

July/August 2018

For information about programs and services, visit piedmont.org/cancerwellness or call 404.425.7944.

**Please register at least 48 hours prior for cooking demos or other programs where a meal is being provided.*



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.

Atlanta

1800 Howell Mill Road
Suite 700
Atlanta, Georgia 30318

Carolyn Helmer, LCSW
Manager **404.425.7940**

Introducing **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.

piedmontcancerwellness.org

We are proud to recognize the following:

PEACHTREE CHAMPIONS

Can't Never Could Foundation, Inc.
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Chaparral Foundation
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Ms. Joyce O. Rodgers
Sacred Journey Hospice, Inc.
Schilling Healthcare Enterprises
Southside Cycling Club
Structor Group, Inc.
Sutton Middle School
Mr. Timothy Troncoso
Turner Foundation, Inc.
United Community Banks
Women's Health Specialists, PC

Creativity

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. 7/27, 8/10*

Knowledge

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@gmail.com. *Class held at Nordstrom Perimeter.*

FIREWORKS: FUELING YOUR INNER PASSION

Being in alignment with your purpose leads to being happier. Happiness improves health. In this workshop, participants will identify and gain clarity about their inner passions. Dennis Buttimer, MEd, RYT, CHC will guide you through a process and provide tools for exploring your purpose and passion. Chef Beci Falkenberg will provide a delicious, fireworks of a meal just in time for the 4th of July! *Call 404-425-7944 to register. 7/2*

LIVING WELL THROUGH INTEGRATIVE MEDICINE

"The natural healing force within each of us is the greatest force in getting well." – Hippocrates

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 and recent breakthroughs 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, RYT, CHC and Angela Buttimer, RYT, CHC, LPC. A healthy meal will be included. 8/13*

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 800-227-2345. Next Class 9/11*

MIND-BODY HEALING MODALITIES - NEW OFFERING

Join Angela Buttimer, MS, RYT, CHC, LPC and Dennis Buttimer, MEd, RYT, CHC for an all-experiential workshop on integrative medicine healing modalities. You will leave feeling refreshed, restored, and renewed. Wear comfortable clothing. *To register, call 404-425-7944. 7/23*

MINDFUL COMMUNICATION: LISTEN AND BE HEARD

Join Angela Buttimer, MS, RYT, LPC to explore the multi-faceted arena on how to be a better communicator. There are 1,000 ways to listen, and it's essential that cancer patients and survivors feel heard as well as feel confident in their ability to listen, to hear what is being said (and not said), and communicate with confidence. Chef Beci Falkenberg will provide a delicious and nutritious feast that will promote your natural hearing abilities. *To register, please call 404-425-7944. 8/3*

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 404.605.1966. Next session begins 9/16*

PSYCHONEUROIMMUNOLOGY (PNI): THE ROAD TO HEALTH, HEALING AND RECOVERY

"Our thoughts, feelings and beliefs about our daily experiences neurologically and biochemically provide instructions for our bodies – altering and changing our health". – Dr. Herbert Benson – Harvard University

For the past 40 years, the field of Psychoneuroimmunology (PNI) has explored through extensive biomolecular research, the impact of our feelings and thought on the body-wide system. Once thought to be a non-substantial limited field of science, PNI has now come to be a highly valued and respected field of science. PNI, in 21st century mind-body medicine and nursing, is now seen as an essential auxiliary manifesting wellness, health, and healing. PNI is a field of science so valued that psychoneuroimmunology is now taught in 40 medical and nursing schools across the

country – the likes of Duke, Stanford, Harvard, Emory, Brown, John Hopkins, and others. Additionally, the benefits of the implementation and training of Psychoneuroimmunology has also been widely accepted in the field of Integrative Oncology and hospital Oncology Departments across the country. We invite you to this intriguing workshop on the latest research and concepts of PNI, and its' impact to your own wellness, health, healing, and recovery. Lunch served in the Wellness Café promptly at noon. *Facilitated by Dennis Buttimer, M.ED., CHC, RYT and Dr. Jody D. Iodice, Ph.D. Call to register, 404-425-7944. 8/9*

PUTTING THE ALCHEMY OF ENERGY IN MOTION

"The recognition that all matter is energy forms the foundation for the understanding how human beings can be considered dynamic energetic systems". – Dr. Albert Einstein

