

January/February 2025

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 call 404.425.7944.

THOMAS F. CHAPMAN FAMILY
cancer wellness

 **Piedmont**
ONCOLOGY

Real change lives here



Programs

Please call 404.425.7944 and leave your name, phone number, e-mail and the name and date of classes you would like to attend. 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.

1/10, 1/24, 2/7, 2/21; 10-11:30 a.m.

Before Enlightenment...Chop Wood (Virtual)

This group begins with a presentation of the Zen wisdom philosophy or koan "...Chop Wood, Carry Water." It is followed by an art making experience in which each participant creates a personal symbol for the upcoming year. Participants will receive necessary art materials. Registration required by 12/30/24. Facilitated by Gayle Torres, ATR-BC.

Tuesday, 1/7; 11 a.m.-1 p.m.

Introduction to SoulCollage (In person)

SoulCollage is an expressive, collage-making process that is a reflection of the many complexities and gifts that make up an individual's personality. Invented by psychotherapist and mother, Seena Frost, it provides surprise and insight into one's approach. Lunch will be served. Facilitated by Gayle Torres, ATR-BC.

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

About Abstract Painting: A presentation (Virtual)

This presentation will primarily use Georgia O'Keeffe's New York paintings to demonstrate the concept of abstraction in art and photography. Facilitated by Gayle Torres, ATR-BC.

Tuesday, 1/21; 11 a.m.-12:30 p.m.

My New Yorks: Creating an Abstract Painting (In person)

This class is a hands-on art making experience, based on O'Keeffe's painting. A mixed media approach includes pastels, collage and or paint. No experience is necessary. Attendance in the 1/21 presentation is not required. Lunch will be provided. Facilitated by Gayle Torres, ATR-BC.

Friday, 1/24; 11 a.m.-1:30 p.m.

Chinese Brush Painting Demonstration (In person)

Andrea Troxclair returns by popular demand. Troxclair has been a student and practitioner of the beautiful art form of Chinese brush painting for over two decades. She will demonstrate and explain the significance of "The Four Gentlemen" theme. Registration require by 1/24. Space is limited. Facilitated by Gayle Torres, ATR-BC.

Thursday, 1/31; 11 a.m.-1:30 p.m.

The Empty Chair (In person)

Participants will create an imaginary chair of beauty or mystery or memory using provided materials. A journaling exercise will be the second part of the program. You are invited to think ahead of time about a choice. No experience is required. Lunch will be provided. Facilitated by Gayle Torres, ATR-BC.

Thursday, 2/13; 11 a.m.-1:30 p.m.

The Chair: A Most difficult Thing (Virtual)

This presentation only is an examination of the most difficult and ancient piece of furniture. Of good design, practical and pleasing in appearance, the chair can be a danger if made incorrectly. Spanning the horizon of humble and plain to throne-like, this object provides fascination. Facilitated by Gayle Torres, ATR-BC.

Tuesday, 2/18; 11 a.m.-12:30 p.m.

SoulCollage: Explaining the Four Suits (In person)

This class provides an overview to the process of understanding the aspects of this lovely art form. One is welcome to attend and participate and simply be exposed to the joy of selection of images. All are welcome. Facilitated by Gayle Torres, ATR-BC.

Friday, 2/21; 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.

Program begins 1/8

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.

Dance Party Fusion! (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 (In person)

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 Cooper Friend.

Thursdays, 11 a.m.-12:30 p.m.

Gentle Yoga (In person & 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. Taught by Cooper Friend.

(Virtual) Tuesdays, 6–7:30 p.m.

(In person) 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.

Wednesdays, 10:30–11:30 a.m.

T'ai Chi and Qi Gong Opening Stretches and Forms (Virtual)

These well studied motions are known to help gently open up all the major muscle groups and provide a full-range of motion for the joints as well. Performed at each participant's level of comfort, these sets will help wake-up, invigorate, and encourage a day of easy movement, deep breathing, a calm spirit, relaxed mobility, and more. For seated or standing work, this class is suitable for all levels of physical engagement. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 10:30–11:15 a.m.

