

Mar/Apr 2024

# Cancer Wellness

## Newsletter



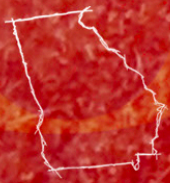
At Piedmont, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free services and programs such as yoga, cooking demos, expressive art classes and counseling are also available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient.

Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. Visit [piedmont.org/cancerwellness](https://piedmont.org/cancerwellness) to view the class schedule for all of our locations. For more information about programs and services provided at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.

**THOMAS F. CHAPMAN FAMILY**  
*cancer wellness*



*Real change lives here*



# Programs

Please call 404.425.7944 to register for an in-person or virtual program. Registration is required.

## CREATIVITY

### **Writing for Recovery and Discovery (Virtual)**

Everyone has so much to express and journaling is a simple but profound path for expression. In this class, facilitator Angela Buttimer, MS, LPC offers prompts and structure to help you get words on the page with ease. Call to register.

3/1, 3/15, 4/5, 4/9; 10-11:30 a.m.

### **Paper Weaving and Quilting, Multi-Media Approach (In person)**

The concept of paper weaving expands to more creative possibilities. Materials such as needles and thread, watercolor, and three-dimensional materials such as buttons can be used. This class introduces basic patterns which yield a myriad of results. You are welcome to bring a sandwich or snack.

3/6; 11 a.m.-1 p.m.

### **Dream Exploration (Virtual)**

This class offers an opportunity to recall a dream or snippet of a dream by using simple materials such as watercolor. You don't have to feel like an artist to participate. The health benefits and increased sense of well-being are clinically proven. Bring a simple explanation of the dream, watercolors, a brush and paper. Supplies will be provided if you register at least a week before the class.

3/15; 10 a.m.-12 p.m.

### **Buds, Bulbs and Branches (Virtual)**

Using pencil, watercolors or pastels, participants will observe Spring with a close-up view. Skills of observation and tips from the author of *The Zen of Seeing* will be part of the class. All levels of experience are welcome. Bring one or two bulbs or a branch to the class as well as art materials. Supplies will be provided if you register at least a week before the class.

3/20; 10 a.m.-12 p.m.

### **Introducing Postcards of Hope (In person & Virtual)**

Participants will create their own images on watercolor postcards using variety of materials. Participants will respond to the materials with total freedom and may produce several during the session. All are invited to participate. Register early to receive a material kit for the virtual class. Call to register.

3/27; 11 a.m.-1 p.m. (In person)

4/2; 10-11:30 a.m. (Virtual)

### **Japan, Impressionist Lineage and Embracing Imperfection (Virtual)**

This is an introduction to the art handicrafts of Japan. The influence that woodcarvings had on the Impressionists will be explored as well as introducing the concept of Wabi-Sabi.

3/3; 10 a.m.-12 p.m.

### **Haiku and Watercolor (In person)**

Masters of the Japanese art of haiku poetry will be used as examples to convey the poetic form. Participants will create their own poems often with surprise and delight. Watercolor painting will be featured in a free-form way, accompanied by music. No experience is necessary. Bring a sandwich or snack, if desired. Call to register.

4/19; 11 a.m.-1:30 p.m.

### **Creating a Fresco of Memory (In person)**

In the spirit of beautiful imperfection, using joint compound on canvas, this project is a memory inducing activity. Participants will use paint, plaster, and other textures to create a dream-like result. No experience is necessary. Dress for artmaking.

4/26; 11 a.m.-2 p.m.

## MOVEMENT

### **PINK at Piedmont (In person)**

PINK is a comprehensive, 12-week program for women who are currently undergoing or who have completed treatment for breast cancer within the last eight months. The program includes group exercise, nutrition, support and more and is offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. Call 404.605.1966 to register.

Next session starts 3/13

### **Cancer WellFit (In person)**

This is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. Participants must be under the care of an oncologist. This class is held at the Piedmont Atlanta Fitness Center. Call 404.605.1966 to register.

