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 ----------------

**ART JOURNALING**
Art Journaling is a visual diary, an invitation to “come and see” your world from a different angle. It has become increasingly popular as a way of diving into creative expression. In each session you are invited to learn one exciting technique, using media such as collage, watercolor, markers and more, to create your unique visual impressions, to stand alone or accompany favorite quotes, thoughts or memories. Participants are also free to pursue their own techniques. Previous experience is not necessary. Dress for art-making. Lunch will be provided. Facilitated by Gayle Torres, ART-BC. 3/21, 4/25

**DREAM EXPLORATION**
Have you ever had a dream that seemed important yet was totally baffling? The sleeping mind communicates in metaphors and visual symbols. Some dreams can be profound while others reflect our daily activities. You are invited to bring a dream or a snippet of one and explore its significance. We will begin by recalling the dream with a simple image, followed by discussion and see where memory takes us. Previous dream work or artistic experience in not necessary. Facilitated by Gayle Torres, ART-BC. Note: This group is not currently being offered. We will begin once there is sufficient registration. Please call 404.425.7940 if you are interested in participating.

**SOUCCOLLAKE**
SoulCollage is a card-making activity that produces artistic results for groups and individuals. It is fun and can be surprising and insightful. By selecting images and using the SoulCollage process, every person can touch their intuition and imagination.

March and April will focus on the fundamentals of this visual process including the making of a deck and the four suits of SoulCollage. This class is always open to those who have made cards and want to deepen their understanding.

Developed by Seena Frost, psychotherapist and pastor, Soul Collage offers a way to hear one’s own inner voice. Making the cards often emphasizes personal strengths and hopes. Prior experience is not necessary and any interpretation will be uniquely your own. Lunch will be provided. Facilitated by Gayle Torres, ART-BC. 3/7, 4/18

---------------- Knowledge ----------------

**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. 3/15, 4/12, 4/26

**ATTITUDE ADJUSTMENT: TWEAKING YOUR OUTLOOK FOR BETTER RESULTS**
“Attitude is a little thing that makes a big difference.” – Churchill
Join Dennis Buttimer, M.ED, RYT, CHC for an informative workshop on how attitude impacts your happiness level, the quality of your relationships, and even the cancer journey. Learn simple but powerful approaches to making attitudinal shifts for better results. Chef Beci Falkenberg will provide a delicious meal that will certainly improve your attitude! Call to register. 4/12

**CELTIC WISDOM, SCOTS-IRISH FEAST**
“We are the music makers, And we are the dreamers of dreams...” – Arthur O’Shaughnessy
There are seven areas in Northern and Western Europe whose Celtic Languages and cultural traditions have survived, including Ireland. This culture provided a fertile ground for the emergence of storytelling, literature, wit, love of beauty and music for which Ireland, Scotland and the other Celtic nations are so famous. Experience some of the richness of Celtic history and ideas and how they can apply to your own immune-enhancing journey. Enjoy a healthy, contemporary (and delicious) Celtic feast in an atmosphere of music, laughter, pictures, poetry and stories. Facilitated by Dennis Buttimer, M.Ed., CHC, RYT and Scots-Irish Guest Chef Judith McLoughlin of Shamrock and Peach-Irish tours, Food and Events. Join Dennis and Chef Judith as they share the beautiful traditions and foods of Celtic lands. A healthy Celtic meal will be served. Call to register. 3/15

**CHEMOFLAGE**
Chemoflage, founded by Cookie Aftergut, is a non-profit program designed to empower women who are undergoing chemotherapy for any type of cancer. Participants receive helpful information from healthcare professionals on how to combat the effects of chemotherapy. Class held at Nordstrom Perimeter. To register, call 770.394.6092 or email cookieaftergut@gmail.com.
EXCELING IN EMOTIONAL INTELLIGENCE
Emotional Intelligence is valuable skill to develop whether you are navigating the health journey, dealing with family dynamics, or in the world of work. The good news is that you can strengthen your EI with intentionality and practice. Join Angela Buttimer, MS, LPC as she guides you through principles and practices to develop better emotional intelligence. Call to register. 4/19

MANTRAS, MUDRAS, AND MINDFULNESS TO MANAGE YOUR MOOD
Join Angela Buttimer, MS, RYT, CHC, LPC and Dennis Buttimer, M.Ed., RYT, CHC, owners of Atlanta Center for Mindfulness & Well-Being, to learn how to manage your mood during the holidays and beyond with ancient, proven practices. A healthy meal will be served. Call to register. 4/8

