Cancer Wellness at Piedmont Atlanta

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. To view the class schedule for all of our locations, visit piedmont.org/cancerwellness.

For more information about programs and services provided by Thomas F. Chapman Family Cancer Wellness at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.
For more information about programs and services, visit piedmont.org/cancerwellness.

To reserve your space for a class, call 404.425.7944 unless otherwise noted. Please register 48 hours in advance for cooking demos or classes where a meal is provided.

.................. Creativity ..................

BELTLINE PORTRAITS WITH GEORGE SKAROULIS
Explore and enjoy a casual walking tour of Atlanta’s Famous Beltline. The tour starts at Piedmont Park then George will be stopping to take portraits of each participant along the way as the Beltline’s colorful murals transform into backdrops. The walk also includes a brief tour of Ponce City Market. Near the end of the walk, we will stop at Metro-Fresh to grab a healthy lunch. Registration Required. 10/10

SOUL COLLAGE
Found images will be used to create a set of cards that speak to you about community, companions and the transpersonal experience in your own life. Lunch will be provided. Registration required. Facilitated by Gayle Torres, ART. 9/10, 10/1

VISUAL JOURNALING
Learn art techniques that will be helpful in adding images to your journal entries. There will be an assortment of art materials provided and journals with blank pages ready for your images. Lunch will be provided. Registration required. Facilitated by Gayle Torres, ART. 9/24, 10/29

WRITING FOR RECOVERY AND DISCOVERY
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. 9/21, 10/19

.................. Knowledge ..................

CONSCIOUS AGING: 70 IS THE NEW 50!
In a billion-dollar anti-aging culture, the aging process can be confusing and daunting. The good news is that we have multiple healthy models around us leading the way. Join Angela Buttimer, MS, LPC in the classroom and Chef Beci Falkenberg in the kitchen for an enlightening and exciting exploration of conscious aging. A healthy meal will be provided. 9/28

GOOD ENOUGH: LETTING GO OF PERFECTIONISM AND PEOPLE-PLEASING
Join Angela Buttimer, MS, LPC as she explores the psychology of perfectionism, people-pleasing, and other behavioral dynamics that can be altered for better well-being. Chef Beci Falkenberg will take you through a meal with simple, satisfying, and healthy ingredients. A healthy meal will be provided. 10/26

LOOK GOOD... FEEL BETTER
This program teaches beauty techniques to women who are actively undergoing cancer treatment to help them combat the appearance related to side effects of radiation and chemotherapy. To register, call 800.227.2345. 9/11

MIND AND MEDICINE
Join Dennis Buttimer, M.Ed., RYT and Angela Buttimer, LPC, RYT as they review the latest fascinating compilation of research from Dr. Lissa Rankin, MD. We will look at case studies and research that examine lifestyles, beliefs, emotions, intentions, environments, and stress levels have a tremendous influence on our physiology. Various experiential exercises for integration of these ideas and concepts. A healthy meal will be served. Registration required. 9/24

PINK AT PIEDMONT
PINK is a comprehensive, 12-week recovery program for women who are currently undergoing or within their first year of post-treatment for breast cancer that includes exercise, nutrition, support, and more. This program offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. To register, call 404.605.1966. Next session begins 9/16

PINK CAMP
PINK camp is a day-long program designed to introduce breast cancer survivors within their first year of treatment to the benefits of incorporating integrative wellness into their survivorship lifestyle. In addition, participants will have the opportunity to learn about other resources available to them. This program offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. Lunch will be provided. To register, call 404.605.1966. 10/20

REDUCE STRESS BY PRE-PLANNING FOR THE HOLIDAYS
The holidays are right around the corner, and you can reduce your stress and enjoy them10 times more by planning in advance! Join Angela Buttimer, MS, LPC in the classroom and Chef Nancy Waldeck in the kitchen to learn practices and principles to get you ready! A healthy meal will be provided. 9/7

