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. Cancer Wellness does not provide mental health or psychiatric services. If you feel that are in need of these services, please contact Carolyn Helmer, LCSW and she will provide you with resources in the community that would be appropriate for you.

Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. This calendar lists classes held in Atlanta. To view the class schedule at all our locations, visit piedmont.org/cancerwellness.

As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Chapman Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. Special thanks to the members of our Champions Giving Society who support Chapman Cancer Wellness at Piedmont with a yearly gift of $2,500 or more. Would you like to give? We appreciate every act of generosity and no monetary gift is too small. For more information or to donate in support of Cancer Wellness at Piedmont, visit piedmont.org/champions or call 404.605.2130.

We are proud to recognize the following:

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BELTLINE PHOTOGRAPHS WITH GEORGE SKAROULIS

Explore and enjoy a casual walking tour starting at Piedmont Park featuring the colorful artwork and murals along the Beltline.

We also take a brief tour of Ponce City Market.

Near the end of the walk, we will stop at Metro-Fresh to grab a healthy lunch. George will be taking his signature Beltline Portraits of each participant along the way.

We begin at 10:30; MEET at the corner of 10th and Monroe Drive PARK TAVERN RESTAURANT. STREET PARKING: ON 10TH ST. PARALLEL TO GRADY STADIUM. (No parking on campus)

Additional parking AT PARK TAVERN PARKING LOT for $3.00

Participants are encouraged to wear comfortable walking shoes and colorful, cool and weather appropriate clothing. To register, call 404-425-7944. PLEASE, FIRST TIME PARTICIPANTS ONLY. 11/1

HIGH MUSEUM
Docent led tour of the Contemporary African Art exhibit. Coffee and time to reflect on what we have seen. To register, call 404-425-7944. 11/8

MAKING MARKS: ENERGY INTO ART
Drawing is energy made visible by making marks on a page. Following impulse, pleasure and energy an image will appear. Explore intention, art making and witnessing as a process in creating images. To register, call 404.425.7944. 11/20, 12/18

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. To register, call 404.425.7944. 11/16, 12/7

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. Includes lunch. To register, call 404.425.7944. 11/6, 12/4

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. Journal writing offers you an opportunity to deepen your self-awareness, discover your voice, broaden your perspective, and connect with your truth. Research shows that journal writing reduces stress and improves immune system functioning. Refreshments provided. Facilitated by Angela Buttimer, CHC, LPC, RYT. 11/10, 12/1

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. To register, call 770.394.6092 or email cookieafter@comcast.net. *Class held at Nordstrom Perimeter.

HEALING THROUGH DEEP LISTENING TO SPIRIT: RELATING MINDFULLY TO OUR FEELING FOR OPTIMAL HEALTH
“We will not find the solution to our problems at the same level of consciousness they were created.” –Albert Einstein
We are not our thoughts, emotions, or bodies, and yet, each of these aspects of self-play a powerful role in our lives and in our immune system functioning. Dr. Candace Pert calls the interplay of these aspects “the mobile brain” – ourselves in continuous dialogue. As we learn to respond more skillfully to what arises in our thoughts, emotions, and bodies, using the tools of mindfulness and deep listening practice, we can access our deepest and richest wisdom. We can learn to release painful, habitual reactionary patterns, feeling better and living better. Wear comfortable clothing as we will work with some gentle movement. You may choose to attend one or all within the Deep Listening offerings. Facilitated by Dennis Buttimer, MEd, RYT and Angela Buttimer, LPC, RYT. A healthy meal will be served. To register, call 404-425-7944. 12/11
LIVING WELL WITH INTEGRATIVE MEDICINE

“The natural healing force within each of us is the greatest force in getting well.”
–Hippocrates, via Oncologist Dr. Jeremy Geffen’s book, The Journey through Cancer

Join us to learn about the most recent research on neurobiology, applied psycho-neuro-immunology and wellness. We will discuss the implications around staying well with a cancer diagnosis, review the latest research as well as practice the modalities of healing experientially that the research indicates as beneficial to your optimal health. Dress in comfortable clothing. Facilitated by Dennis Buttimer, MEd, CHC, RYT and Angela Buttimer, RYT, CHC, LPC. A healthy meal will be served. To register, call 404-425-7944.