MINDFUL LISTENING: SOUND HEALING MEDITATION
Do you know what ASMR is? Learn about and enjoy pleasant sound sensations that create Autonomous Sensory Meridian Response! Mindful attention to sounds engages the 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 George Skaroulis as he creates a resounding feast to pleasantly heighten the senses. Call to register. 3/30

MINDFUL MOJO:
COMMUNICATION AND RELATIONSHIPS
Join Angela Buttimer, MS, CHC, LPC to get your Mindful Mojo on! Explore how mindfulness practices can support you in becoming a more skillful communicator and enjoy healthier relationships. Chef George Skaroulis will serve a healthful, delicious feast. Call to register. 3/13

OPT FOR OPTIMISM: THE POWER OF POSITIVE PSYCHOLOGY
Did you know we can actually increase our capacity for happiness? And improve our health with the same strategies? Join Angela Buttimer, MS, RYT, CHC, LPC to learn more about the power of positive psychology and enjoy some experiential exercises to improve your health and happiness level. Chef Nancy Waldeck will then show you how to get happy and healthy in the kitchen with a magnificent meal! Call to register. 4/5

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 4/14

SPRING FORWARD: TENDING TO YOUR INTERNAL GARDEN FOR OPTIMAL WELL-BEING
Spring is a time of growth and new developments. Many people experience more energy and clarity at this time. Join Angela Buttimmer, MS, RYT, CHC, LPC to learn steps to tending to your internal garden for optimal well-being. Chef Beci Falkenberg will then show you how to eat well in the spring for optimal well-being. Call to register. 3/8

TOLTEC SACRED WISDOM: INTRODUCTION TO THE FIVE TOLTEC 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 Toltec Traditions. These teachings of the Toltec Masters have existed since 900 AD from the peoples of Southern Mexico known as the “Ancient Ones”. They were the revered teachers and messengers of the sacred truths of Toltec Spirituality, Science, and the Arts. In the 21st century, we find this knowledge just as applicable and useful in our lives today as it was centuries ago. 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. Although not required for this workshop, it may be helpful to read the Four Agreements and the Fifth Agreement before attending. Lunch served promptly at 12:00 pm. Facilitated by: Dennis Buttimer, M.Ed., CHC, RYT and Dr. Jody D. Iodice, Ph.D. Call to register. 3/14

..........................Movement..........................

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

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 Buttimmer, MEd, RYT, CHC. A healthy meal be provided. Registration required. 3/12, 3/26, 4/16, 4/30

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
GOOD MORNING ENERGY, T’AI CHI AND QI GONG TO BEGIN THE DAY WITH JOY!
The T’ai Chi and Qi Gong sets to help adjust to the recent time change and shake off the winter grays are offered for your revitalization! Easy yet powerful moves based on the steady, sure, and clear energy of animals emerging from their winter habitats, with stretching, deep breathing, focus and attention, these sets are designed to open and “awaken” the energy. This set includes movements for seated or standing work. Taught by Cate Morrill, Certified T’ai Chi Instructor, and her assistants. Registration ends the Thursday before the class. Call to register. Lunch provided. 3/25

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.

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 TO WELCOME SPRINGTIME
T’ai Chi and Qi Gong for opening up your body, mind, and spirit to the brighter days ahead! Gentle, yet powerful stretches and moves to help you breathe deeply and get ready for more activity. We will focus inward to prepare to express outward, with movements from small to large and back again, but always at your own level. The Jade Phoenix and the Golden Dragon await you! Standing or seated, this class is designed to reinvigorate! Taught by Cate Morrill, Certified T’ai Chi Instructor, and her assistants. Registration ends the Thursday before the class. Call to register. Lunch provided. 4/22

.........................Peace .........................