Tuesday, Friday and Sunday; 1 p.m.

### **Chair Fitness (In person)**

Prefer not to get up and down off the floor? This class is for you! Movements draw from dance, cardio, core and basic yoga. Class is done seated in chairs as well as standing, using the chair for balance and support. Get breath and body moving in this energizing workout followed by a simple calming meditation. Taught by Cooper Friend.

Thursdays, 10:15-11:30 a.m.

### **Dance Cardio (In person)**

Easy-to-follow, uncomplicated steps get you moving. Music favorites keep you going! This class invigorates brain, body, and breath, gradually building core strength and endurance. Come join the fun! Taught by Cooper Friend.

Mondays, 1-2 p.m.

### **Restorative Yoga (In person)**

Tame stress through slow and restful floorwork. We use blankets and bolsters to support the body in poses that stimulate, yet also calm and balance the physical, emotional, and energetic systems. The poses do the work enabling you to relax deeply and arise refreshed. Taught by Cooper Friend.

Mondays, 2:15-3:15 p.m.

### **Chair Yoga: Off the Mat and Into a Chair (Virtual)**

Experience the wonderful, beneficial effects of yoga practice from a chair. Learn practical ways to incorporate seated yoga in many situations. Learn effective breathing, sitting yoga poses and brief meditation. Great for beginners. Wear comfortable clothing. Facilitated by Dennis Buttimer, M.Ed, RYT, CHC. Call to register.

3/12, 3/26, 4/9, 4/23; 1-2:30 p.m.

### **Gentle Yoga (Virtual)**

Participants are guided through breath, simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions and promotes an improved sense of well-being. Call to register.

Tuesdays, 6–7:30 p.m. & Thursdays, 1–2:30 p.m.

### **Power Qi Gong (Virtual)**

Using the deep focus and flow of easy yet physically powerful Qi Gong sets, the participant may regain physical strength that may have been depleted, or build new power for the goals ahead! There are three parts of the class: stretches for warming up and increasing flexibility; full body-engaging, powerful movements for building strength; and meditative flowing movements for cooling down and settling and calming your qi. Taught by Cate Morrill, CTCQI, CHC. Call to register.

Wednesdays, 10:30–11:30 a.m.

### **T'ai Chi and Qi Gong (Virtual)**

These healing arts are known to help students breathe deeply, alleviate stress and reduce pain, while building strength, flexibility, balance, focus, and energy of mind, body, and spirit. Taught by Cate Morrill, CTCQI, CHC. Call to register.

Tuesdays, 12 noon–1:30 p.m.; Thursdays, 11 a.m.–12:30 p.m.

### **T'ai Chi Advanced Form (Virtual)**

Learning the “24 Form” is shown to benefit strength, balance, and flexibility, boost mood, and brain power, while reducing stress, tension and pain levels. Instructor permission required. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 1:30–2 p.m.; Thursdays, 12:30–1 p.m.

### **T'ai Chi and Qi Gong to Bring in Spring! (In person & Virtual)**

T'ai Chi and Qi Gong for opening your body, mind, and spirit to the brighter days of Spring! These easy yet powerful moves are based on the steady, sure, and clear energy of animals emerging from their winter habitats, and on the new growth of the blossoms in the meadows. Standing or seated, this class is designed to shake off any remaining winter “sticky qi” and engage the whole body with stretches to open up and spring forward! Taught by Cate Morrill, CTCQI, CHC. Call to register.

3/18; 11 a.m.–1 p.m. (In person)

3/25; 11 a.m.–1 p.m. (Virtual)

### **T'ai Chi and Qi Gong for Meditative Restoration, Shen Dian (In Person & Virtual)**

This deeply meditative Wu Dang Qi Gong set is used to restore vital physical energy and to relax the mind, release built up stress and tension, and to let go of less positive thoughts. Suitable for seated or standing work, for the beginner or long-term practitioner, this set is one of the most basic and important, and through traditional teachings, is said to boost the immune system, enhance metabolism, speed recovery, and promote a peaceful mind. Taught by Cate Morrill, CTCQI, CHC. Call to register.