11/8

LOOK GOOD...FEEL BETTER®

This program teaches beauty techniques to women who are actively undergoing cancer treatment to help them combat the appearance-related side effects of radiation and chemotherapy. To register, call 404.605.4551. 11/14, 12/12

PINK AT PIEDMONT

For women currently undergoing treatment and up to 8 months post-treatment for breast cancer, this 12-week program offers exercise three times weekly, life coaching, weekly support group, nutrition consultation, education and stress reduction through guided imagery and gentle yoga classes. To register, call Jasmin at 404.605.1966. Next session begins 11/5

SEASONAL SPIRITUAL DRUM CIRCLE

Join facilitator Dennis Buttimer, M.Ed, RYT, CHC for a drum circle to celebrate this spiritual season! No musical talent required! This drumming event will honor various spiritual traditions. In addition to synchronizing the brain, drumming has been shown to induce relaxation, control chronic pain, boost the immune system and increases positive mood. Enjoy a delicious meal with one of our healthy chefs. Space is limited so register today at 404-425-7944. 11/27

CANCER WELLFIT™

Cancer WellFit™ 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. The program consists of one hour of group exercise two days per week. To register, call 404.605.1966. *This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road. Sundays, Tuesdays and Fridays

CHAIR YOGA: OFF THE MAT AND INTO A CHAIR

Yoga made easy and accessible but effective for everyone! No requirement to get up and down off the mat for this workshop. 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. In this workshop, learn simple, effective breathing, sitting yoga poses and brief meditation. Become educated on various aspects of the body and how yoga works to create healing. Wear comfortable clothing. A healthy meal in the Wellness Café will be served. Facilitated by Dennis Buttimer, MEd, RYT, CHC. To register, call 404.425.7944. 11/14, 11/28, 12/5, 12/19

GENTLE YOGA

Participants are guided through breathwork, simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions and promotes an improved sense of well-being. Tuesdays and Thursdays (except 11/23, 12/28)

GO WITH THE FLOW YOGA

Join us for a vinyasa yoga class and de-stress! Enjoy a class of continuous flowing movements and poses. This is a strength building class that will make you feel invigorated and deeply-relaxed. This also encourages you to learn how to manage the challenging flow of life events while breathing and staying centered. This class is for those with previous or recent yoga experience. Join Dennis Buttimer, RYT for a morning of flow yoga. A delicious, healthy meal will be prepared by Chef George Skaroulis. To register, call 404-425-7944. 11/6

READY, SET, HUT!: GAMES PEOPLE PLAY

Put on your favorite team hat, jersey or other sports item and join Dennis Buttimer, M.Ed., RYT, CHC for a workshop on people patterns. Learn how to better understand relationship dynamics, particularly during the holidays, and how to more successfully navigate them. Examine your expectations and take this time to consider healthy boundaries in order to reduce stress. Chef Beci Falkenberg will provide a healthy, delicious tailgate meal. To register, call 404-425-7944. 11/10
T'AI CHI, ADVANCED FORM
This class will practice the standard T'ai Chi 24 form in the traditional linear walking format. We will take our “Step In, Step Out T'ai Chi” form, and connect the moves in a flowing series that will deliver a set of “moving meditation” which provides several additional key benefits to the student such as more emphasis on balance, energy flow and concentration, in a repeated set designed and adapted just for you! This is an advanced program, suitable for those who have been regular attendees in the weekly classes for more than 6 months and currently take the Tuesday or Thursday classes regularly, and who are comfortable standing for most of the class time. Limited to 8 students due to space. Taught by Cate Morrill, Certified T'ai Chi Instructor and assistants. Thursdays (except 11/23, 12/21, 12/28)

T'AI CHI AND QI GONG TO “LET IT FLOW, LET IT GO!”
As times of less outside activity and more indoor gatherings approach, social or family events may increase, expectations may arise and many of us can benefit from opportunities to relax, restore and reinvigorate! To build energy, de-stress, create inner calm, and let joy rise, we provide an easy set of breathing, stretching and moving, to use before functions, during your day, or after a long day. So join us in laughter and silence, movement and stillness, and get a little help to “Let It Flow, and Let It Go!”... This set may be performed seated or standing. Taught by Cate Morrill, Certified T'ai Chi Instructor and assistants. To register, call 404-425-7944. 11/13