A TIME OF HARVEST: ENJOYING THE BOUNTY
This time of year is a rich time to tap into intuition, vision, and the abundance of blessings. Join Angela Buttimer, MS, LPC as she guides you through practices that will help you connect to your personal harvest and Chef Nancy Walde as she guides you through seasonal eating. A healthy meal will be provided. 10/12
TOLTEC SACRED WISDOM 101: THE FIVE AGREEMENTS
Based on the New York Times bestselling work of don Miguel Ruiz, The Four Agreements and the Fifth Agreement, this workshop will incorporate the ancient sacred wisdom of the Five Agreements. These teachings of the Toltec Masters have existed since 900 AD from the peoples of Southern Mexico known as the “Ancient Ones”. We will discuss the powerful principles behind the spiritual mysteries of all Five Agreements that lead us to better health, more fulfilling relationships, the importance of overcoming self-limiting beliefs, and how to integrate a code of conduct for more joy and less suffering. Lunch will be provided. Facilitated by Dennis Buttimer, M.Ed., CHC, RYT and Dr. Jody D. Iodice, PhD. 9/13

THE WISDOM, MESSAGES, AND MYSTERIES OF THE NATIVE AMERICAN ANIMAL TOTEM
In this program, we will explore the traditions of the Native American belief systems of the Animal Totem. We will examine how these Spirit Guides come in and out of lives and what may be the distinct meaning and messages they hold for each of us. It is believed that each of us has one animal that presents in our life and accompanies us as our main guardian Spirit. We will look at ways to access the Animal Totem and the Wisdom it brings to us to navigate our lives. Lunch will be served promptly at noon. Facilitated by Dennis Buttimer, MED., CHC, RYT and Dr. Jody D. Iodice. 10/25

CANCER WELLFIT
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. To register, call 404.605.1966. Sundays, Tuesdays, Fridays

GENTLE YOGA
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. Tuesdays, Thursdays

CHAIR YOGA: OFF THE MAT AND INTO A CHAIR
Yoga made easy and accessible for everyone! This is especially good for beginners. 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. Wear comfortable clothing. Facilitated by Dennis Buttimer, MED., RYT, CHC. A healthy meal be provided. Registration required. 9/11, 9/25, 10/9, 10/23

PINK WELLFIT
PINK WellFit is a safe, customized exercise class designed for women who have received treatment for breast cancer. Participants must be under the care of an oncologist. *This class is held at the Piedmont Atlanta Fitness Center. To register, call 404.605.1966. Wednesdays

REFRESH FOR AUTUMN QI GONG
Wake up, open up, s-t-r-e-t-c-h…and shake! Fill your mind, body, and spirit with the fresh energy of autumn with gentle and invigorating moves, within your comfort zone, of course! Taught by Cate Morrill, CTCQI. Lunch will be provided. Registration required. 9/17

T’AI CHI ADVANCED FORM
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. Thursdays

T’AI CHI AND QI GONG
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. Tuesdays, Thursdays

T’AI CHI AND QI GONG, TIME FOR A CHANGE
Easy movements provide a smooth transition as the time change shifts schedules! Sway and flow to awaken or ease into restful sleep, or for an anytime boost or relaxation. Taught by Cate Morrill, CTCQI, CHC. Lunch will be provided. Registration required. 10/15
BLESSINGS ABOUND: EXPLORING LIFE’S BIG QUESTIONS
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. A healthy meal will be provided. 10/22

CHAKRAS 101: THE LIFE LESSONS AND SACRED TRUTHS OF THE SEVEN CHAKRAS
This program will explore the ancient wisdom of the Chakra system as a means of physical, emotional and spiritual healing, illuminating, deepening and nurturing the inherent essence of one’s Soul. This experiential workshop will introduce you to the emotional, psychological, physical and spiritual principles of each of the seven Chakras through the practice of gentle yoga poses, meditation, breathwork, and chanting. Please wear comfortable clothing as we will be on yoga mats throughout the entire program. Lunch provided. Facilitated by Angela Buttimer, LPC, RYT, CHC and Dr. Jody Iodice. Registration required. 9/10