BLESSINGS ABOUND IN THE NEW YEAR: 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 served. Call to register. 4/1

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. Through didactic teachings and the practice of gentle yoga, chanting, and meditation, this experiential workshop will introduce you to the emotional, psychological, physical and spiritual principles of each of the seven Chakras. Please wear comfortable clothing as we will be on yoga mats throughout the entire program. Upon attending four chakra programs, you will receive a wonderfully colorful and symbolic Chakra T-Shirt. Lunch provided promptly at 12:00 p.m. This workshop is facilitated by Angela Buttimer, LPC, RYT, CHC and Dr. Jody D. Iodice, Ph.D. Call to register. 3/11

INTRODUCTION TO ONCOLOGY MASSAGE
This class is geared toward participants who have been newly diagnosed and/or those who are in active treatment. If you have just started using the massage program or if you’re just curious about the program, this is a class for you. You will meet the oncology massage team and learn about the massage program here at CCW. We will also learn what oncology massage is and how it differs from other types of massage, how oncology massage can help you during your treatment and how to incorporate it into your care-plan, during active treatment. We will share a meal together and even offer some hand and/or foot reflexology for anyone who wants to try it. Call to register. 3/16, 4/8

MINDFULNESS 101/PRACTICE
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 (no class on 3/5)

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. You may attend one class in the series or all of the classes. Dress comfortably for possible movement. A healthy meal will be served. Call to register. 3/18
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. Call to schedule an appointment.

OPENING AND BALANCING THE ROOT CHAKRA: IGNITING LIFE FORCE AND KUNDALINI ENERGY
This experiential workshop will open, clear and balance the ROOT CHAKRA. We will examine and reflect on the psychological, emotional, physical and spiritual implications of the Root Chakra through didactic teachings, writing and dialogue, and practicing gentle yoga, meditation, breathwork and chanting. We hope you will join us for this enlightening opportunity to experience and empower the internal energies of fire and earth for greater vitality and healing opportunities. Please wear comfortable clothing as we will be on yoga mats throughout the session. Lunch will be promptly served at 12:00 p.m. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice. Call to register. 4/15

TOLTEC SACRED WISDOM: BREAKING ANCESTRAL AGREEMENTS
A continuation of the New York Times bestselling work of don Miguel Ruiz: The Four Agreements. We will now learn how to break our “Ancestral Agreements” from our ancestral “Book of Law.” This “chain of training” has been “programmed in us” from generation to generation” and prevented us from living in the fullness of happiness, play, love, and exploration. If you believe it is time to free yourself from the tyranny of your “Ancestral Agreements”, we hope you will join us to experience “the dignity of rebellion” and find the freedom to “transform” your life to live your “new dream” today. It is not necessary to have attended any of our prior Toltec Wisdom workshops or to have read the Four Agreements prior to attending this workshop; however, we encourage you to read this simple yet profound book as it is life transforming. We will serve lunch promptly at 12:00 p.m. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC and Dr. Jody Iodice, Ph.D. Call to register. 4/18

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.

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

Registration is required: Call 404.605.1966

This program is provided in collaboration with Piedmont Atlanta Fitness Center. Sponsored by generous gifts from donors in the community.

Are you ready to get in the PINK?

2019 SESSION SCHEDULE:
January 6 – April 5
April 14 – July 12
July 21 – October 18
October 27 – January 24

LOCATION:
Exercise Classes and Support Group meet at the
Piedmont Atlanta Fitness Center
2001 Peachtree Road, NE
Atlanta, Georgia 30309
**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 community meal is only for caregivers. Facilitated by Dennis Buttmer, M.Ed, CHC, RYT. Registration is required. 4/4

**COPING WITH CANCER 101**
Is there a correct way to cope with cancer? Is the sadness and worry I feel normal? How do I figure out what type of support I need? These questions and more will be answered in this support seminar for those newly diagnosed with cancer. Participants will learn about different styles of coping with cancer and acquire valuable coping skills. This seminar is geared towards those diagnosed with cancer in the last three months and their loved ones. Sponsored by Barber Breast Cancer Fund. Facilitated by Dr. Emma Stein, Clinical Psychologist. Call to register. 3/13, 4/10

**COPING WITH DEPRESSION AND ANXIETY**
Are you struggling to cope with life with cancer? Are you looking to develop skills for managing sadness, isolation, worry, and stress? Are you interested in connecting with others impacted by cancer and its treatment? Join us for a new group focused on teaching practical tools for managing the ups and downs of life with cancer in a warm and supportive environment. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. Second and fourth Wednesdays

**COUPLES SUPPORT GROUP**
This group is for participants and their partners, particularly newly-diagnosed. Join us for some enriching activities around communication, intimacy and support while connecting with other couples. Facilitated by Dennis Buttmer, M.Ed., RYT, CHC. A healthy meal will be included. Call to register. 3/28, 4/29