T'AI CHI AND QI GONG
The healing arts of T'ai Chi and Qi Gong are well studied and endorsed for helping to alleviate stress and gently build strength, flexibility, balance and energy of Mind, Body, and Spirit. Practice of just 10 minutes a day has shown to increase focus, benefit breathing, help to "settle" nerves, and to refresh the spirit! Seated or standing, these are easy movements, stretches and meditations selected just for you. We play with laughter and silence, for joy and peacefulness! Tuesdays and Thursdays (except 11/21, 11/23, 12/19, 12/21, 12/26, 12/28)

THE BALANCE OF HEAVEN AND EARTH:
THE CROWN CHAKRA
When “Chi” is balanced in the Crown Chakra, our consciousness, which could be called Spirit, God, Love, the Great Mystery, The Divine, or Universal Energy, is centered and balanced, and we live in a profound state of peacefulness, Love and Grace for ourselves, those around us, and the circumstances that affect our lives. To be fully present in the Crown Chakra is to have a connection that is fully present within the Spirit and know Spirit is fully present within us and within all things and all circumstances. Even in the midst of challenges, an open Crown Chakra allows us to know both peace and chaos, sadness and joy, faith and fear. Come awaken the inherent Universal energy within and find that greater balance of living both Heaven and Earth through a greater understanding of the physical and psychological-emotional relationship of the Crown Chakra, interpretation of the Sacred and Life lessons of the Crown Chakra, and through gentle yoga, writing exercises, silent reflection and dialogue. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be provided. Facilitated by Angela Buttmer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. Registration is required, call 404.425.7944. 11/1

Blessings Abound: Exploring Life’s Big Questions
What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join Angela Buttmer, 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. To register, call 404.425.7944. 12/20

Celebrating Self-Compassion and Self-Care During the Holidays
Cultivating self-compassion and self-care is important throughout the year. The holidays bring their own unique challenges. The season encourages everyone to think of others which is a wonderful opportunity. And it’s also essential that you tune in to what you need and want throughout this time. Join Angela Buttmer, MS, LPC as she guides you through ways to celebrate, care for, and honor yourself during this busy time. Chef Nancy Waldeck will prepare a holiday meal that is sure to nurture the body and heart. To register, call 404-425-7944. 12/16
CENTERING PRAYER
This sacred form of meditation encourages contemplation in a way that promotes connection with the sacred. 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. Lunch will be served. Facilitated by Dennis Buttimer, MEd, RYT. To register, call 404.425.7944. 11/15, 12/20

HOLIDAY CELEBRATION AND EVENING OF INSPIRATION
Join Angela Buttimer, MS, LPC and Dennis Buttimer, MEd, CPC for a sneak listen to readings from their upcoming book soon to be released, INSPIRED: 365 Days of Mindful Mojo. George Skaroulis will be playing holiday music along with music from his latest CD, Shine. Chef Nancy Waldeck will provide a holiday buffet. Enjoy an evening of Inspiration, Joy, and Mindful Mojo! To register, please call 404-425-7944. 11/12

HOLIDAY HUMOR AND SEASONAL IMPROV
Join Dennis Buttimer, M.Ed, RYT, CHC for good holiday humor and improvisation! Laughter is “the best medicine,” boosting the immune system, improving circulation, stimulating endorphins and much more. Playful improv also creates the same benefits. Join us for hilarity and fun leaving you exhilarated with a greater sense of well-being! Chef Beci Falkenberg will create a feel-good, immune-boosting meal. To register, call 404-425-7944. 12/7

HOLIDAY PAUSE
The holidays can be such a busy time. We invite you to take a pause during the season. Join Angela Buttimer, MS, RYT, LPC, CHC for this venture into deep relaxation, restoration, and renewal. She will guide you through mindful chair yoga practices, dialogue and reflection, and mindfulness meditation for a morning of healing and peace. Chef Beci Falkenberg will provide a delicious, nourishing, healthy meal. Wear comfortable clothing. To register, call 404-425-7944. 12/15

MANAGE YOUR MOOD WITH POSITIVE PSYCHOLOGY DURING THE HOLIDAYS
The holidays can bring lots of joy – and lots of stress. Join Angela Buttimer, MS, LPC as she offers strategies from the research in positive psychology to help you manage your mood during this season. Chef George Skaroulis will offer a joy-full meal that will nourish your spirit. To register, call 404-425-7944. 12/4