IGNITING THE CAULDRON WITHIN AND CREATING THE LIFE YOU WANT: THE SOLAR PLEXUS CHAKRA
In this workshop, we will explore the interconnections of the physical, psychological, emotional, and spiritual truths of this Chakra. Through gentle yoga practices, silent reflection, writing and dialogue, participants will discover how to transform “Chi” of the Solar Plexus Chakra to claim a life of greater personal power. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be provided. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice. Registration required. 10/27

MINDFUL LISTENING: SOUND HEALING MEDITATION
Mindfulness teaches us to engage our five senses – sight, sound, taste, touch, and hearing – to calm center, and connect with present moment awareness. Join Dennis Buttimer, MED, CHC as he guides participants through various sound healing modalities and Chef Beci Falkenberg as she creates a feast sure to please the senses. A healthy meal will be provided. Facilitated by Angela Buttimer, LPC. Tuesdays (except 9/18)

PINK at Piedmont
A Breast Cancer Wellness Program

PINK at Piedmont is a comprehensive 12-week breast cancer recovery program available to women who have received treatment any time within the last 8 months.

PINK is designed to promote a sense of overall mental, physical, and emotional well-being. Our goal is to provide information and support based off of the latest research in long-term survivorship and integrative wellness.

In addition to instructor-led group exercise classes offered 3 times weekly and a weekly support group, each participant will receive individual support from a wide range of wellness professionals. PINK includes exercise, lymphedema education, wellness coaching, nutrition consultation, and mindfulness-based stress reduction.

The PINK program is offered free of charge. Registration and medical clearance signed by an oncologist are required in order to participate.

Are you ready to get in the PINK?

2019 SESSION SCHEDULE:
January 6 – April 5
April 28 – July 26
August 4 – November 1
November 10 – January 7

LOCATION:
Exercise and Support Group meet at the Piedmont Atlanta Fitness Center
2001 Peachtree Road, N.E.
Atlanta, Georgia 30309

Registration is required:
Call 404.605.1966

This program is provided in collaboration with Piedmont Atlanta Fitness Center. Sponsored by It's the Journey, Inc., the Georgia 2-Day Walk for Breast Cancer, and by generous gifts from donors in the community.
MINDFULNESS 101/BLENDED FORMAT FOR WEDNESDAY NIGHT
Now you can participate in this live Mindfulness class from the comfort of wherever you are. You will need to register for the first class, so that we can send you an invitation to join the class. Once you have the link, you do not have to register and you can drop in to this class whenever you choose. The first Wednesday of each month, the class will meet in person. Wednesdays (except 9/19, 10/31)

MINDFULNESS 201
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

THE MYSTIC’S JOURNEY: A SPIRITUAL SERIES INTO THE SACRED
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. A healthy meal will be provided. Registration required. 9/26

ONCOLOGY MASSAGE
Being diagnosed with cancer can be stressful and anxiety provoking. Cancer treatment can be invasive and affect your quality of life. There to support you while you are on treatment (chemotherapy, radiation, surgery) is our caring licensed massage therapists who are specialty trained in oncology massage. We offer 30 minute chair massage with scheduled appointment and hand, foot or scalp reflexology at our infusion suites. Participants will provide a release for massage therapy before their first session.