T'ai Chi Forms Introduction and Practice (In person)

T'ai Chi is a system of movements that help create strength, flexibility, focus and attention, reduce stress and anxiety, promote deep breathing, help build bones, muscular endurance and cognitive function, all with gentle motions and steps that are easy on the joints. We will practice individual movements and concepts, great for beginners and advanced practitioners! This class can stand alone but is enhanced combined with the other Tuesday T'ai Chi classes. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 12–12:30 p.m.

T'ai Chi and Qi Gong for All Levels (In person)

This class will work further on T'ai Chi for mobility and balance, by use of movements which are practiced together in a specific stepping sequence. Qi Gong is a varied set of motions and stretches which focus on certain body areas, or on concepts, such as for heart chi, "letting go", or boosting energy. These two arts go hand in hand for a complete full-body, gentle engagement of body, mind, and spirit, all performed at the practitioner's chosen pace and level of work. These traditional sets of motions have been used for hundreds of years for health and wellness. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 12:30–1:30 p.m.

Advanced T'ai Chi and Qi Gong (In person)

This class is for individuals who wish to take their practice of these two healing arts deeper and with more internal focus, more understanding, and more attention to the details and meditative practices of each. Previous experience with T'ai Chi and Qi Gong is important, and instructor permission is required. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 1:30–2 p.m.

T'ai Chi and Qi Gong Combination, Forms and Concepts for Health and Wellness (Virtual)

T'ai Chi is a well known, researched, and practiced set of movements and concepts that use the entire body, encourage focus and attention, help create strength and flexibility, reduce stress and anxiety, promote deep breathing, and all with gentle motions and stretches. Qi Gong is a varied set of motions and stretches which focus on certain body areas, or on concepts, such as "letting go", or boosting energy. These two arts work together to create balance, mobility, and a general well-being. Designed with evidence-based movements and theories, this class begins with a Qi Gong opening, a warm-up set, and moves to the focused flow of the modified T'ai Chi 24 form. The end of the class will bring in advanced concepts and information, a short meditation, as well as review certain Qi Gong sets from previous study. Taught by Cate Morrill, CTCQI, CHC.

Thursdays, 11 a.m.–1 p.m.

T'ai Chi and Qi Gong to Move Easily Into the New Year!

It's time to set our intentions and energies to open up for a fresh breath, an expanded vision, and renewed strength for the New Year! With determination and effective action, we employ tools and techniques to strengthen the spirit, mind, and body. Using deep breathing practices, proper stretches, and honing in awareness, we can help ourselves be ready for what comes, and find ways to focus on handling challenges as well as joys! We'll use movements and philosophy to help build resilience and release tension and stress, enabling us to enjoy our days fully! Taught by Cate Morrill, CTCQI, CHC. For the in-person class, registration ends Thursday prior to class. Lunch will be provided.

(In-Person) Monday, 1/13; 11 a.m.–1 p.m. *Register by 1/9*

(Virtual) Monday, 1/27; 11 a.m.–1 p.m. *Register by 1/23*

T'ai Chi to Celebrate the Lunar New Year of the Snake!

January 29th begins the Lunar New Year of the Snake, and is characterized as a time for introspection, intuition, and adaptability, and is said to be a good time to reevaluate goals and grow personally. The snake is considered orderly, intelligent, smart, insightful, communicative, active, calm, lively, determined, courageous, confident, clever, creative, and strong self-control. We will move with intent and focus, to stretch our mind, body and spirit, and breathe deeply to gather powerful energy and strength. We will share the philosophy and concepts of the Chinese New Year events and practices while we create flexibility and energy flow! Taught by Cate Morrill, CTCQI, CHC. For the in-person workshop, registration ends the Thursday prior to class. A special luncheon will be incorporated into the workshop. Space is limited.

