



Stewart's CARING PLACE

CANCER WELLNESS CENTERS

JANUARY – APRIL 2026 PROGRAM GUIDE



Thomas and Lisa Mandel Cancer Wellness Center

3501 Ridge Park Drive • Fairlawn, OH 44333
330.836.1772

info@stewarts caringplace.org • StewartsCaringPlace.org

Aunt Susie's Cancer Wellness Center

2813 Whipple Ave NW • Canton, OH 44708
330.400.1215



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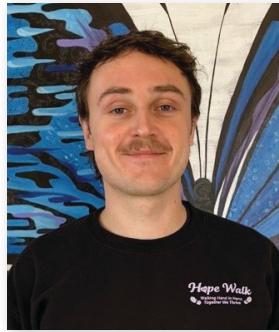
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The Heart Behind Our Mission

At Stewart's Caring Place, we are here for those who need us most—especially during the winter months, which can sometimes feel quiet and reflective. These colder days are also an opportunity to find warmth in connection, comfort in community, and hope in the support we share with one another.

That spirit of connection is made possible by the incredible people behind our programs. To celebrate them, each guide will feature a staff member who is truly at the heart of what we do. It is my honor to introduce the featured team member for this guide: Tom Klein.



Sarah Vojtek **Sarah Vojtek**, President & CEO

Hello! My name is Tom Klein and I am a Team Support Specialist here at Stewart's Caring Place. For the past three years, I have had the pleasure of working directly with our participants. Whether it be through providing tours and wig fittings,

or managing our food pantry, I am here to remind you that you are not alone by offering a supportive hand as you navigate the challenges of your cancer journey.

My favorite part of working for Stewart's is managing the food pantry. I believe that food is fundamental and no one should go to bed with an empty stomach. It is such a gift to me that my job is so deeply in alignment with my values. That's rare to find and makes each day special.

If you are ever in the building and looking for me, you can find me in our pantry making sure the shelves are stocked, clean and organized. Either that, or in my office mining for resources so our participants can put their energy towards the things that matter most. However, I'm the only male on the staff, so I am easy to find regardless.

They say the farther down along the path that you go, the path becomes more narrow. It then becomes our job to widen that path. And if you ever need a hand widening that path, then consider that part of my job as well. I am always happy to help.

Thank you for being a part of a group of people that I care so much about. Despite the circumstances, I am happy you are here!

Best,

Tom Klein

Tom Klein, Team Support Specialist

Programs and resources available at select locations. Contact us for more information.

Individualized Services

Art Room

Doodling, drawing, painting, and crafting can be a therapeutic outlet to anyone, of any age, going through a cancer journey. Call us to schedule time in the Art Room during operating hours and use our materials to create something of your own.

Child Life Specialist Consultations

Is your child or grandchild struggling to understand your cancer diagnosis or having difficulty coping with it? Schedule a consultation with our certified Child Life Specialist to help them navigate and process this journey and work through their emotions.

Comunale Cancer Foundation Food Pantries*

Our food pantries are here for anyone who is facing food insecurity. Call ahead and we will prepare a food share for you.

Financial Consultations

Meet with a licensed professional to get questions answered in a personalized session. Most consultations are 45-60 minutes. Support people are encouraged to attend.

- **Bankruptcy:** Navigate the filing process and learn about financial options from a professional bankruptcy consultant.
- **Debt Management:** Learn about debt resolution strategies during a comprehensive family budget review.
- **Financial Planning:** Manage your 401k options, insurance information, retirement goals, and investments.

Holistic Care

Individualized services available include reiki, massage, and small group yoga therapy.

- **Healing Touch:** A relaxing energy therapy that uses gentle touch to assist in balancing physical, emotional, mental, and spiritual well-being.
- **Massage:** Our practitioners provide gentle treatment that relieves muscular tension, increases circulation, and promotes a general sense of relaxation. Wearing comfortable clothing is recommended.
- **Reiki:** A therapeutic approach where the practitioner will use light touch of hands to deliver universal energy to an individual to help restore energy and balance.

Individual and Family Counseling

Our team will connect you with opportunities for one-on-one counseling based on you or your family's unique needs. Give us a call to find out more.

Legal Consultations

Meet with a licensed professional to get questions answered in a personalized session. Most consultations are 45-60 minutes. Support people are encouraged to attend.

- **Insurance:** Organize details related to health and life insurance, long-term care insurance, and Medicare planning with an independent insurance broker.
- **Social Security & Disability:** Gain a better understanding about social security and disability benefits.
- **Wills, Trusts, and Estate Planning:** Receive assistance with estate planning, wills, living wills, medical power of attorney, and trusts.