TOLTEC SACRED WISDOM: ENRICHING YOUR DAILY LIVING WITH THE FIRST AND SECOND AGREEMENTS
Based on the New York Times bestseller, The Four Agreements and A Toltec Wisdom Book The Fifth Agreement by don Miguel Ruiz, in this workshop, we will examine more closely the Toltec Sacred wisdom of the first two agreements: the First Agreement: “Be Impeccable with Your Word” and the Second Agreement: “Don’t Take Things Personally” and how living these two agreements will enhance our daily life and the relationships around us. In this workshop, participants will engage in writing, dialogue, meditation, and experiential exercise. Lunch will be provided. Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice, PhD. Registration required. 10/11

CAREGIVERS CONNECTION
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 a meal with other caregivers while learning ideas and tools. This support meeting and meal is only for caregivers. Facilitated by Dennis Buttimer, M.Ed, RYT, CHC. Registration required. 10/22

DINNER AND COMMUNITY FOR GUYS ONLY
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. Registration required. 9/10, 10/11

FALL DRUM CIRCLE
Join Dennis Buttimer, M.Ed, RYT, CHC for the healing effects of drumming. Express yourself through sound and have fun! A healthy meal be provided. Registration required. 9/29

GIRLS NIGHT IN: SCENTSATIONAL FRIENDS
Come hang with the girls and experience the rejuvenating effects of aromatherapy. We will connect, share a meal, and learn from Janet Kemp, certified aromatherapist, to create our own blends. Registration required. 9/27
NUTRITION COUNSELING
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.

FALL FAVORITES
Ahh...the sounds and smells of fall are delightful! Enjoy Chef Hans Ruefferts’ cooking abilities as he teaches you how to whip up simple and healthy fall dishes. Dietitian Shayna Komar will team up with Hans to bring the food to the next level in a discussion on health wellness. Registration required. 10/24

FOODS TO BOOST YOUR MOOD
Feeling a little blah? Your food could be partly to blame. New research shows getting the right nutrients over time can improve your mood, tame stress, ease anxiety and even help fight depression. Join Chef Nancy Waldeck and Dietitian Shayna Komar as they boost your mood with the best healthy food in town. Registration required. 9/5

FUN FALL SNACKS
Do you need a snack midday but aren’t sure what to choose? Salty or savory? Veggie or fruit? Join Chef Randall Fairnot for his first cooking demo in our healthy kitchen. He is a seasoned chef with a great personality and he is ready to wow you with fall snacks that you will love! Join Chef Randall and Dietitian Shayna Komar for a great demo with lots of take home ideas. Registration required. 9/12

GLOBAL CUISINE: INDIAN FOOD
Marked by its use of spices such as turmeric, coriander and ginger, Indian cuisine can be sweet or spicy and rich or light, depending on your preferences. Join Chef Nancy Waldeck and Dietitian Shayna Komar as they help you determine what are the best choices when you want to eat Indian food. Registration required. 10/25

POWER FOODS TO FIGHT BREAST CANCER
Chef Nancy Waldeck and Dietitian Shayna Komar will inspire you with new ideas on how to incorporate the best power foods for a breast cancer survivor. Registration required. 10/17
EATING HEALTHY WITH LOCAL PRODUCE
Join us at Farm Chastain for a class that highlights the health benefits of eating local produce. Chef George Skaroulis will showcase our very own produce in delicious bites, so come hungry. Registration required.
9/19

PLANTING FALL VEGETABLES
As the seasons change, so does the produce we plant! Come ready to get your hands in the dirt as we learn about seasonal veggies and prepare our beds for fall harvest. Registration required. 10/20

Healthy Chef Partyologist Nancy Waldeck makes eating better fun. Her first visit to Piedmont led her to the Thomas F Chapman Family Cancer Wellness Center, where she cooked her way through cancer, where she still loves teaching today. Taste and Savor Life! is her second cookbook; a treasure of new ideas and culinary tips, tricks and techniques. Chef Nancy knows that making healthy cooking a part of your life does not require a lot of time, extraordinary ingredients or special talent. All you need is an enthusiastic attitude and a desire to eat well and feel great. Just like her first cookbook, Nancy is thrilled to donate a portion of the proceeds to cancer wellness programs.
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 piedmont.org/champions or call 404.605.2130.