MINDFULNESS TRAINING 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, RYT, CHC, LPC. Tuesdays and Wednesdays* (except 11/21, 12/26)

MINDFULNESS 201
For those who have completed Mindfulness Training 101, deepen your practice and continue to enhance your overall quality of life. Facilitated by Angela Buttimer, LPC, RYT, CHC, LPC. Thursdays (except 11/23, 12/28)

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. To register, call 404.425.7944. 12/18

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.
NEW! BLENDED FORMAT FOR WEDNESDAY NIGHT MINDFULNESS 101

Is Atlanta traffic causing you stress? Missing out on opportunities because of congested streets? Great news! Now you can participate in this live Mindfulness class from the comfort of wherever you are – home or office. You will need to register for the first time you join the class, so that we can send you an invitation to the class. Once you have the link, you do not have to register and you can drop in to this class whenever you choose. We do ask that you still arrive on time in this format. The first Wednesday of each month, the class will meet in person. To register, call 404.425.7944. Wednesdays (1st Wednesday of each month will be in person, all other classes will be virtual) (except 11/22, 12/27)

ONCOLOGY MASSAGE PROGRAM

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 along the way is our amazing team of massage therapists.

The Oncology Massage Program is led by Cara Thurman, owner of Vinings Massage and Wellness (VMW). Specially trained in Oncology Massage, they use gentle, slow techniques to help your body relax and to give you the space to find respite. Their approach has been found to reduce pain, stress, anxiety and nausea. For some it will help improve appetite, sleep and quality of life by providing feelings of well-being.

We offer 30-minute chair massage. Our massage therapists are also available to come to you in both infusion centers at Piedmont West for hand, foot or scalp reflexology during your infusion. If you prefer to have reflexology during chemotherapy, you will need to sign up when you arrive for treatment.

Massage services are only available to those in active cancer treatment (chemotherapy/radiation/surgery). Participants may sign-up for no more than 1 massage per week. To schedule a massage at Cancer Wellness, call Kim Way at 404.425.7944.

OPENING AND BALANCING THE ROOT CHAKRA: IGNITING LIFE FORCE AND KUNDALINI ENERGY

We invite you to explore paths to 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 writing and dialogue. In addition, we will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the “Chi” energy of the Root Chakra thereby igniting the flow of Kundalini energy in the body. 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 promptly served at 12:00 p.m. Facilitated by: Angela Buttmer, LPC, CHC, RYT and Dr. Jody Iodice. To register, call 404.425.7944. 12/4

READY, SET, HUT!: GAMES PEOPLE PLAY

Put on your favorite team hat, jersey or other sports item and join Dennis Buttmer, M.Ed., RYT, CHC for a workshop on people patterns. Learn how to better understand relationship dynamics, particularly during the holidays, and how to more successfully navigate them. Examine your expectations and take this time to consider healthy boundaries in order to reduce stress. Chef Beci Falkenberg will provide a healthy, delicious tailgate meal. To register, call 404-425-7944. 11/10

THE FIFTH AGREEMENT: “BE SKEPTICAL, BUT LEARN TO LISTEN”

“Be skeptical is masterful because it uses the power of doubt to discern the truth. The other person’s message is only half the message; our skeptical discernment of whether we accept their message as our truth is the other half of the message.” Don Miguel Ruiz

In this workshop, we will continue the series based on the bestseller by Don Miguel Ruiz, The Four Agreements. We will look at the deeper teachings offered to us in the Fifth Agreement. We will explore the benefits of being skeptical to discern the true message that others offer us; “listening and feeling” for the distorted dreams that may be offered to us by others and how their message may influence our choices. Through coming to understand the principles behind the Fifth Agreement, meditation, reflecting, writing, and dialogue you will learn how to implement the Fifth Agreement in your own life for increased opportunities of better choices; clearer decision making powers; more positive interactions with others; and most importantly, accessing the inherent wisdom, power, goodness and divinity that is available to us all through deeper awareness of the Fifth Agreement.

