

May/June 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 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

 **Piedmont**
ONCOLOGY

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.

5/10, 5/24, 6/7, 6/21; 10–11:30 a.m.

Postcards of Hope (In person & Virtual)

In this community art project, participants combine images and words on high-quality postcards. The purpose is to express optimism, personal experience, and insights to those affected by cancer. You don't have to consider yourself an artist to participate. Register early to receive a material kit for the virtual class. Facilitated by Gayle Torres, ATR-BC. Call to register.

5/6, 11 a.m.–12:30 p.m. (Virtual)

6/4, 11 a.m.–12:30 p.m. (In person)

Wabi-Sabi (Virtual)

This presentation explores the amalgam of ideas now known as Wabi-Sabi. Arising in 15th century Japan, this worldview encompasses appreciation for natural processes of birth and impermanence as well as imperfect beauty. Presented by Gayle Torres, ATR-BC. Call to register.

5/10; 11 a.m.–1 p.m.

Dream Exploration (Virtual)

Exploring dreams for improved health and personal understanding is a time-honored tradition. We dream in images more than words. In this group, participants use simple art materials to recall an image of their dream. Art materials, including a journal, can be sent to your home. To receive supplies on time, it is necessary to register at least 7 days prior to the class. Facilitated by Gayle Torres, ATR-BC. Call to register.

5/17; 10 a.m.–12 p.m.

Beginning Color Mixing (In person)

This class is a basic exploration of the ways that colors can be combined in paints to produce secondary combinations. Participants are encouraged to bring journals for future referencing. Facilitated by Gayle Torres, ATR-BC. Call to register.

6/7; 11 a.m.–1 p.m.

The Yes Box (In person)

This is an opportunity to set an intention for and to decorate a container to hold aspirations, wishes and even prayers. All materials (including decorative handmade papers) will be provided, but you are welcome to add a small personal symbol or favorite quote. Participants are welcome to bring their lunch. Facilitated by Gayle Torres, ATR-BC. Call to register.

6/14; 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.

5/31; 11 a.m.–1:30 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.

Orientation 6/19; Program begins 6/26

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.

5/14, 5/28, 6/11, 6/25; 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.
(No class 5/2)

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.

8 Pieces of Brocade Qi Gong (In person & Virtual)

8 Pieces of Brocade is a traditional set practiced for hundreds of years by those who wish to boost vitality and build resilience for the hotter, more “yang” days ahead. This work also helps to clear organ channels, stretch muscles, strengthen bones, and build energy for healing and rejuvenation. Deep breathing, release of tension, and restoring energy flow are benefits of this work. Performed at each student’s level of comfort, this is for anyone who wishes to strengthen the body, mind and spirit! Taught by Cate Morrill, CTCQI, CHC. Call to register.

5/13; 11 a.m.–1 p.m. (In person)

5/20; 11 a.m.–1 p.m. (Virtual)

At the Heart of it All, T'ai Chi and Qi Gong for the Heart Meridian (In Person & Virtual)

The season of summer is associated with the heart in traditional meridian theory. We will work to boost good, strong energy, and use deep breaths and soft motions to help relieve any stress. Finding the right harmony between these concepts is individual, and this set will help create a comfortable experience for the practitioner. Suitable for seated or standing work, we will let the joy and peacefulness flow easily! Taught by Cate Morrill, CTCQI, CHC. Call to register.

6/10; 11 a.m.–1 p.m. (In person)

6/17; 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.

5/20; 12:30–2:30 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.

6/17; 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.

5/10, 6/17; 10–11:30 a.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. (No class 5/7)

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. (No class 5/2)

Somatic Healing for Emotional Energy Blocks (Virtual)

Thoughts are the language of the mind while emotions are the language of the body. For various reasons, emotions can become lodged in parts of the body forming energy blocks. These blocks can keep the body from healing in a more holistic way. Join Angela Buttimer, LPC, RYT, CHC and Dennis Buttimer, M.Ed., RYT, CHC for an innovative program on transforming energetic holds in the body for greater health. Give yourself an opportunity to integrate more of who you are and to feel better. Wear comfortable clothes. Call to register.

5/8; 12:30–3 p.m.

KNOWLEDGE

The Caroline Myss Model of the Family of Archetypes Part I: The Survival Family, The Feminine Family, and The Masculine Family (Virtual)

In Part I of this program, we will explore the distinctive main Archetypes of three sets of “family” energies that influenced us from our earliest beginnings. When we understand how our Archetype style patterns governed and effected our life choices, we are better able to harness our present-day life circumstances for greater positive outcomes. Come join us for PART I of this illuminating and nurturing program. Facilitated by Dennis Buttimer, MED, RYT, CHC and Dr. Jody Iodice, Ph.D. Call to register.