**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 Buttmer, M.Ed, RYT, CHC. Registration required. 3/18, 4/15

**MEANING-CENTERED THERAPY GROUP**
It can be an ongoing struggle to stay connected to a sense of meaning and identity in the face of cancer. In this 8-session group geared towards those with stage 3 and stage 4 cancer, we will delve into various sources of meaning through discussion and writing exercises. Participants will explore how meaning can be achieved through our life stories, the attitude we take towards life’s challenges, the ways we contribute to the world around us, and how we take in the beauty of life. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. Group meets on Wednesdays, with new sessions beginning when enough participants have registered. Please call to find out more. Wednesdays

**PROSTATE SUPPORT GROUP**
Recently diagnosed with prostate cancer? Considering a surgical option for prostate cancer or had prostate surgery? Experiencing one or more side effects from surgery? Experiencing emotional or social issues related to the diagnosis? This is another men's support group you absolutely want to attend. Bring your caregiver, spouse, partner or friend. Dinner is provided. Registration is required. Every Third Thursday

**SURVIVORSHIP GROUP**
Come connect with other cancer survivors who are on the post-treatment journey, asking “what now?” Explore themes related to adjusting to life after treatment, the impact of cancer on identity, managing fear of the future, maintaining a healthy lifestyle, and more. This ongoing group is open to anyone who has received a cancer diagnosis. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. First and Third Wednesdays
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.

APRIL SURPRISES
The wonderful flavors of spring are all around us. Chef Megan McCarthy and Dietitian Shayna Komar will have lots of new recipes and ideas for you to enjoy as the weather warms up. Space is limited and registration is required. 4/24.

GAINING WEIGHT IN A HEALTHY WAY
Being underweight can often lead to health issues and concerns. If it is hard to maintain a stable, healthy weight for your height, this is the cooking demo for you. Chef Nancy Waldeck and Dietitian Shayna Komar will educate and show you foods that can be calorie dense, great tasting, and powerful for your immune system all at one time. 3/13.

THE POWER OF GARLIC AND OTHER STINKY ROOTS
April is Garlic Month! We will unpack the health benefits of many root vegetables and how to use them within your daily cooking. It’s all about the “power of the stink” when you want to increase your immune system... Get ready for a fun class! Facilitated by Chef Nancy Waldeck and Dietitian Shayna Komar. Space is limited and registration is required. 4/17.

SPRING FLING
There is so much to celebrate with our food this month! March is National Nutrition Month and Georgia is bursting with colorful spring produce. Join Chef Randall Fairnot and Dietitian Shayna Komar as they highlight the best of the best that Georgia has to offer in the spring. Space is limited and registration is required. 3/27.

THE TRADITIONS OF PRESERVING: CANNING & FERMENTATION
Fermentation is very trendy but can be intimidating and thought to be time consuming; however, it’s one of the oldest methods of preserving. During this class, we’ll revisit the basics of safe home canning, but we’ll explore the healthy benefits and metabolic process of fermentation.

From kimchi to sauerkraut; from mustards to sauces; from herbs to pickles we’ll taste and share tips from experts. We’ll also prepare a couple of recipes in class and each participant will take home a jar of what’s prepared. Dinner will be served at 5:45. Facilitated by Brenda Hill. 4/4.

In honor of National Nutrition Month® and Registered Dietitian Nutritionist Day, Today’s Dietitian Magazine has chosen 10 Registered Dietitians who deserve kudos for the exceptional work they do. Congratulations to our very own oncology dietitian Shayna Komar who was chosen in the nationwide search for the top ten! Contracted by the Thomas F. Chapman Family Cancer Wellness Center in 2006, Shayna helped build the nutrition component of the integrative oncology wellness center. “When I’m with our participants, sometimes we’re laughing together, we’re crying together, we’re cooking together. It’s a very rewarding and inspiring place to work. It’s a great feeling to embrace a career in nutrition when you know it’s where you are supposed to be.” Way to go Shayna!
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 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 3100
Fayetteville, Georgia 30214
770.719.5860

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

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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.

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Thank you to our donors!