Lunch provided promptly at 12:00 p.m. Facilitated by Dennis Buttmer, M.Ed., RYT, CHC and Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944. 12/15

TOLTEC SACRED WISDOM: LIVING THE THIRD AND FOURTH AGREEMENTS FOR GREATER CONTENTMENT, JOY, AND PEACE IN YOUR LIFE

“Don’t Make Assumptions” and “Always Do Your Best”

“Imagine living a life where you are not afraid to take the risk to explore life...imagine loving yourself just the way you are. Imagine you love your body just the way it is: you love your emotions just the way they are. Imagine that just by being yourself, you are happy and truly enjoy your life...” Don Miguel Ruiz

Come explore the Third and Fourth Toltec Agreement from the works of don Miguel Ruiz, New York Times bestseller The Four Agreements and A Toltec Wisdom Book The Fifth Agreement. In this workshop, we take an in depth look at the Third Agreement: “Don’t Make Assumptions” and the Fourth Agreement: “Always Do Your Best and how incorporating these Toltec Agreements in our daily interactions with ourselves and others will lead us to greater ease, authenticity, confidence, tolerance, flexibility, peace, satisfaction and
contentment in our day-to-day experiences. Through writing, dialogue, meditation, and experiential exercises we will explore how to successfully navigate these two Toltec Agreements in our daily experiences from a place of greater open mindedness, self-acceptance, patience, and active listening. We will explore what it means to know that each day our “best” can be different and that striving and driving ourselves every day for an optimal “best” is really unreasonable and unrealistic because Toltec Sacred Wisdom tells us our “best” changes from moment to moment and hour to hour… and living our “best” at times means letting go of rather than holding on to. Lunch is provided promptly at 12:00 p.m. Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice. To register, call 404.425.7944.

11/2

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 Buttimer, M.Ed, CHC, RYT. To register, call 404.425.7944. 12/4

COUPLES RETREAT: A DAY OF SUPPORT AND CONNECTION
Enjoy a day of deepening your relationship with your significant other. Dennis Buttimer, M.Ed, RYT, CHC will facilitate a number of different activities to activate a more positive approach with one another. Meet and have fun with other couples who are also on the cancer journey. Chef George Skaroulis will provide a nourishing, romantic lunch with a champagne toast. To register, call 404.425.7944. 12/2

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, Chef George Skaroulis September 18th, Chef Hans Rueffert October 23rd. To register, call 404.425.7944. 11/13, 12/11

GIRLS NIGHT IN - ALL THAT GLITTERS
Join the girls at Cancer Wellness for a night of fun, connection, and creativity. Come learn the tips of the trade when it comes to making jewelry with Feel Beautiful Today and bringing your unique vision to life just in time for holiday celebrations. In true Girls’ Night fashion, we will also enjoy a meal together. To register, call 404.425.7944. 12/13

INDIVIDUAL COUNSELING AND COACHING
Short-term counseling with one of our counselors, counseling interns or Licensed Clinical Social Workers is available to anyone affected by cancer. To register, call 404.425.7940.

PROSTATE CANCER 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? This is another men’s support group you absolutely should attend. Bring your caregiver, spouse, partner or friend. To register, call 404.425.7944. 11/16, 12/21

SURVIVORSHIP SERIES
Come connect with other survivors. Twice each month we will hold a series of groups designed specifically for you and your journey through post-treatment. What now? Come join us. This group is open to anyone who has ever received a diagnosis. Dinner will be provided at 5:30 p.m. Facilitated by Lauren Garvey, CRC, NCC. 11/7, 11/21, 12/5, 12/19

WELLNESS WORKSHOP FOR COUPLES
These workshops are for participants and their partners. The cancer journey can adversely affect a couple’s relationship and present challenges for growth. Join us for some enriching activities around communication, intimacy and support while connecting with other couples. A healthy meal will be provided. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC. To register, call 404.425.7944. 11/30

WOMEN’S CANCER SUPPORT
This group is for women who have been diagnosed with any type of cancer and are at any stage of recovery. Meet, gain support and learn from women who share similar experiences through their cancer journey. Facilitated by Lauren Garvey, CRC, NCC. 11/14, 11/28, 12/12, 12/26