5/15; 12–2:30 p.m.

The Caroline Myss Model of the Family of Archetypes Part II: The Divine Family, The Wisdom Family, and The Healer Family (Virtual)

In Part II of the Myss Archetype Family Model, we will explore the distinctive Archetypal personality structures and patterns found in three varied “family energy” styles. Understanding our Archetype personality structure, patterns, and the “shadow” side of our Archetype broadens our present-day life choices and purpose. Facilitated by Dennis Buttimer, MED, CHC, RYT and Jody Iodice, Ph.D. Call to register.

6/12; 12 p.m.–2:30 p.m.

Tapping (EFT) for Health & Well-Being (Virtual)

Emotional Freedom Technique (aka Tapping) has been shown to reduce stress, eliminate limiting beliefs, help with negative physical mental and emotional symptoms and more! Join Angela Buttimer, MS, LPC as she guides you through tapping tools to feel your best! Call to register.

6/24; 12–2:30 p.m.

The Neurobiology and Nourishing Practice of Mindful Eating (Virtual)

Who in you is hungry, and what are you really hungry for? Mindfulness practices improve immune system functioning and bring calm and spaciousness to our lives. We can apply the practice to all activities, including eating. Join facilitator Angela Buttimer, LPC, RYT to learn and experience tips, tools, research and practices for mindful eating. Call to register.

6/5; 12–2:30 p.m.

Mind and Medicine (Virtual)

Join Dennis Buttimer, M.Ed., RYT, CHC and Angela Buttimer, LPC, RYT, CHC as they review the latest fascinating compilation of research from Dr. Lissa Rankin, MD. We will look at case studies and research that examine the powerful healer within. We know that self-efficacy is essential to immune system functioning, and that our lifestyles, beliefs, emotions, intentions, environments, and stress levels have a tremendous influence on our physiology. Dress comfortably for various experiential exercises for integration of these ideas and concepts. Call to register.

6/3; 12:30–3 p.m.

Father’s Day: Reflections and Lessons Learned (Virtual)

Regardless of the kind of childhood you had, there were lessons learned from your father figure. Perhaps you recall fun times, tough times or both. You likely gained valuable guidance about what to do and/or what not to do. The presence or absence of a Father plays strongly into present day thinking, behaving, and health. Join Dennis Buttimer, M.Ed., RYT, CHC for a morning of transformational exercises. This workshop is open to both men and women. Call to register.

6/14; 10 a.m.–12:30 p.m.

The Heart Chakra: The Seat of the Soul, The Essence of Love, and Portal of Peace (Virtual)

With “chi” balanced at the Heart Chakra, we can transform conflict and obstacles into peace and harmony; resentments into resolution; and stagnancy into creativity. In this workshop, we will examine the physical, emotional, psychological, and spiritual components of the Heart Chakra, writing exercises, self-reflection and dialogue, gentle yoga practice specific to the Heart Chakra, and a brief silent meditation. Facilitated by Angela Buttimer, LPC, RYT, CHC & Dr. Jody D. Iodice. Call to register.

5/13; 12–2:30 p.m.

Opening and Balancing the Throat Chakra: Finding Your Voice and Speaking with Purpose and Clarity (Virtual)

We will examine the psychological, emotional, physical, and spiritual implications of the Throat chakra. Through writing and dialogue, gentle yoga specific to the Throat Chakra, brief chanting, and meditation you will balance and clear “Chi” energy of the Throat Chakra. Join us for this enlightening opportunity to empower your Throat Chakra. Facilitated by: Angela Buttimer, CHC, RYT, LPC and Jody Iodice, Ph.D. Call to register.

6/10; 12–2:30 p.m.

Brain Games: Increase Mental Clarity and Boost Memory (Virtual)

Having a sharp mind in latter years is a common desire. Preventing mental decline is a normal concern. Join Dennis Buttimer, M.Ed., RYT, CHC for a workshop full of games, exercises, and practices to maintain and even increase your mental prowess! Call to register.

5/29; 12–2:30 p.m.