Ever wonder how circumstances or people wind up in your life? Ever wonder how the very moment you are thinking of something or someone they call you or you run into them at the grocery store or the movie? Have you ever noticed the car in front of you just happens have the license plate of the very state you are planning to visit or the person in front of you at the grocery store checkout line is talking about the very vacation you have been planning for some time? How do these things happen! Are these just random coincidences or is some other phenomenon taking place? Indeed, this is the churning, ever vibrating, ever pulsating alchemy of the energy fields that is happening around us at all times even when we are not tuned into it. We can move this energetic alchemy for our betterment or for our detriment. Come explore the concepts of the intriguing alchemy of energy and learn how to tune into it in your daily experiences. Lunch served promptly at noon. *Facilitated by Dennis Buttimer, M.ED., CHC, RYT and Dr. Jody D. Iodice, Ph.D. Registration is required. Call 404.425.7944. 7/12*

SUMMERTIME STRESS STRATEGIES

Join Dennis Buttimer, M.Ed., RYT, CHC for strategies to reduce stress during the summer and anytime! These research-based approaches lead to a reduction in disease-reducing inflammation. These strategies will allow you to feel better, enjoy life more fully, and be more productive. A healthy meal be included. *To register, call 404-425-7944. 8/27*

UNDERSTANDING YOUR MBTI CODE IN THE CANCER JOURNEY AND LIFE

Join Angela Buttimer, MS, RYT, CHC, LPC and Dennis Buttimer, MEd, RYT, CHC in this workshop. Learn from your results on the Myers-Briggs Type Indicator (MBTI) to better navigate the cancer journey and life. This well-known tool will help you fine-tune your style, your approach to problem-solving, and how you interpret events. A healthy meal will be included. *Call 404-425-7944 to register. 7/30*

WELLNESS HABITS AND RITUALS

Any time is a great time to establish wellness habits and rituals that will serve you all year long. Join Angela Buttimer, MS, CHC, LPC as she guides you in creating a wellness plan that is sustainable and joyful. Healthy Chef Partyologist Nancy Waldeck will share some rituals that you can adopt to make cooking easier, better and more fun in the kitchen! *To register, call 404-425-7944. 7/9*

Movement

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 three 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. 7/10, 7/31, 8/14, 8/28*

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*

OPEN MOVEMENT WORKSHOP

We have all heard the phrase "movement heals." Whether it be yoga, dance, swimming, running, or any other form of physical activity, movement has the profound ability to nourish our spirit and help us process the joys and challenges of life. In this movement workshop designed for everybody, we will explore a variety of methods to harness the natural, organic movements that are inside all of us. We will engage in fun yet gentle movement games that are accessible for everyone, and tap into our bodies' own

personal histories to find self-expression and freedom. Most importantly, we will offer support and encouragement to one another as we each celebrate our unique ways of moving. Facilitated by Emily Christianson, local dancer and choreographer. Light refreshments provided after the program.

This program is supported in part by the Mayor's Office of Cultural Affairs. *To register, please call 404-425-7944. 7/25*

PINK WELLFIT™

PINK WellFit is a safe, customized exercise program developed to improve the physical health and quality of life for women with breast cancer. The program consists of one hour of group exercise per week with an exercise physiologist. Participants must be under the care of an oncologist. By employing a degreed exercise physiologist with certification in personal training, PINK Wellfit focuses on developing individualized exercise plans for each participant. The program is based on the individual's personal abilities, goals, and preferences – including strength training, aerobic and flexibility exercises. *To register, call Jasmin at 404.605.1966. This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road. Wednesdays (except 7/4)*

SUMMERTIME T'AI CHI AND QI GONG, EASY DOES IT!