4/15; 11 a.m.–1 p.m. (In person)

4/22; 11 a.m.–1 p.m. (Virtual)

## PEACE

### **The Mystic's Journey: A Spiritual Series into the Sacred (Virtual)**

Join Angela Buttimer, MS, LPC, RYT for an engaging exploration and discussion on spirituality and the principles of mysticism. We will examine the various aspects of the

mystic's journey, explore the teachings from a variety of different paths and traditions, and practice experiential exercises to cultivate a rich interior life and inquire into your own soul's wisdom. You may attend one class in the series or all of the classes. Dress comfortably for possible movement. Call to register.

3/25; 12:30–3 p.m.

### **Blessings Abound in the New Year: Exploring Life's Big Questions (Virtual)**

What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join Angela Buttimer, MS, RYT, LPC as we hear from modern-day experts from around the world on life's big questions. We will enjoy guided dialogue, writing and reflection, as well as experiential exercises. Call to register.

4/15; 12–2:30 p.m.

### **Centering Prayer (Virtual)**

Learn more about this meditative practice, which focuses on spiritual words and themes. This workshop will be taught so that this practice is accessible regardless of spiritual orientation. In addition to the spiritual benefits, enjoy physical benefits of meditation including enhanced immune system functioning, reduction in inflammation, regulated blood pressure, sleep improvement, pain reduction and a feeling of well-being. Join facilitator Dennis Buttimer, M.Ed, RYT, CHC for this workshop. Call to register.

3/1, 4/5; 10:30 a.m.–12:30 p.m.

### **Mindfulness 101/Practice (Virtual)**

Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation, less anxiety and fewer depression symptoms. Facilitated by Angela Buttimer, LPC. Call to register.

Tuesdays, 11 a.m.–12:30 p.m.

### **Mindfulness 201 (Virtual)**

For those who have completed Mindfulness 101, deepen your practice and continue to enhance your overall quality of life. Facilitated by Angela Buttimer, LPC. Call to register.

Thursdays, 11 a.m.–12:30 p.m.

### **Honoring National Women's Day (Virtual)**

In honor of International Women's Day, join Angela Buttimer, MS, RYT, LPC to explore the maiden, mother and crone archetypes. We will discuss how these figures have influenced our lives as well as the world at large. We also look at the energies of the medicine woman/healer, high priestess/sage and the warrior in exploring aspects of the divine feminine and how it influences us. Call to register.

3/11; 12:30–3 p.m.

### **Full Pink Moon Frequency & Energies of Quan Yin (Virtual)**

In honor of the full pink moon making its appearance in April, we'll be exploring rituals to more fully connect with this energy. In mindfulness, Quan Yin embodies unconditional compassion and love. We will discuss the teachings of Quan Yin and how you can more fully embody your own unconditional compassion. We also look at the energies of the medicine woman/healer, high priestess/sage and the warrior. Call to Register.

4/22; 12:30–3 p.m.

# KNOWLEDGE

## **Healing Through Deep Listening: Tuning in Mindfully Holistically for Optimal Health (Virtual)**

Our thoughts, emotions, bodies, and spirit each play a powerful role in our lives and in our immune system functioning. As we learn to respond more skillfully to what arises in our thoughts, emotions, and bodies, using the tools of mindfulness and deep listening practice, we can access our deepest and richest wisdom. We can learn to release painful, habitual reactionary patterns, feeling better and living better. Wear comfortable clothing as we will work with some gentle movement. You may choose to attend one or all within the Deep Listening offerings. Facilitated by Dennis Buttimer, MEd, RYT and Angela Buttimer, LPC, RYT. Call to register.

4/1; 12-2:30 p.m.