Cancer Wellness 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 3100
Fayetteville, Georgia 30214
770.719.5860

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

Cancer Wellness Online - a virtual home for wellness. With unlimited access to online classes, videos, articles, community support and more, we invite you to become inspired, make connections and live better at piedmontcancerwellness.org.

Thank you to our donors!

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The John and Rosemary Brown Family Foundation
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Clothes Less Traveled Thrift Shop Coweta-Fayette EMC
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Episcopal Charitable Fund
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JRF Fund at Schwab Charitable Foundation
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Ms. Lynette Mathis
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Mr. and Mrs. Robert R. Reeves
Structor Group, Inc.
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Mr. and Mrs. William A. Wood

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Sigvaris, Inc.
Southside Cycling Club
SunTrust Banks, Inc.
Sutton Middle School
Mr. and Mrs. James J. Thomasson III
Mr. and Mrs. Philip Trickey
United Community Bank
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<td>Cancer Wellfit™, 1 to 2 p.m. *</td>
<td>PINK Exercise, 2 to 3 p.m. *</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Foods to Boost Your Mood, 11:30 a.m. to 1:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Reduce Stress by Pre-Planning for the Holidays, 10:30 a.m. to 1:30 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m. *</td>
<td>PINK Exercise, 2 to 3 p.m. *</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>Fun Fall Snacks, 11:30 a.m. to 1:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m. *</td>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Eating Healthy with Local Produce**, 10:30 a.m. to 12:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>PINK Exercise, 2 to 3 p.m. *</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>Mystic’s Journey, Noon to 3 p.m.</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Conscious Aging, 10:30 a.m. to 1:30 p.m.</td>
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* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.
** This class meets at Farm Chastain

September 2018
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<td>Soul Collage, 10 a.m. to 1 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
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<td>PINK Wellfit™, 1 to 2 p.m.*</td>
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<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
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<td>Gentle Yoga, 1 to 2:30 p.m.</td>
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<td>Survivorship Series, 5:30 to 7:30 p.m.</td>
<td>Mindfulness 101, 5:30 to 7 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>Beltline Portraits, 10 a.m. to 12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>A Time of Harvest, 10:30 a.m. to 1:30 p.m.</td>
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<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</td>
<td>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Mindfulness 101, 5:30 to 7 p.m.</td>
<td>Toltec Sacred Wisdom, Noon to 3 p.m.</td>
<td>Toltec Sacred Wisdom, Noon to 3 p.m.</td>
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<td>T'ai Chi, Advanced Form, Noon to 3 p.m.</td>
<td>Women's Support, 5:30 to 7:30 p.m.</td>
<td>Gentle Yoga, 1 to 2:30 p.m.</td>
<td>Gentle Yoga, 1 to 2:30 p.m.</td>
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<td>Gentlemen Yoga, 6 to 7:30 p.m.</td>
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<td>Dinner and Community for Guys, 6 to 8 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>T'ai Chi and Qi Gong, Time for a Change, 10:30 a.m. to 12:30 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Power Foods, 11:30 a.m. to 1:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Igniting the Cauldron, Noon to 3 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>Survivorship Series, 5:30 to 7:30 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>Toltec Sacred Wisdom, Noon to 3 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
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<td>Gentle Yoga, 1 to 2:30 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Blessings Abound, Noon to 3 p.m.</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>Fall Favorites, 11:30 a.m. to 1:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Good Enough, 10:30 a.m. to 1:30 p.m.</td>
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<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Caregivers Connection, 6 to 8 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>Native American Animal Totem, Noon to 3 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>Women's Support, 5:30 to 7:30 p.m.</td>
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<td>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>Wellness Workshop, 6 to 8:30 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
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<td>Global Cuisine, 6 to 8 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Visual Journaling, 10 a.m. to 1 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
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<td>PINK Exercise, 2 to 3 p.m.*</td>
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* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.

** This class meets at Farm Chastain