Shamanic Traditions, Quantum Physics, and Dreaming Your World into Being: Being a Conscious Creator and Dreamer (Virtual)

According to Shamanic teachings, we are all “Conscious Creators” and “Conscious Dreamers” either “creating” a personal world of loving-kindness, thereby influencing a collective world of loving-kindness, or “creating” a personal world of conflict and chaos, thereby contributing to the “collective conflict” of the world. The principles of quantum physics suggest the past and future are not separate, location doesn’t exist, we are part of multiple dimensions of the universe, and our personal experiences only come into existence because we observe them into existence. These tenets of western physics intertwine with the ancient teachings of the indigenous peoples and their Shamanic traditions. In this program, we will examine how “everything” is connected and how Shamanic teachers believe our own experiences are simply a constant continuum of our own “dreaming our world into existence”. Please join me to explore yourself as a “Conscious Creator” and “Conscious Dreamer” for loving kindness versus a “Conscious Creator” of conflict and chaos. Facilitated by Dr. Jody Iodice. Call to register.

5/16; 12:30–2:30 p.m.

Four Women and a Dream: A Novel Experience Book Store - Zebulon, Georgia (In person)

Four women from varying professional backgrounds who loved reading books said to each other, “wouldn’t it be great if we opened a bookstore?”. In 2007, their dream came true! With a grant from the Georgia Trust for Historic Preservation, a bank loan, and a lot of creativity and faith, they purchased and renovated a pre-Civil War building in the heart of the city square in Zebulon, Georgia and A Novel Experience was born. A Novel Experience is more than a bookstore. It has become a community spot for numerous groups of various creative outlets and a gathering place for community forums on numerous topics of current state and national importance. I hope you will join me for a field trip to A Novel Experience. Carpool with a friend or two and experience this hidden gem, learn more of the story from one of the owners, Chris Curry, tour the bookstore and find some special hidden treasures for yourself. Facilitated by Dr. Jody D. Iodice, Ph.D. Call to register. (426 Thomaston Street, Zebulon, Georgia)

6/20; 11 a.m.–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.

5/13, 6/10; 10-11:30 a.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.

5/20, 6/17; 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.

5/22, 6/12; 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.

5/28, 6/24; 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.

5/16, 6/20; 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.

5/8, 5/22, 6/12, 6/26; 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.

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.

Summer's Bounty (In person)

Join Chef Maya Saunders and Dietitian Shayna Komar as they give you light and easy recipe ideas for the warm days of summer. Call to register.

5/8; 11:30 a.m.-1:30 p.m.

Anti Inflammatory Foods (In person)

Join Chef Nancy Waldeck and Dietitian Shayna Komar to unpack the simple anti-inflammatory foods that you can add to your daily eating plan. In person. Call to register.

5/15; 11:30 a.m.-1:30 p.m.

Souper Jenny Farm Tour: Soil Education (In person)

We had so much fun last time, we are going back to the gardens again! When you want to create a home kitchen garden for yourself, it all begins with good soil. Join Farmer Jeff and Dietitian Shayna Komar for a farm tour at Souper Jenny's restaurant to learn all about soil and growing your own summer produce. Wear comfortable, weather appropriate clothes, we will be outside the whole time. Feel free to stay and enjoy lunch on your own at Souper Jenny restaurant. (1082 Huff Road, NW, Atlanta, Georgia) Call to register.

5/28; 11 a.m.-12 noon

Simple Summer Breakfasts (In person)

The warm days of summer call for an easy and healthy breakfast to get your day going in the right direction. Join Chef Lox Phillips and Dietitian Shayna Komar for healthy recipes and pressed juices/smoothies to start your day. In person. Call to register.

6/12; 11:30 a.m.-1:30 p.m.

Grown in the Garden from the Ground Up (In person)

Chef Megan McCarthy and Dietitian Shayna Komar will highlight summer's best produce in today's demo. You will leave with a full stomach and many inspiring ideas on how combine the in season produce together in a simple meal at home. Call to register.