## **Get more ZZZZZs: Sleep Better, Feel Better, Heal Better (Virtual)**

Do you know that insomnia medications have nearly quadrupled over the past two years? The stress of today's universal topics, as well as unhealthy coping strategies, has greatly interfered with people's abilities to sleep well. Learn strategies and tactics to sleep more soundly and restfully regardless of what is happening around you. Join Dennis Buttimer, MEd, CHC, RYT for a workshop full of concepts, suggestions, and tools for a good night's sleep. Call to register.

4/10; 12:30 p.m.-2:30 p.m.

## **Hands and Feet: Reflexology Techniques for Health (Virtual)**

Based on the concept of life energy which flows through "meridians" in the body, this workshop will show you how to easily apply these techniques on your hands and feet to boost your health. Join Dennis Buttimer, M.ED, RYT, CHC as he shares and demonstrates self-care reflexology tactics that you can utilize right away to shift your energy patterns! Call to register.

3/27; 12:30-3 p.m.

## **Living Well with Integrative Medicine (Virtual)**

"The natural healing force within each of us is the greatest force in getting well." – Hippocrates

Join us to learn about the most recent research on neurobiology, applied psycho-neuro-immunology and wellness. We will discuss the implications around staying well with a cancer diagnosis, review the latest research as well as practice the modalities of healing experientially that the research indicates as beneficial to your optimal health. Dress in comfortable clothing. Facilitated by Dennis Buttimer, MEd, CHC, RYT and Angela Buttimer, RYT, CHC, LPC. Call to Register.

3/4; 12-2:30 p.m.

## **Celtic Wisdom (Virtual)**

There are seven areas in Northern and Western Europe whose Celtic Languages and cultural traditions have survived, including Ireland. Experience some of the richness of Celtic history and ideas and how they can apply to your own immune-enhancing journey. Enjoy music, laughter, poetry, limericks, and stories. Facilitated by Dennis Buttimer, M.Ed., CHC, RYT. Call to register.

3/13; 10:30 a.m.-1 p.m.

## **Build Better Relationships (Virtual)**

Relationships are the fabric of life. Healthy ones can support us in living more fully. Dysfunctional ones can sap our energy and derail us. Join Dennis Buttimer, MEd, CHC, RYT and Angela Buttimer, RYT, CHC, LPC as they discuss secrets to build better

relationships. Whether the relationships you wish to improve are romantic, family, social, or professional, learn ingredients to take yourself to a higher, happier level. Call to register.

4/8; 12-2:30 p.m.

## **Life's Impermaence Across Cultures: A Look at How Various Cultures View the First Law of Life – Change (Virtual)**

A diagnosis of cancer can be frightening and seemingly insurmountable. In this program, we will explore how various cultures view our ever-changing existence and finding the fortitude to begin again. Many cultural traditions understand that the essence of life is change and change is inevitable. Come explore how various cultural teachings view the outcomes of not accepting things just as they are and the practices employed to attain acceptance. Facilitated by Dr. Jody D. Iodice. Call to register.

3/21; 12:30-2:30 p.m.

## **Finding Your Passion in the Creativity and Wisdom of the Sacral Chakra (Virtual)**

In this workshop, we invite you to unleash the energy of your passions for living, loving, and creating through opening your Sacral Chakra. When "Chi" (life force) is open and flowing at the Sacral Chakra, our life force energy is open to all aspects of creativity. When "Chi" is blocked in our Sacral Chakra, giving love and nurturing to others, accepting love and nurturing from others is deeply diminished, and all creative self-expression is dampened. Facilitated by Angela Buttimer, LPC, CHC, RYT and Dr. Jody Iodice, Ph.D. Call to register.

3/18; 12-2:30 p.m.

## **Traditions and Culture Bound Values of the Native American: How we as Non-Native Americans can Live More Peaceful and Harmonious Lives by Adopting Some of these Traditions (Virtual)**

In this program, we will examine the six culture bound values of the Native American peoples, their 10 commandments, and various other centuries old traditions of the Native American peoples. Come join me for this enlightening program and find ways to revitalize your life's course. Facilitated by Dr. Jody D. Iodice. Call to register.