T'ai Chi and Qi Gong for the hot yet vibrant days of late summer! Moves and theory based on the fire element and its balance, the water element, are designed to cool the heat, increase the energy, and provide deep, relaxing breathing. Focus and attention will be on refreshing the qi! For days when the heat is on, cool down with an easy, flowing set! Taught by Cate Morrill, Certified Wu Dang T'ai Chi and Qi Gong Instructor, and her assistants. Limited to 12 students. *Registration ends the Thursday before class. Lunch provided at noon. To register, call 404-425-7944. 8/6*

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*

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*

WU DANG PRIMORDIAL QI GONG PART ONE, SET TWO, UNITE WITH THE COSMOS ORIGINAL CHI

This is the second half of Primordial Part One, which was taught in June, but the first half will be reviewed, and new students will also benefit. This set will bring your attention to your inner-chi, your own powerful energy base, and help you open and connect with the universal energy around you. This set provides focus and clarity for the mind while engaging the body with gentle, flowing movements, and allows the spirit to settle and relax. Limited to 12 students. Registration ends the Thursday before class. *Taught by Cate Morrill, Certified Wu Dang T'ai Chi and Qi Gong Instructor and assistants. Lunch provided at noon To register, call 404-425-7944. 7/9*



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 7/18, 8/22)*

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. A healthy meal will be served. *To register, call 404-425-7944. 8/6*

GODDESS WARRIOR WOMEN'S WORKSHOP

Calling All Women: Summer time is a perfect time to connect with your own personal power surge. Join Angela Buttimer, MS, RYT, LPC to explore the depths and breadths of the beauty of YOU. We will celebrate, inquire, and experience the multi-faceted YOU. A feast fit for all goddess warrior women will be served by Healthy Chef Partyologist Nancy Waldeck. *To register, call 404-425-7944. 8/31*

FINDING YOUR PASSION IN THE CREATIVITY AND WISDOM OF THE SACRAL CHAKRA

We invite you to rediscover the energy of your passions for a flourishing life of fulfilling relationships and creative living for yourself and with others. When "Chi" (life force) is open and flowing at the Sacral Chakra, we are functioning at an optimum energy level for an openness to all aspects of creative expression, we find an ease in experiencing peak moments in physical activities, and we are open to nurturing relational interactions with others even in our differences. When "Chi" is open at the Sacral chakra, we easily give and receive nurturing and find we are simply free to be our loveable selves. Yet when "Chi" is blocked in our Sacral Chakra, giving love and nurturing others, and accepting love and nurturing from others is deeply diminished as is our desire for creative expression in our lives. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be served promptly at 12:00pm. *Facilitated by Angela Buttimer, LPC, CHC, RYT and Dr. Jody D. Iodice. Registration Required: Call 404-425-7944. 8/8*

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 7/5)*

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 7/4, 7/17, 7/18, 8/22)*

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.

Participants will receive massage on a massage chair or zero gravity chair, not on a massage table. Participants will provide a physician waver for massage therapy before the first session.

Participants will be fully clothed during the entire session and therapists will work around clothing. We suggest participants wear comfortable clothing that provides access to the participant's neck, upper back and arms.

Participants will tell their therapist if they are not feeling well, having dizzy spells and/or have pain caused by the massage. To participate in the massage program, participants must be active in treatment (i.e. chemotherapy, radiation or pre-surgical).

To schedule a massage at Cancer Wellness, call 404.425.7944.

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.

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 will be promptly served at 12:00 p.m. *Facilitated by: Angela Buttimer, RYT, LPC and Dr. Jody Iodice. Registration Required: Call 404-425-7944. 7/2*

SUMMER SIZZLER

It's summer and it's hot hot hot out there! Join Angela Buttimer, MS, LPC to explore ways to chill and enjoy the moment by slowing down and enjoying each minute through reflection, meditation, journaling, yoga, and other strategies. Healthy Chef Partyologist Nancy Waldeck will share kitchen tips and recipes that help you eat well AND stay cool in the kitchen. *To register, call 404-425-7944. 8/29*

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. 7/9*

Support

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. To register, call 404.425.7944. 7/30*

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. To register, call 404.425.7944. 7/23, 8/13*

GIRLS NIGHT IN – FLOWING FUN AND FREE

Join us for a fun night of flowing movement that will spark your creative spirit while nourishing your mind and body. We will incorporate the principles of T'ai Chi taught by certified T'ai Chi instructor, Cate Morrill, who will guide us towards discovering new ways to become refreshed through movement. We will also enjoy a delicious, healthy meal together. Come beat the summer heat and explore while connecting with other women. Dress comfortably and lightly. *Registration is required. Please call 404.425.7944. 8/23*

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. 7/19, 8/16*

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, LPC, CRC, NCC. 7/3, 7/17, 8/7, 8/21*