(In-Person) Monday, 2/10; 11 a.m.–2 p.m. *Register by 2/6*

(Virtual) Monday, 2/17; 11 a.m.–1 p.m. *Register by 2/13*



PEACE

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

We invite you to rediscover the energy of your passions for a flourishing life of fulfilling relationships and creative living for yourself and with others. When "Chi" (life force) is open and flowing at the Sacral Chakra, we function at our optimum energy level creatively, physically, and we have nurturing relationships even in our differences. When "Chi" is closed in the Sacral Chakra, our creative expressions, physical vibrancy, and relationships are deeply diminished. Facilitated by Angela Buttimer, LPC, CHC, RYT and Dr. Jody D. Iodice.

Monday, 1/13; 12 noon–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 poignant presentations from the facilitator and other experts on a wide array of topics.

Monday, 1/20; 12:30 p.m.–3 p.m.

Power of 10 for Attaining Goals: Bring Out Your Best for 2025 (Virtual)

Join Angela Buttimer LPC, RYT to learn the principles of the power of 10. Taking 10 minutes each today for self-care, planning, and organization feels doable and can have a sustainable impact in your life. Learn how to break down those big goals into manageable pieces and walk away with a concrete plan for next steps.

Monday, 1/6; 12:30–3 p.m.

Illuminate! (Virtual)

Explore the light within you and its power to positively affect your health and your relationship with others. As external darkness descends earlier each day, it is helpful to connect with your internal light. Also, learn ways to cope with Seasonal Affective Disorder (SAD), externally and internally. Various experiential activities will empower you to ignite your inner light for greater health and happiness. Facilitated by Dennis Buttimer, M.Ed, RYT, CHC.

Monday, 1/22; 12:30 p.m.–2:30 p.m.

Your Healthy Happy Brain: Boosting Cognitive Functioning (Virtual)

In this workshop, Dennis Buttimer, M.Ed, CHC, RYT will present research and current integrative strategies to sharpen your focus, improve your memory, and boost your health. Learn how to expand your mental abilities and retain your memory! *Registration required.*

Wednesday, 1/29; 12:30 p.m.–2 p.m.

Valentines: A Workshop of Loving and Celebrating Yourself (Virtual)

February is the month we typically think of romance and others. It is vital that we also honor the love that we have for ourselves. Our immune system responds positively when we send love and gratitude to our own minds, hearts, and bodies. Join Angela Buttimer, LPC, RYT, and learn to love and accept all of who you are. We will celebrate ourselves as we re-establish and recommit to self-love, self-honor, and self-compassion.

Monday, 2/10; 12:30 p.m.–3 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.

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.

Thursdays, 11 a.m.–12:30 p.m.

KNOWLEDGE

Get More Zzzzs: 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, have 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. *Registration required.*

Wednesday, 2/5; 10:30 a.m.–12:30 p.m.

What is a Spiritual Orb? Seeing Orbs and Shadowy Mists in Photos (Virtual)

The camera lens can capture things that most of us cannot see through our natural vision. It is believed that green and white orbs and shadowy mists that show up in our photos are spiritual guides, our ancestral spirits and/or angelic beings. We will explore some of the many facets of this unusual and fascinating phenomena, so gather your photos and look for yourself. Facilitated by Dr. Jody D. Iodice.

Wednesday, 2/12; 12 noon–3p.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.

1/6, 2/3; 10–11:30 a.m.

Dinner and Community for Guys Only (Virtual)

This is an opportunity for men with cancer to connect in an informal way. Eat dinner, have drinks and 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.

1/13, 2/10; 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.

1/22, 2/19; 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.

1/27, 2/24; 6–8 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.

1/8, 1/22, 2/5, 2/19; 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.

2/22; 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.*

New Year New You! (In-person)

Join Chef Naina and Dietitian Shayna as they begin to unpack wellness goals and nutrition ideas for the new year. Whether you need a revamp with herbs and spices or just a few new recipes that are inspired by global flavors and techniques, Chef Naina will be ready to inspire you.

Wednesday, 1/8; 11:30 a.m.–1:30 p.m.

