Boat Association. In preparation for this annual event, our participants spend one night a week learning how to paddle a dragon boat through the water honing their paddling skills and meeting new friends along the way. Each week, after a fun filled hour long practice we gather at a local restaurant or bar (i.e., Merwin's Wharf) to share stories, food, and a cold beverage. This year, we start our weekly hour-long practices on Wednesday, July 13th at 6:30pm at Merwin's Wharf in the Flats and continue each Wednesday night until we will compete against other teams across NE Ohio on Sunday, September 18th in a day long event that is fun for the whole family.

STILL CURIOUS?

Please reach out to Beth Bennett at 216-455-1517 or bennett@touchedbycancer.org for more information.



THE GATHERING PLACE HELPS SUPPORT YOUNG ADULTS WHOSE LIVES HAVE BEEN INTERRUPTED BY CANCER.

The Gathering Place offers a safe place to socialize and learn from other Young Adults with similar concerns who are at similar places in their lives. Participants gain the emotional support required to navigate an extraordinarily overwhelming experience.

WAYS TO *give.*

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at touchedbycancer.org/donate.





THE GATHERING PLACE

The Arnold & Sydel Miller Family Campus
23300 Commerce Park,
Beachwood, Ohio 44122

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Cleveland, OH
Permit #769

INSIDE!

PROGRAM GUIDE

Summer Edition JULY • AUGUST • SEPTEMBER



FACING CANCER • EMBRACING LIFE



The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

provided free of charge.

WAYS TO CONNECT

216-595-9546
touchedbycancer.org



TGP EAST

The Arnold & Sydel Miller Family Campus
23300 Commerce Park
Beachwood, Ohio 44122

TGP WEST

The Sandy Borrelli Center
25425 Center Ridge Road
Westlake, Ohio 44145