Library

Visit our beautiful library during normal operating hours. We've got a little something for everyone.

Prosthetics and Bra Fittings

Bras and prosthetics for Breast Cancer participants are available. A volunteer fitter will meet with you individually to ensure you leave with something that is comfortable! Please call to schedule an appointment for an in-person bra and/or prosthetic fitting.

Wigs and Beauty

Wigs and other beauty accessories, such as hats, scarves, and comfort items, are available to help you maintain your outward self during the journey. Please call to schedule an appointment for an in-person wig fitting.



*Comunale Cancer Foundation, a non-profit providing direct financial assistance to those impacted by cancer, is proud to sponsor our food pantries.

Programs and resources available at select locations. Contact us for more information.

Holiday Closings

Jan. 1
Jan. 2
Jan. 19

As the months of inclement weather continue, please call Fairlawn at 330-836-1772 or Canton at 330-400-1215 to verify that we are open. We want to make sure that you and our staff remain safe during those snowy days!

Beauty

Color Street Nails

Pamper yourself with a salon-quality manicure in just minutes. No dry time, smudges, or streaks and lasts up to 10 days. 100% real nail polish, not stickers. Provided by Confidence Nailed.

Elana's Blessings Pampering Night*

Feel great inside and out with a special self-care night at Stewart's. Featuring rotating stations that may include crafts, beauty, essential oils, and guided meditation. Registration is required.

Love Your Look

Embrace your beauty routine with small, manageable tips on how to look and feel your best. Registration is required.

Connectivity and Friendship

Book Club for Adults – Virtual Only

Stewart's will provide the books! Registration is required.

Jan: *The Body Keeps the Score* by Bessel Van Der Kolk

Feb: *The Noticer* by Andy Andrews

Mar: *The Book of Joy* by Dalai Lama, Desmond Tutu, and Douglas Carlton Abrams

Apr: *How To Be Okay When Nothing Is Okay* by Jenny Lawson

"Just Yarning" Crochet & Knit Group

Learn to crochet or knit with skilled volunteers! Start by creating squares for a blanket, and after that, the possibilities are endless. Supplies are provided for first-time participants.

Poetry is Life Restorative Writing

Group – Virtual Only

Novice writers are welcome to freely share their life stories or cancer journey through the expressive form of prose and poetry, while embracing the friendship and conversation of fellow participants.

Family Programs

Family Fun Nights

Join us at one of our two Family Fun Nights for an offsite adventure. Registration is required. To ensure everyone has a chance to participate, families are kindly asked to choose **one** location—either Fairlawn or Canton.

Spring Party

Join us at Stewart's Caring Place for our annual Spring Party! There will be plenty of activities, treats and more! Registration is required.

Group Fitness and Betsy's Bliss Yoga

All fitness levels welcome! Wear comfortable clothing and bring your own yoga mat, water bottle, and weights, if desired.

All Levels Yoga

A strengthening class for mobility, stability, and range of motion.

Chair Yoga

A gentle type of yoga performed while seated. This program is especially appropriate for those looking to increase flexibility and range of motion without performing complicated poses. Choose a sturdy seat for ease of movement.

Chair Yoga – Cancer Wellness Toolbox

Learn practical tools, breathing techniques, and essential oil benefits to assist with anxiety related to a cancer journey in a primarily chair-based yoga practice.

Strength Building

Use light hand weights to gradually regain muscle tone, core strength, and energy. Participate at your own comfort level by standing or remaining seated.

Yoga for Balance & Mobility

Increase your personal energy flow with this basic yoga routine.

Holistic Care

Crystal Singing Bowls

Sound healing is a meditative practice that uses vibrations to induce a state of relaxation and promote a balanced mind-body connection. Wear comfortable clothing and bring your own yoga mat.

Essential Oils

Learn about the benefits of incorporating essential oils into your daily routine. Presented by doTERRA.

Guided Meditation

Our facilitator will guide you through a calming meditation that promotes relaxation, heightened energy, and greater awareness. These sessions can also help reduce stress and anxiety. Each session lasts between 30 minutes and one hour.

Harmony Through Healing Touch

Learn the benefits of Healing Touch by experiencing a centering guided meditation and participating in self care techniques. Handouts will be provided for home practice.

Support Groups

Support groups encourage conversation and understanding for those who are newly diagnosed or in treatment, completed treatment, and anyone who is supporting a loved one in their cancer journey.