FARM CHASTAIN
November: Winter Wonderland: Exploring Greenhouse Gardening
Join us for a fun gardening class in the greenhouse at the Farm Chastain organic conservancy. Enjoy a hot cup of tea or cider inside the barn while taking in the experience of being in nature. We will also have some festive activities that are sure to bring holiday cheer. To register, call 404-425-7944. 11/18
HOLIDAY COOKIES
Love baking and sharing holiday cookies but trying to eat well even during this time of year? Join healthy chef partyologist Nancy Waldeck to create luscious festive treats that you’ll never suspect are better-for-you! 11/20

INDIVIDUAL NUTRITION CONSULTATIONS
Shayna Komar, RD, LD and Taryn Tennyson, RD, LD provide nutrition counseling for cancer patients during and post treatment. They provide customized consults to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. To schedule a consult, call 404.425.7944.

THANKSGIVING BLESSINGS
Join Chef Hans Rueffert and Dietitian Shayna Komar as they share how to have a healthy Thanksgiving feast with your friends and family this year. To register, call 404.425.7944. 11/15

THE WONDERFUL WORLD OF PRESSURE COOKERS
Cooking healthy can sometimes take more time and preparation but not when you learn to use a modern pressure cooker. Chef Nancy Walkdeck and Dietitian Shayna Komar will teach you how to make succulent, flavorful and easy-to-make meals faster for you and your family. To register, call 404-425-7944. 11/29

WINTER WONDERLAND
Join Chef Jess from Souper Jenny Restaurant for a demo focused around the plentiful veggies and fruits of the winter months. Dietitian Shayna Komar and Chef Jess will work as a team to provide many healthy winter eating ideas. To register, call, 404-425-7944. 12/6

WINTER IN ITALY
Join Chef Elisa Gambino and Dietitian Shayna Komar as they take you on a trip through the amazing tastes of Italy in the winter. You will learn about warm, comforting, healthy foods that will get your taste buds going! To register, call 404-425-7944. 12/13

SAVE THE DATE
Please join us for the 11th Annual
ANGELS ON EARTH EVENT
benefiting the Thomas F. Chapman Family Cancer Wellness Center.

Thursday, February 15, 2018
6 p.m. - 9 p.m.
The heART of Love
Bill Lowe Gallery
764 Miami Circle, Suite 210
Atlanta, Georgia 30324