Anti-Inflammatory Foods (In-person)

Anti-inflammatory foods can help reduce risk of chronic diseases and help ease symptoms of current ones. There are many easy ways to incorporate anti-inflammatory foods, herbs, spices, and drinks that you are already familiar with. Chef Nancy Waldeck and Dietitian Shayna Komar will help you with some great food choices in this cooking demo.

Wednesday, 1/22; 11:30 a.m.–1:30 p.m.

Local Winter Produce (In-person)

Chef Hans and Dietitian Shayna Komar will help teach you how to cook once and eat multiple times from healthy, warm, comforting winter dishes. Call to register.

Wednesday, 2/5; 11:30 a.m.–1:30 p.m.

Using Winter Veggies in a New Way (In-person)

It is the middle of the winter and you may be getting tired of your current winter veggies. Join Chef Nancy Waldeck and Dietitian Shayna Komar as they “shake up” your regular menu with a few new ideas! Call to register

Wednesday, 2/26; 11:30 a.m.–1:30 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Happy New Year</i>	2 Mindfulness 201, 11 a.m.–12:30 p.m. (V) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V)	3 PINK Exercise, 2–3 p.m.	4
5 PINK Exercise, 2–3 p.m.	6 Caregivers Support, 10–11:30 a.m. (V) Power of 10 For Attaining Goals: Bring Out Your Best for 2025 12:30–3 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	7 Tai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness 101, 11 a.m.–12:30 p.m. (V) Before Enlightenment, Chop Wood, 11 a.m.–1 p.m. (V) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced Tai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	8 Power Qi Gong, 10:30–11:30 a.m. (V) New Year, New You, 11:30 a.m.–1:30 p.m. (IP) PINK Exercise, 2–3 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m. (V)	9 Chair Yoga, 11 a.m.–12:30 p.m. (IP) Mindfulness 201, 11 a.m.–12:30 p.m. (V) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) Gentle Yoga, 1–2:30 p.m. (IP)	10 Writing for Recovery and Discovery, 10–11:30 a.m. (V) PINK Exercise, 2–3 p.m.	11
12 PINK Exercise, 2–3 p.m.	13 T'ai Chi and Qi Gong to move Easily into the New Year, 11 a.m.–1 p.m. (IP) Finding Your Passion in the Creativity and Wisdom of the Sacral Chakra, 12–3 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	14 Tai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness 101, 11 a.m.–12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	15 Power Qi Gong, 10:30–11:30 a.m. (V) PINK Exercise, 2–3 p.m.	16 Chair Yoga, 11 a.m.–12:30 p.m. (IP) Mindfulness 201, 11 a.m.–12:30 p.m. (V) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) Gentle Yoga, 1–2:30 p.m. (IP)	17 Introduction to Soul Collage, 11 a.m.–1:30 p.m. (IP) PINK Exercise, 2–3 p.m.	18
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2 PINK Exercise, 2-3 p.m.	3 Caregivers Support, 10:30-11:30 a.m. (V) Dance Party Fusion, 1-2 p.m. (IP) Restorative Yoga, 2:15-3:15 p.m. (IP)	4 Tai Chi and Qi Gong Opening Stretches and Forms, 10:30-11:15 a.m. (V) Mindfulness 101, 11 a.m.-12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12-12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30-1:30 p.m. (IP) Advanced Tai Chi and Qi Gong, 1:30-2 p.m. (IP) Gentle Yoga, 6-7:30 p.m. (V)	5 Power Qi Gong, 10:30-11:30 a.m. (V) Local Winter Produce, 11:30 a.m.-1:30 p.m. (IP) Get More Zzzz's: Sleep Better, Feel Better, Heal Better, 10:30 a.m.-12:30 p.m. (V) PINK Exercise, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m. (V)	6 Chair Yoga, 11 a.m.-12:30 p.m. (IP) Mindfulness 201, 11 a.m.-12:30 p.m. (V) T'ai Chi and Qi Gong Combination, 11 a.m.-1 p.m. (V) Gentle Yoga, 1-2:30 p.m. (IP)	7 Writing for Recovery and Discovery, 10-11:30 a.m. (V) PINK Exercise, 2-3 p.m.	8