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<th>Sunday</th>
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| **3**  | Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | **5**  | T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Gentle Yoga, 6 to 7:30 p.m. | **6**  | PINK Wellfit™, 1 to 2 p.m.*  
Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
Survivorship Group, 6 to 7:30 p.m. | **7**  | SoulCollage, 10 a.m. to 1 p.m.  
T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
Mindfulness 201, 11 a.m. to 12:30 p.m.  
T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.  
Gentle Yoga, 1 to 2:30 p.m. |
| **10** | Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | **11** | Chakras 101, Noon to 3 p.m.  
Mindfulness 101, 11 a.m. to 12:30 p.m.  
T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Gentle Yoga, 6 to 7:30 p.m. | **12** | Chair Yoga, 10 a.m. to noon  
Mindfulness 101, 11 a.m. to 12:30 p.m.  
T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Gentle Yoga, 6 to 7:30 p.m. | **13** | Gaining Weight in a Healthy Way, 11:30 a.m. to 1 p.m.  
PINK Wellfit™, 1 to 2 p.m.*  
Coping with Cancer 101, 2 to 3:30 p.m.  
Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
Coping with Depression and Anxiety, 6 to 7:30 p.m.  
Mindful Mojo, 6 to 8:45 p.m. |
| **17** | Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | **18** | Mystic’s Journey, Noon to 3 p.m.  
Dinner and Community for Guys, 6 to 8 p.m. | **19** | Mindfulness 101, 11 a.m. to 12:30 p.m.  
T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Gentle Yoga, 6 to 7:30 p.m. | **20** | PINK Wellfit™, 1 to 2 p.m.*  
Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
Survivorship Group, 6 to 7:30 p.m. | **21** | Art Journaling, 10 a.m. to 1 p.m.  
T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
Mindfulness 201, 11 a.m. to 12:30 p.m.  
T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.  
Gentle Yoga, 1 to 2:30 p.m.  
Prostate Support Group, 6:30 to 8:30 p.m. |
| **24** | Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | **25** | Chair Yoga, 10 a.m. to noon  
Mindfulness 101, 11 a.m. to 12:30 p.m.  
T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Gentle Yoga, 6 to 7:30 p.m. | **26** | Good Morning Energy,  
T’ai Chi and Qi Gong, 10:30 a.m. to 12:30 p.m.  
PINK Wellfit™, 1 to 2 p.m.* | **27** | Spring Fling, 11:30 a.m. to 1:30 p.m.  
PINK Wellfit™, 1 to 2 p.m.*  
Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
Coping with Depression and Anxiety, 6 to 7:30 p.m. |
| **31** | Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | **30** | Mindful Listening, 10:30 a.m. to 1:30 p.m.  
Prostate Support Group, 6 to 8:30 p.m. | **30** | Cancer Wellfit™, 1 to 2 p.m.*  
Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
Survivorship Group, 6 to 7:30 p.m. | **29** | Cancer Wellfit™, 1 to 2 p.m.*  
Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
Survivorship Group, 6 to 7:30 p.m.  
Coping with Depression and Anxiety, 6 to 7:30 p.m.  
Couples Support Group, 6 to 8:30 p.m. |

* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.
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<td>Blessings Abound, Noon to 3 p.m.</td>
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<td>Traditions of Preserving, 5:45 to 8:30 p.m.</td>
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<td>Caregivers Connection, 6 to 8 p.m.</td>
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<td>Opt for Optimism, 10:30 a.m. to 1:30 p.m.</td>
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<td>Intro to Oncology Massage, 6 to 8 p.m.</td>
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<td>Mantras, Mudras, and Mindfulness, Noon to 3 p.m.</td>
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<td>Attitude Adjustment, 10:30 a.m. to 1:30 p.m.</td>
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<td>15</td>
<td>Opening and Balancing the Root Chakra, Noon to 3 p.m.</td>
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<td>17</td>
<td>The Power of Garlic, 11:30 a.m. to 1:30 p.m.</td>
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<td>SoulCollage, 10 a.m. to 1 p.m.</td>
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<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
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<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
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<td>Toltec Sacred Wisdom, Noon to 2:30 p.m.</td>
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<td>Prostate Support Group, 6:30 to 8:30 p.m.</td>
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<td>Excelling in Emotional Intelligence, 10:30 a.m. to 1:30 p.m.</td>
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<td>20</td>
<td>April Surprises, 11:30 a.m. to 1:30 p.m.</td>
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<td>Coping with Depression and Anxiety, 6 to 7:30 p.m.</td>
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<td>Art Journaling, 10 a.m. to 1 p.m.</td>
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<td>23</td>
<td>T'ai Chi and Qi Gong to Welcome Springtime, 10:30 a.m. to 12:30 p.m.</td>
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* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.