For more information please call the Piedmont Healthcare Foundation at 404.605.2871 or visit give.piedmont.org/angels.
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<th>Monday</th>
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<tr>
<td>*This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road. **This class meets at Farm Chastain Note: We will be closed on 11/23 and 12/25</td>
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<td><strong>November 2017</strong></td>
<td><strong>piedmont.org/cancerwellness</strong></td>
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<tr>
<td>1</td>
<td>Beltline Photographs, 10:30 a.m. to 1 p.m. The Balance off Heaven And Earth: The Crown Chakra, noon to 3 p.m. Mindfulness 101, 5:30 to 7 p.m.</td>
<td>2</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m. Mindfulness 201, 10:45 a.m. to 12:30 p.m. T’ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m. Toltec Sacred Wisdom, noon to 3 p.m. Gentle Yoga, 1 to 2:30 p.m.</td>
<td>3</td>
<td>Cancer Welfit™, 1 to 2 p.m.*</td>
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<td>5</td>
<td>Cancer Welfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>6</td>
<td>Visual Journaling, 12:30 to 3:30 p.m. Go with the Flow Yoga, 6 to 8:45 p.m.</td>
<td>7</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m. T’ai Chi and Qi Gong, Noon to 1:15 p.m. Cancer Welfit™, 1 to 2 p.m.* Surviviorship Series, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>12</td>
<td>Cancer Welfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Gratitude Dinner: Thankfulness and Appreciation, 4 to 7 p.m.</td>
<td>13</td>
<td>T’ai Chi and Qi Gong To “Let It Flow, Let It Go!”, 10:30 a.m. to 12:30 p.m. Dinner and Community for Guys, 6 to 8 p.m.</td>
<td>14</td>
<td>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 Welfit™, 1 to 2 p.m.* Look Good, Feel Better, 5 to 7 p.m. Women’s Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>19</td>
<td>Cancer Welfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>20</td>
<td>Holiday Cookies, 11 a.m. to 2 p.m. Making Marks, 12:30 to 2:30 p.m.</td>
<td>21</td>
<td>Cancer Welfit™, 1 to 2 p.m.* Surviviorship Series, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>24</td>
<td>Cancer Welfit™, 1 to 2 p.m.*</td>
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<td>26</td>
<td>Cancer Welfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>27</td>
<td>Seasonal Spiritual Drum Circle, 6 to 8:45 p.m.</td>
<td>28</td>
<td>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 Welfit™, 1 to 2 p.m.* Women’s Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 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  
***This class meets at Piedmont Brain Tumor Center |
| 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | Opening and Balancing The Root Chakra, noon to 3 p.m.  
Visual Journaling, 12:30 to 3:30 p.m.  
Caregivers Connection, 6 to 8 p.m.  
Manage Your Mood With Positive Psychology During The Holidays, 6 to 8:45 p.m. | Chair Yoga, 10 a.m. to noon  
Mindfulness 101, 11 a.m. to 12:30 p.m.  
Visual Journaling, 12:30 to 3:30 p.m.  
T'ai Chi and Qi Gong, Noon to 1:15 p.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Look Good, Feel Better, 5 to 7 p.m.  
Survivorship Series, 5:30 to 7:30 p.m.  
Gentle Yoga, 6 to 7:30 p.m. | Winter Wonderland, 11:30 a.m. to 1:30 p.m.  
PINK Exercise, 2 to 3 p.m.* | Soul Collage, 10 a.m. to 1 p.m.  
T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Mindfulness 101, 5:30 to 7 p.m. | Cancer Wellfit™, 1 to 2 p.m.* |
| 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | Healing Through Deep Listening To Spirit: Relating Mindfully To Our Feeling For Optimal Health, noon to 3 p.m.  
Dinner and Community for Guys, 6 to 8 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.*  
Look Good, Feel Better, 5 to 7 p.m.  
Women's Support, 5:30 to 7:30 p.m.  
Girls Night In - All that Glitters, 6 to 8 p.m.  
Gentle Yoga, 6 to 7:30 p.m. | Winter in Italy, 11:30 a.m. to 1:30 p.m.  
PINK Exercise, 2 to 3 p.m.*  
Mindfulness 101, 5:30 to 7 p.m.  
Girls Night In - All that Glitters, 6 to 8 p.m.  
Gentle Yoga, 6 to 7:30 p.m. | T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Mindfulness 201, 10:45 a.m. to 12:30 p.m.  
T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.  
Gentle Yoga, 1 to 2:30 p.m.  
Holiday Celebration and Evening Of Inspiration, 6 to 8:45 p.m. | Celebrating Self-Compassion and Self-Care During the Holidays, 10:30 a.m. to 1:30 p.m. |
| 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | The Mystic’s Journey: A Spiritual Series Into The Sacred, noon to 3 p.m.  
Making Marks, 12:30 to 2:30 p.m.  
Holiday Humor and Seasonal Improv, 6 to 8:30 p.m. | Chair Yoga, 10 a.m. to noon  
Mindfulness 101, 11 a.m. to 12:30 p.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Survivorship Series, 5:30 to 7:30 p.m.  
Gentle Yoga, 6 to 7:30 p.m. | Centering Prayer, 10 a.m. to noon  
Blessings Abound: Exploring Life’s Big Questions, noon to 3 p.m.  
PINK Exercise, 2 to 3 p.m.*  
Mindfulness 101, 5:30 to 7 p.m. | T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
Cancer Wellfit™, 1 to 2 p.m.*  
Mindfulness 201, 10:45 a.m. to 12:30 p.m.  
T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.  
Gentle Yoga, 1 to 2:30 p.m. | Cancer Wellfit™, 1 to 2 p.m.* |
| 24     | 25     | 26      | 27        | 28       | 29     | 30       |
| Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* | CLOSED | Cancer Wellfit™, 1 to 2 p.m.*  
Women's Support, 5:30 to 7:30 p.m.  
Gentle Yoga, 6 to 7:30 p.m. | PINK Exercise, 2 to 3 p.m.* | | Cancer Wellfit™, 1 to 2 p.m.* | |
| 31     |        |         |           |          |        |          |
| Cancer Wellfit™, 1 to 2 p.m.*  
PINK Exercise, 2 to 3 p.m.* |        |         |           |          |        |          |