Ann Amer Brennan Caregiver Support Group

Education and emotional support for those helping someone through any stage of their cancer journey. This group is open to caregivers only.

Canton Cancer Connect

This group offers a safe space to discuss your cancer journey, whether you're celebrating successes or facing challenges. Our goal is to provide a supportive community where you can share your story and receive strength, guidance, and love from those who understand.

Coping with Cancer Support Group

For individuals diagnosed with any type of cancer who are interested in participating in group discussions about coping strategies, approaches to navigating your cancer journey and building connections. This group is not recommended for Caregivers.

Elana's Blessings Breast Cancer Support Group*

Build your emotional support system with fellowship and breast health education in a caring and safe space to share experiences and concerns.

Grief Support Group

An ongoing, supportive, and expressive space open to adults who are experiencing grief from a loss or a cancer diagnosis.

Gynecologic Support Group

A safe space for those seeking to share experiences and build a support system with others who are diagnosed with gynecologic cancers.

Inspiration for the Journey Support Group

A comforting space for sharing inspirational readings and stories, providing insight, encouragement, and reflection throughout the cancer journey.

Lung Cancer Support Group

Receive support and education and join a larger conversation about the emotional and physical challenges of lung cancer.

Prostate Cancer Support & Education Group

A speaker-led series providing education and support to assist in the prostate cancer diagnosis, treatment, and recovery process.

Young Adult Support Community

A group for young adults ages 18-30 going through their own cancer journey. This group will meet up to have fun, relieve stressors, and find community.

January 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <hr/> HOLIDAY CLOSED <hr/>	2 <hr/> HOLIDAY CLOSED <hr/>	3 10:00am Poetry is Life
4	5	6 9:00am Yoga for Balance & Mobility 12:30pm Guided Meditation 2:00pm Canton Cancer Connect 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	7 4:00pm Strength Building	8 11:00am Chair Yoga – Cancer Wellness Toolbox	9 10:00am Chair Yoga	10

11

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13

9:00am Yoga for Balance & Mobility  
10:30am Crystal Singing Bowls  
11:00am Just Yarning 

14

4:00pm Strength Building  
5:30pm Lung Cancer  
6:00pm Prostate Cancer  

15

11:00am Chair Yoga – Cancer Wellness Toolbox 
4:00pm Color Street 
5:30pm Grief  
5:30pm Harmony through Healing Touch  
6:00pm Young Adult Support Community 

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19

 HOLIDAY
CLOSED

20

9:00am Yoga for Balance & Mobility  
5:30pm Ann Amer Brennan Caregiver  
5:30pm Coping with Cancer  
5:30pm Elana's Blessings Breast Cancer  

21

4:00pm Strength Building  

22

11:00am Chair Yoga – Cancer Wellness Toolbox 

23

10:00am Chair Yoga  

24

25

26

27

9:00am Yoga for Balance & Mobility  
5:30pm Book Club for Adults  

28

4:00pm Strength Building  

29

11:00am Chair Yoga – Cancer Wellness Toolbox 

30

31

NOTES
 Fairlawn

 Canton

 Virtual

 Registration Required

February 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 9:00am Yoga for Balance & Mobility   12:00pm Guided Meditation   2:00pm Canton Cancer Connect  5:30pm Ann Amer Brennan Caregiver   5:30pm Coping with Cancer   5:30pm Gynecologic  	4 4:00pm Strength Building  	5 9:30am Inspiration for the Journey   11:00am Chair Yoga – Cancer Wellness Toolbox 	6	7 10:00am Essential Oils  10:00am Poetry is Life  11:00am All Levels Yoga   12:00pm Guided Meditation  
8	9	10 9:00am Yoga for Balance & Mobility   10:30am Crystal Singing Bowls   11:00am Just Yarning 	11 4:00pm Strength Building   5:30pm Lung Cancer   6:00pm Prostate Cancer  	12 11:00am Chair Yoga – Cancer Wellness Toolbox  5:30pm Family Fun Night  	13 10:00am Chair Yoga  	14

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16

**HOLIDAY
CLOSED**

17

9:00am Yoga for Balance & Mobility  
5:30pm Ann Amer Brennan Caregiver  
5:30pm Coping with Cancer  
5:30pm Elana's Blessings Breast Cancer  
5:30pm Harmony through Healing Touch  

18

4:00pm Strength Building  

19

11:00am Chair Yoga – Cancer Wellness Toolbox 
12:00pm Love Your Look  
4:00pm Color Street 
5:30pm Grief  
6:00pm Young Adult Support Community 