4/24; 12:30-2:30 p.m.

## **What is Your Love Language? The Five Languages of Love (Virtual)**

In this program, we will explore the work of Dr. Gary Chapman's New York Times best seller *The 5 Languages of Love*. Come join us to learn which of the five love languages are most meaningful to you; knowing this will help you understand how some of your relationships have been difficult and others have seemed to be flawless. Facilitated by Dennis Buttimer, CHC, MED, RYT and Dr. Jody D. Iodice. Call to register.

4/25; 12:30-2:30 p.m.

## **The Seven Spiritual Laws of Success: A Practical Guide To The Fulfillment of Your Dreams PART II (Virtual)**

From the bestselling New York Times author Deepak Chopra, MD, in Part II of this text, we will exam the last three of the *Seven Laws of Spiritual Success* and how a spiritual approach to success creates an abundant flow of all good things to us. To do so, however, we must first be in harmony with ourselves and nature. When we create this harmony, even every cell in body works for our greater success in mind, body, and lifestyle. Facilitated by Dr. Jody Iodice, Ph.D. Call to register.

3/20; 12-2:30 p.m.

### **Creating the Life you Want with Greater Self-Confidence and Self-Esteem: Igniting the Fire in the Belly – The Solar Plexus Chakra (Virtual)**

The Solar Plexus Chakra is the energetic power site of self-honor and self-respect. In this program, through gentle yoga practices, silent reflection, writing and dialogue, you can discover how to effectively open “Chi” in the Solar Plexus to claim a life of greater personal power and expansiveness. Facilitated by Angela Buttimer, LPC, CHC, RYT, LPC and Jody Iodice, Ph.D. Call to register.

4/29; 12-2:30 p.m.

## SUPPORT

### **Caregivers Connection (Virtual)**

The caregiver is significantly affected by the cancer diagnosis and process and needs assistance with their feelings, experiences and self-care. In this support group, caregivers will share with other caregivers while learning ideas and tools. This support meeting is ONLY for caregivers. Facilitated by Dennis Buttimer, M.Ed, CHC, RYT. Call to register.

3/11, 4/15; 10:30 a.m.-12 p.m.

### **Community for Guys Only (Virtual)**

This is an opportunity for men with cancer to connect in an informal way. Share discussion with other guys on the cancer journey. Lean into the strength of other men and learn tools to assist you. This meeting is for men recovering from cancer or male caregivers. Facilitated by Dennis Buttimer, M.Ed, RYT, CHC. Call to register.

3/8, 4/22; 6-8 p.m.

### **Community Coffee Chat (Virtual)**

Join Angela Buttimer, MS, CHC, LPC and Dennis Buttimer, M.Ed, CHC for a biweekly one-hour program to better connect with those in the community. There will be a simple structure and idea each time with an opportunity to converse with other participants. Bring your coffee, tea or other morning beverage and enjoy an hour of updates, sharing and invigorating conversation. Call to register.

3/27, 4/24; 10-11 a.m.

### **Couples Enrichment Support Group (Virtual)**

Learn enriching ideas to improve the quality of your relationship. Connect with other couples who are also on the cancer journey. Practice proven ideas to boost your connection with your significant other. Join facilitator Dennis Buttimer, M.Ed., RYT, CHC for this workshop. Call to register.

3/25, 4/29; 6-8 p.m.

### **Prostate Support Group (In person)**

Whether you are in active surveillance or living with metastatic prostate cancer, you will find answers to common questions at our prostate cancer support group. Emotional and social support is offered for all attendees including caregivers, spouses, and partners. Facilitated by Henry Oat and Brady Radford, LPC. Registration is required.

3/21, 4/18; 6:30-8:30 p.m.