9 PINK Exercise, 2-3 p.m.	10 T'ai Chi to Celebrate the Lunar New Year of the Snake, 11 a.m.-2 p.m. (IP) Valentines: A Workshop of Loving and Celebrating Yourself, 12:30-3 p.m. (V) Dance Party Fusion, 1-2 p.m. (IP) Restorative Yoga, 2:15-3:15 p.m. (IP)	11 Tai Chi and Qi Gong Opening Stretches and Forms, 10:30-11:15 a.m. (V) Mindfulness 101, 11 a.m.-12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12-12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30-1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30-2 p.m. (IP) Gentle Yoga, 6-7:30 p.m. (V)	12 Power Qi Gong, 10:30-11:30 a.m. (V) What is a Spiritual Orb? Seeing Orbs and Shadowy Mists in Photos, 12-3 p.m. (V) PINK Exercise, 2-3 p.m.	13 Chair Yoga, 11 a.m.-12:30 p.m. (IP) Mindfulness 201, 11 a.m.-12:30 p.m. (V) The Empty Chair, 11 a.m.-1 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.-1 p.m. (V) Gentle Yoga, 1-2:30 p.m. (IP)	14 PINK Exercise, 2-3 p.m.	15
16 PINK Exercise, 2-3 p.m.	17 T'ai Chi to Celebrate the Lunar New Year of the Snake, 11 a.m.-1 p.m. (V) Dance Party Fusion, 1-2 p.m. (IP) Restorative Yoga, 2:15-3:15 p.m. (IP) Community for Guys, 6-8 p.m. (V)	18 Tai Chi and Qi Gong Opening Stretches and Forms, 10:30-11:15 a.m. (V) Mindfulness 101, 11 a.m.-12:30 p.m. (V) The Chair: A Most Difficult Thing, 11 a.m.-12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12-12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30-1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30-2 p.m. (IP) Gentle Yoga, 6-7:30 p.m. (V)	19 Community Coffee Chat, 10-11 a.m. (V) Power Qi Gong, 10:30-11:30 a.m. (V) PINK Exercise, 2-3 p.m. The Road We Share: Women Managing Cancer, 5-6:30 p.m. (V)	20 Chair Yoga, 11 a.m.-12:30 p.m. (IP) Mindfulness 201, 11 a.m.-12:30 p.m. (V) T'ai Chi and Qi Gong Combination, 11 a.m.-1 p.m. (V) Gentle Yoga, 1-2:30 p.m. (IP)	21 Writing for Recovery and Discovery, 10-11:30 a.m. (V) SoulCollage: Explaining the Four Suits, 11 a.m.-1:30 p.m. (IP) PINK Exercise, 2-3 p.m.	22
23 PINK Exercise, 2-3 p.m.	24 Dance Party Fusion, 1-2 p.m. (IP) Restorative Yoga, 2:15-3:15 p.m. (IP) Couples Enrichment, 6-8 p.m. (V)	25 Tai Chi and Qi Gong Opening Stretches and Forms, 10:30-11:15 a.m. (V) Mindfulness 101, 11 a.m.-12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12-12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30-1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30-2 p.m. (IP) Gentle Yoga, 6-7:30 p.m. (V)	26 Power Qi Gong, 10:30-11:30 a.m. (V) Using Winter Veggies in a New Way, 11:30 a.m.-1:30 p.m. (V) PINK Exercise, 2-3 p.m.	27 Chair Yoga, 11 a.m.-12:30 p.m. (IP) Mindfulness 201, 11 a.m.-12:30 p.m. (V) T'ai Chi and Qi Gong Combination, 11 a.m.-1 p.m. (V) Gentle Yoga, 1-2:30 p.m. (IP)	28 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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