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24

9:00am Yoga for Balance & Mobility  
5:30pm Book Club for Adults  

25

4:00pm Strength Building  

26

11:00am Chair Yoga – Cancer Wellness Toolbox 
10:00am Chair Yoga  

27

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NOTES

-  *Fairlawn*
-  *Canton*
-  *Virtual*
-  *Registration Required*

March 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation 2:00pm Canton Cancer Connect 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	4 4:00pm Strength Building	5 9:30am Inspiration for the Journey 11:00am Chair Yoga – Cancer Wellness Toolbox 5:30pm Elana's Blessings Pampering Night	6	7 10:00am Essential Oils 10:00am Poetry is Life 11:00am All Levels Yoga 12:00pm Guided Meditation
8 1:00pm–3:00pm Spring Party	9	10 9:00am Yoga for Balance & Mobility 10:30am Crystal Singing Bowls 11:00am Just Yarning	11 4:00pm Strength Building 5:30pm Lung Cancer 6:00pm Prostate Cancer	12 11:00am Chair Yoga – Cancer Wellness Toolbox 12:00pm Love Your Look	13 10:00am Chair Yoga	14

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17

9:00am Yoga for Balance & Mobility  
5:30pm Ann Amer Brennan Caregiver  
5:30pm Coping with Cancer  
5:30pm Elana's Blessings Breast Cancer  

18

4:00pm
Strength Building  

19

11:00am
Chair Yoga – Cancer Wellness Toolbox 
4:00pm Color Street 
5:30pm Grief  
5:30pm Harmony through Healing Touch  ✓
6:00pm Young Adult Support Community 

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24

9:00am Yoga for Balance & Mobility  
5:30pm
Book Club for Adults  ✓

25

4:00pm
Strength Building  

26

11:00am
Chair Yoga – Cancer Wellness Toolbox 
10:00am

27

Chair Yoga  

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9:00am Yoga for Balance & Mobility  

NOTES

 Fairlawn

 Canton

 Virtual

✓ Registration Required

April 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 4:00pm Strength Building	2 9:30am Inspiration for the Journey 11:00am Chair Yoga – Cancer Wellness Toolbox 12:00pm Love Your Look	3	4 10:00am Essential Oils 10:00am Poetry is Life 11:00am All Levels Yoga 12:00pm Guided Meditation
5	6	7 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation 2:00pm Canton Cancer Connect 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	8 4:00pm Strength Building 5:30pm Lung Cancer 6:00pm Prostate Cancer	9 11:00am Chair Yoga – Cancer Wellness Toolbox 5:30pm Family Fun Night	10 10:00am Chair Yoga	11

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9:00am Yoga for Balance & Mobility  

10:30am Crystal Singing Bowls  

11:00am Just Yarning 

15

4:00pm Strength Building  

16

11:00am Chair Yoga – Cancer Wellness Toolbox 

4:00pm Color Street 

5:30pm Grief  

6:00pm Young Adult Support Community 

17

18

19

20

21

9:00am Yoga for Balance & Mobility  

5:30pm Ann Amer Brennan Caregiver  

5:30pm Coping with Cancer  

5:30pm Elana's Blessings Breast Cancer  

22

4:00pm Strength Building  

23

11:00am Chair Yoga – Cancer Wellness Toolbox 

24

10:00am Chair Yoga  

25

26

27

28

9:00am Yoga for Balance & Mobility  

5:30pm Book Club for Adults  

29

4:00pm Strength Building  

30

11:00am Chair Yoga – Cancer Wellness Toolbox 

NOTES

 Fairlawn

 Canton

 Virtual

✓ Registration Required



**Stewart's
CARING PLACE**
CANCER WELLNESS CENTERS

Stewart's Caring Place
Thomas and Lisa Mandel Cancer Wellness Center
3501 RIDGE PARK DRIVE • FAIRLAWN, OH 44333

ELECTRONIC SERVICE REQUESTED

VISIT STEWARTCARINGPLACE.ORG FOR MORE INFORMATION.



**Stewart's
CARING PLACE**
CANCER WELLNESS CENTERS

You're invited to celebrate
20 Years of The Hope Walk
at Stewart's Caring Places
in Fairlawn and Canton.

Join us for a group walk through
our community in support of
those facing cancer, every step
helping to raise awareness and
spread a message of resilience,
togetherness, and hope.

Hope
Walk

SAVE THE DATE!
Saturday May 2, 2026

Fairlawn • Canton