### **The Road We Share: Women Managing Cancer (Virtual)**

Our women's support group is devoted to exploring concerns faced from the time of receiving cancer diagnosis through active treatment and into survivorship. Facilitated by Dr. Gwen Davies, clinical psychologist and Camber Dougher, LCSW, oncology social worker. Pre-registration and screening are required. Call to register.

3/13, 3/27, 4/10, 4/24; 5-6:30 p.m.

### **Georgia Neuroendocrine Tumor Support (GANETS) (In person)**

Our Atlanta group is here to support all patients and caregivers that are going through a Neuroendocrine Tumor/ Carcinoma diagnosis. The group has been in Atlanta for over 20 years and we continue to grow. We meet every other month on Saturdays at Piedmont West. We are here to listen and to guide you to the best care which includes seeing Neuroendocrine specialists. If you'd like to join us please contact Susan at 609.731.0322 or susan@netsmission.org.

Next meeting 5/4; 11 a.m.-1:30 p.m.

## SUSTENANCE

### **Nutrition Counseling (via phone or in person)**

Shayna Komar, RD, LD provides nutrition counseling for cancer patients during and post treatment. She provides customized consults to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. Call for appointment.

### **All Things Green for Spring! (In person)**

Join Chef Lox and Dietitian Shayna Komar as they celebrate foods that are green for spring. Chef Lox will share her favorite green juices from her “Pink Lady Juice” company. We will also discuss and taste test green salads and soups. Call to register. 3/13; 11:30 a.m.-1:30 p.m.

### **Souper Jenny Garden Tour (In person)**

Let's meet at the garden and have some fun! The “Souper Farm” is an urban farm on an one acre piece of land behind Souper Jenny Restaurant at the Westside location. Join Dietitian Shayna Komar and Farmer Jeff for a tour of the garden. Wear comfortable clothes/shoes. 1082 Huff Rd NW. Atlanta, GA. 30318. Call to register. 3/19; 11 a.m.-12 p.m.

### **The Wonders of Persian Food (In person)**

Join Chef Naina and Dietitian Shayna Komar as they discuss the health benefits of Persian cuisine. You will eat amazing, nourishing food and take home plenty of new recipes to experiment with in your kitchen. Call to register.

3/27; 11:30 a.m.-1:30 p.m.

### **Homemade Sauces, Dressings, and Dips (In person)**

Do you wonder how to make simple and tasty sauces, dressings, and dips? Chef Sue Snape and Dietitian Shayna Komar will help you figure out which dips will work in your weekly eating plan and how to be a label detective to those in the stores. Call to register.

4/3; 11:30 a.m.-1:30 p.m.

### **Spring Soups and Salad (Virtual)**

Watch Chef Elina Fuhrman on a virtual demo as she unpacks a few plant based spring soups with tons of flavor. She will also share one of her favorite spring salads! Call to register.

4/10; *Taped virtual demo will be emailed to you around 11:30 a.m.*

### **Spring Fling (In person)**

Chef Hans and Dietitian Shayna Komar will offer the best spring produce in fun and easy recipes during the cooking demo. Chef Hans has a few of his “one pot meals” ready to share so you can cook once and eat multiple times and enjoy all that spring has to offer. Call to register.