WELLNESS WORKSHOP FOR COUPLES

These workshops 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. *Facilitated by Dennis Buttimer, M.Ed., RYT, CHC. A healthy meal will be included. To register, call 404-425-7944. 7/25, 8/29*

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, LPC, CRC, NCC. 7/10, 7/24, 8/14, 8/28*

Sustenance

CHAPMAN CANCER WELLNESS CAFÉ: COOKING DEMOS

PROTEIN POWER

Every cell in the body contains protein, and protein does a lot of work — providing tissue structure and growth, supporting immune function and metabolism, maintaining healthy weight, and helping performance. Chef Nancy Waldeck and Dietitian Shayna Komar will unpack which plant based proteins are the best tasting and good choices for your ever changing, strong, healthy body. *Registration is required. To register, call 404-425-7944. 7/11*

FARM CHASTAIN:

FUN WITH HONEY AND EDIBLE FLOWERS

Join us at the organic conservancy at Farm Chastain for a class in the garden that highlights the plants that keep our very own bees happy. We will also learn about honey and how it is harvested. During this class we will discuss varieties of flowers that are edible and can be used in different ways to add a colorful pop to your healthy homemade meals. This class takes place at 4001 Powers Ferry Rd NW, Atlanta, GA 30342. *Registration is required. Please call 404.425.7944. 7/18*

SUCCULENTS AND DROUGHT RESISTANT PLANTS

Join us for a fun class that is all about planting and tending to succulent gardens. Succulents are a beautiful option for both indoors and outdoors. At the organic conservancy at Farm Chastain we will explore these trendy plants that are perfect for summer. Come ready to get your hands in the dirt. 4001 Powers Ferry Rd NW, Atlanta, GA 30342. *Registration is required. Please call 404.425.7944. 8/22*

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.*

LAZY DAYS OF SUMMER

Join George Skaroulis and Dietitian Shayna Komar as they help you find easy non cook dishes to eat during the hot summer days in Georgia. Easy, healthy, and yummy will be the focus at this cooking demo. *Registration required. To register, call 404-425-7944. 8/1*

LOCAL EATS

This is the season to take the fresh produce from the farmer's markets and create some wonderful, light, fresh, beautiful and nutritious summer dishes at home! Strawberries, Peaches, Cucumbers, Tomatoes, what else do you love in the Summer? Chef Sue Snape and Dietitian Shayna Komar will teach you how to do just that during the demo. *Registration is required. To register, call 404-425-7944. 8/15*

PEACHTREE ROAD FARMERS MARKET TOUR

Now in its twelfth year, Peachtree Road Farmers Market is a leader in the community. PRFM is the largest producer-only farmers market in the state. Producer-only means that everything at the Market has been grown, raised, or made by the seller, ensuring fair prices for both the vendors and the consumers. Join Dietitian Shayna Komar for a walk around the market as she helps you determine which produce would be best for your body. Continue with the fun as the group sits and watches the Farmers Market "Chef of the day" do a live cooking demonstration. *Registration is required. To register, call 404-425-7944. *Please meet Shayna Komar at the entrance of St. Philips Cathedral at 8:30am. The tour will be from 9-10 and we will watch the cooking demonstration at 10:00. 7/21*