6/26; 11:30 a.m.-1:30 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Power Qi Gong, 10:30–11:30 a.m. PINK Exercise, 2–3 p.m.</p>	<p>2</p> <p>Chair Fitness, 10:15–11:30 a.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>3</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>4</p> <p>NETS, 11 a.m.–1:30 p.m.</p>
<p>5</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>6</p> <p>Postcards, 11 a.m.–12:30 p.m. Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m.</p>	<p>7</p> <p>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>8</p> <p>Power Qi Gong, 10:30–11:30 a.m. Summer Bounty Demo, 11:30 a.m.–1:30 p.m. Somatic Healing, 12:30–1:30 p.m. PINK Exercise, 2–3 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m.</p>	<p>9</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>10</p> <p>Writing for Recovery and Discovery, 10–11:30 a.m. Centering Prayer, 10:30 a.m.–12 p.m. Wabi-Sabi, 11 a.m.–1 p.m. PINK Exercise, 2–3 p.m.</p>	<p>11</p>
<p>12</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>13</p> <p>Caregivers Support, 10:30 a.m.–12 p.m. 8 Pieces Brocade Qi Gong, 11 a.m.–1 p.m. Heart Chakra, 12–2:30 p.m. Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m.</p>	<p>14</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. Chair Yoga, 1–2:30 p.m. Gentle Yoga, 6–7:30 p.m.</p>	<p>15</p> <p>Power Qi Gong, 10:30–11:30 a.m. Anti Inflammatory Foods Demo, 11:30 a.m.–1:30 p.m. Family Archetypes, Part 1, 12–2:30 p.m. PINK Orientation, 2–3 p.m.</p>	<p>16</p> <p>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. Shamanic Traditions, 12:30–2:30 p.m. Gentle Yoga, 1–2:30 p.m. Prostate Support Group, 6:30–8:30 p.m.</p>	<p>17</p> <p>Dream Exploration, 10 a.m.–12 p.m. PINK Exercise, 2–3 p.m.</p>	<p>18</p>
<p>19</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>20</p> <p>Mystics Journey, 12–2:30 p.m. 8 Pieces Brocade Qi Gong, 11 a.m.–1 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>21</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>	<p>22</p> <p>Community Coffee Chat, 10–11 a.m. Power Qi Gong, 10:30–11:30 a.m. PINK Exercise, 2–3 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m.</p>	<p>23</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>24</p> <p>Writing for Recovery and Discovery, 10–11:30 a.m. PINK Exercise, 2–3 p.m.</p>	<p>25</p>
<p>26</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>27</p> <p>Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m.</p>	<p>28</p> <p>Souper Jenny Farm Tour, 11 a.m.–12 p.m. 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. Couples Enrichment, 6–8 p.m.</p>	<p>29</p> <p>Power Qi Gong, 10:30–11:30 a.m. Brain Games, 12–2:30 p.m. PINK Exercise, 2–3 p.m.</p>	<p>30</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>31</p> <p>Creating a Fresco of Memory, 11 a.m.–1:30 p.m. PINK Exercise, 2–3 p.m.</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 PINK Exercise, 2-3 p.m.	3 Mind and Medicine, 12:30-3 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m.	4 Postcards of Hope, 10-11:30 a.m. 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.	5 Power Qi Gong, 10:30-11:30 a.m. Mindful Eating, 12-2:30 p.m. PINK Exercise, 2-3 p.m.	6 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.	7 Centering Prayer, 10-11:30 a.m. Writing for Recovery and Discovery, 10-11:30 a.m. Color Mixing, 11 a.m.-1 p.m. PINK Exercise, 2-3 p.m.	8
9 PINK Exercise, 2-3 p.m.	10 Caregivers Support, 10:30 a.m.-12 p.m. At The Heart of it All, 11 a.m.-1 p.m. Throat Chakra, 12-2:30 p.m. Dance Cardio, 1-2 p.m. Restorative Yoga, 2:15-3:15 p.m.	11 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.	12 Community Coffee Chat, 10-11 a.m. Power Qi Gong, 10:30-11:30 a.m. Simple Summer Breakfast Demo, 11:30 a.m.-1:30 p.m. Family Archetypes, Part 2, 12-2:30 PINK Exercise, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m.	13 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.	14 Father's Day, 10 a.m.-12:30 p.m. Yes Box, 11 a.m. to 1:30 p.m. PINK Exercise, 2-3 p.m.	15
16 PINK Exercise, 2-3 p.m.	17 At the Heart of it All, 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. Community for Guys, 6-8 p.m.	18 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.	19 Power Qi Gong, 10:30-11:30 a.m. PINK Exercise, 2-3 p.m.	20 Chair Fitness, 10:15-11:30 a.m. Four Women and A Dream, 11 a.m.-2:30 p.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.	21 Writing for Recovery and Discovery, 10-11:30 a.m. PINK Exercise, 2-3 p.m.	22
23 PINK Exercise, 2-3 p.m.	24 Tapping, 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.	25 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.	26 Power Qi Gong, 10:30-11:30 a.m. Grown in the Garden from the Ground Up Demo, 11:30 a.m. PINK Exercise, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m.	27 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.	28 PINK Exercise, 2-3 p.m.	29
30 PINK Exercise, 2-3 p.m.						

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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