4/17; 11:30 a.m.-1:30 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Writing for Recovery and Discovery, 10-11:30 a.m. Centering Prayer, 10:30 a.m.-12 p.m. PINK Exercise, 2-3 p.m.	2
3 PINK Exercise, 2-3 p.m.	4 Living Well with Integrative Medicine, 12-2:30 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m.	5 Mindfulness 101, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.	6 Power Qi Gong, 10:30-11:30 a.m. Paper Weaving and Quilting, 11 a.m.-1 p.m. PINK Exercise, 2-3 p.m.	7 Chair Fitness, 10:15-11:30 a.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. Gentle Yoga, 1-2:30 p.m.	8 PINK Exercise, 2-3 p.m.	9
10 PINK Exercise, 2-3 p.m.	11 Caregivers Support, 10:30 a.m.-12 p.m. Honoring International Women's Day, 12:30-3 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m.	12 Mindfulness 101, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Chair Yoga, 1-2:30 p.m. Gentle Yoga, 6-7:30 p.m.	13 Celtic Wisdom, 10:30 a.m.-1 p.m. Japan, Impressionist, 10 a.m.-12 p.m. Power Qi Gong, 10:30-11:30 a.m. All Things Green for Spring demo, 11:30 a.m.-1:30 p.m. PINK Orientation, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m.	14 Chair Fitness, 10:15-11:30 a.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. Gentle Yoga, 1-2:30 p.m.	15 Dream Exploration, 10 a.m.-12 p.m. Writing for Recovery and Discovery, 10-11:30 a.m. PINK Exercise, 2-3 p.m.	16
17 PINK Exercise, 2-3 p.m.	18 T'ai Chi & Qi Gong to Bring in Spring, 11 a.m.-1 p.m. Sacral Chakra, 12-2:30 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m. Community for Guys, 6-8 p.m.	19 Mindfulness 101, 11 a.m.-12:30 p.m. Souper Jenny Garden Tour, 11 a.m.-12 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.	20 Buds, Bulbs and Branches, 10 a.m.-12 p.m. Power Qi Gong, 10:30-11:30 a.m. The Seven Spiritual Laws to Success, 12-2:30 p.m. PINK Exercise, 2-3 p.m.	21 Chair Fitness, 10:15-11:30 a.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. The First Law of Life-Change, 12:30- 2:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. Gentle Yoga, 1-2:30 p.m. Prostate Support Group, 6:30-8:30 p.m.	22 PINK Exercise, 2-3 p.m.	23
24 PINK Exercise, 2-3 p.m.	25 T'ai Chi and Qi Gong to Bring in Spring, 11 a.m.-1 p.m. Mystics, 12:30-3 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m. Couples Enrichment, 6-8 p.m.	26 Mindfulness 101, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. Chair Yoga, 1-2:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.	27 Community Coffee Chat, 10-11 a.m. Postcards of Hope, 11 a.m.-1 p.m. Power Qi Gong, 10:30-11:30 a.m. Wonders of Persian Food, 11:30 a.m.-1:30 p.m. Hands and Feet: Reflexology, 12:30-3 p.m. PINK Exercise, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m.	28 Chair Fitness, 10:15-11:30 a.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. Gentle Yoga, 1-2:30 p.m.	29 PINK Exercise, 2-3 p.m.	30
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p>Healing Through Deep Listening, 12-2:30 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m.</p>	<p><b>2</b></p> <p>Postcards of Hope, 10-11:30 a.m. Mindfulness 101, 11 a.m.-12:30p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.</p>	<p><b>3</b></p> <p>Power Qi Gong, 10:30-11:30 a.m. Homemade Sauces, Dressings and Dips demo, 11:30 a.m.-1:30 p.m. PINK Exercise, 2-3 p.m.</p>	<p><b>4</b></p> <p>Chair Fitness, 10:15-11:30 a.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. Gentle Yoga, 1-2:30 p.m.</p>	<p><b>5</b></p> <p>Writing for Recovery and Discovery, 10-11:30 a.m. Centering Prayer, 10:30 a.m.-12 p.m. PINK Exercise, 2-3 p.m.</p>	<p><b>6</b></p>
<p><b>7</b></p> <p>PINK Exercise, 2-3 p.m.</p>	<p><b>8</b></p> <p>Build Better Relationships, 12-2:30 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m.</p>	<p><b>9</b></p> <p>Mindfulness 101, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. Chair Yoga, 1-2:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.</p>	<p><b>10</b></p> <p>Power Qi Gong, 10:30-11:30 a.m. Spring Soups and Salad demo (Taped) Get More ZZZZs, 12:30-2:30 p.m. PINK Exercise, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m.</p>	<p><b>11</b></p> <p>Chair Fitness, 10:15-11:30 a.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. Gentle Yoga, 1-2:30 p.m.</p>	<p><b>12</b></p> <p>PINK Exercise, 2-3 p.m.</p>	<p><b>13</b></p>
<p><b>14</b></p> <p>PINK Exercise, 2-3 p.m.</p>	<p><b>15</b></p> <p>Caregivers Support, 10:30 a.m.-12 p.m. T'ai Chi and Qi Gong for Meditative Restoration, Shen Dian, 11 a.m.-1 p.m. Blessings Abound, 12-2:30 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m.</p>	<p><b>16</b></p> <p>Mindfulness 101, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. Chair Yoga, 1-2:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.</p>	<p><b>17</b></p> <p>Power Qi Gong, 10:30-11:30 a.m. Spring Fling demo, 11:30 a.m.-1:30 p.m. PINK Exercise, 2-3 p.m.</p>	<p><b>18</b></p> <p>Chair Fitness, 10:15-11:30 a.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. Gentle Yoga, 1-2:30 p.m. Prostate Cancer Support, 6:30-8:30 p.m.</p>	<p><b>19</b></p> <p>Writing for Recovery and Discovery, 10-11:30 a.m. Haiku and Watercolor, 11 a.m.-1:30 p.m. PINK Exercise, 2-3 p.m.</p>	<p><b>20</b></p>
<p><b>21</b></p> <p>PINK Exercise, 2-3 p.m.</p>	<p><b>22</b></p> <p>T'ai Chi and Qi Gong for Meditative Restoration, Shen Dian, 11 a.m.-1 p.m. Full Pink Moon, 12:30-3 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m. Community for Guys, 6-8 p.m.</p>	<p><b>23</b></p> <p>Mindfulness 101, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. Chair Yoga, 1-2:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.</p>	<p><b>24</b></p> <p>Community Coffee Chat, 10-11 a.m. Power Qi Gong, 10:30-11:30 a.m. Traditions of the Native American, 12:30-2:30 p.m. PINK Exercise, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m.</p>	<p><b>25</b></p> <p>Chair Fitness, 10:15-11:30 a.m. Mindfulness 201, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m. T'ai Chi Advanced Form, 12:30-1 p.m. What is Your Language?, 12:30-2:30 p.m. Gentle Yoga, 1-2:30 p.m.</p>	<p><b>26</b></p> <p>Creating a Fresco of Memory, 11 a.m.-2 p.m. PINK Exercise, 2-3 p.m.</p>	<p><b>27</b></p>
<p><b>28</b></p> <p>PINK Exercise, 2-3 p.m.</p>	<p><b>29</b></p> <p>Solar Plexus Chakra, 12-2:30 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m. Couples Enrichment, 6-8 p.m.</p>	<p><b>30</b></p> <p>Mindfulness 101, 11 a.m.-12:30 p.m. T'ai Chi and Qi Gong, 12-1:30 p.m. T'ai Chi Advanced Form, 1:30-2 p.m. Gentle Yoga, 6-7:30 p.m.</p>				

# Cancer Wellness at Piedmont Locations

## **Piedmont Atlanta Hospital**

1800 Howell Mill Road  
Suite 700  
Atlanta, Georgia 30318  
404.425.7944

## **Piedmont Henry Hospital**

Education Center • Ground Floor  
1133 Eagle's Landing Pkwy  
Stockbridge, Georgia 30281  
678.604.5990

## **Piedmont Fayette Hospital**

(West Entrance)  
1255 Highway 54 West  
Third Floor • Suite 1100  
Fayetteville, Georgia 30214  
770.719.5860

## **Piedmont Newnan Hospital**

Piedmont Medical Plaza  
775 Poplar Road • Suite 340  
Newnan, Georgia 30265  
770.400.4120

## **Piedmont Athens Regional**

Loran Smith Center  
for Cancer Support  
1199 Prince Ave  
Athens, Georgia 30606  
706.475.4900



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As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont, visit [give.piedmont.org](https://www.give.piedmont.org) or call **404.605.2130**.

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