THE "P" PRODUCE OF THE SUMMER

Peas, peppers, pecans, and even potatoes... what to do with the colorful produce of the summer? Chef Nancy Waldeck and Dietitian Shayna Komar have many ideas with flavors and health benefits! Your taste buds will love the new flavors and ideas. *Registration is required. To register, call 404-425-*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Opening and Balancing The Root Chakra: Igniting Life Force and Kundalini Energy, Noon to 3 p.m. Fireworks: Fueling Your Inner Passion, 6 to 8:30 p.m.	3 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.* Survivorship Series, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.	4 	5 T'ai Chi and Qi Gong, 10:30 to 11:45 a.m. T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m. Gentle Yoga, 6 to 7:30 p.m.	6 Cancer Wellfit™, 1 to 2 p.m.* Pink Exercise, 2 to 3 p.m.*	7
8 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	9 Wu Dang Primordial Qi Gong, 10:30 am to 12:30 p.m. Wellness Habits and Rituals, 6 to 8:30 p.m. The Mystic's Journey, Noon to 3 p.m.	10 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.* Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.	11 Protein Power, 11:30 a.m. to 1:30 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.	12 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. Putting The Alchemy Of Energy In Motion, Noon to 3 p.m. Gentle Yoga, 1 to 2:30 p.m.	13 Cancer Wellfit™, 1 to 2 p.m.* Pink Exercise, 2 to 3 p.m.*	14
15 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	16	17 T'ai Chi and Qi Gong, Noon to 1:15 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.	18 Fun with Honey and Edible Flowers, 10:30 a.m. to 12:30 p.m.** PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	19 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. Gentle Yoga, 1 to 2:30 p.m. Prostate Cancer Support, 6:30 to 8:30 p.m.	20 Cancer Wellfit™, 1 to 2 p.m.* Pink Exercise, 2 to 3 p.m.*	21 Peachtree Road Farmers Market Tour, 8:30 to 11 a.m.
22 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	23 Mind-Body Healing Modalities, Noon to 3 p.m. Dinner and Community for Guys, 6 to 8 p.m.	24 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.* Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.	25 PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Open Movement, 2 to 3 p.m. Wellness Workshop for Couples, 6 to 8:30 p.m.	26 T'ai Chi and Qi Gong, 10:30 to 11:45 a.m. T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.	27 Writing for Recovery, 11 a.m. to 12:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* Pink Exercise, 2 to 3 p.m.*	28
29 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	30 Understanding Your MBTI Code in the Cancer Journey and Life, Noon to 3 p.m. Caregivers Connection, 6 to 8 p.m.	31 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.	<p><i>*This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.</i></p> <p><i>**This class meets at Farm Chastain</i></p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>*This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.</i> <i>** This class meets at Farm Chastain</i> <i>***This class meets at Vinings Massage & Wellness</i></p>			<p>1 Lazy Days of Summer, 11:30 a.m. to 1:30 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.</p>	<p>2 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. Gentle Yoga, 1 to 2:30 p.m.</p>	<p>3 Mindful Communication, 10:30 a.m. to 1:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	4
<p>5 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p>6 Summertime T'ai Chi and Qi Gong, 10:30 a.m. to 12:30 p.m. Blessings Abound, Noon to 3 p.m.</p>	<p>7 T'ai Chi and Qi Gong, Noon to 1:15 p.m. 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.</p>	<p>8 Finding Your Passion in the Creativity and Wisdom of the Sacral Chakra, Noon to 3 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.</p>	<p>9 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. Psychoneuroimmunology: The Road To Health, Healing And Recovery, Noon to 3 p.m. Gentle Yoga, 1 to 2:30 p.m.</p>	<p>10 Writing for Recovery, 11 a.m. to 12:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	11
<p>12 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p>13 Living Well Through Integrative Medicine, Noon to 3 p.m. Dinner and Community for Guys, 6 to 8 p.m.</p>	<p>14 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.* Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.</p>	<p>15 Local Eats Wednesday, 11:30 a.m. to 1:30 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.</p>	<p>16 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. Gentle Yoga, 1 to 2:30 p.m. Prostate Cancer Support, 6:30 to 8:30 p.m.</p>	<p>17 Cancer Wellfit™, 1 to 2 p.m.* Pink Exercise, 2 to 3 p.m.*</p>	18
<p>19 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	20	<p>21 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.* Survivorship Series, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.</p>	<p>22 Succulents and Drought Resistant Plants, 10:30 a.m. to 12:30 p.m.** The "P" Produce of the Summer, 11:30 a.m. to 1:30 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p>23 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. Gentle Yoga, 1 to 2:30 p.m. Prostate Cancer Support, 6:30 to 8:30 p.m. Girl's Night In, 6 to 8 p.m.</p>	<p>24 Cancer Wellfit™, 1 to 2 p.m.* Pink Exercise, 2 to 3 p.m.*</p>	25
<p>26 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p>27 Summertime Stress Strategies, Noon to 3 p.m.</p>	<p>28 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.* Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.</p>	<p>29 Summer Sizzler, 10:30 a.m. to 1:30 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m. Wellness Workshop for Couples, 6 to 8:30 p.m.</p>	<p>30 T'ai Chi and Qi Gong, 10:30 to 11:45 a.m. T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m. Gentle Yoga, 1 to 2:30 p.m.</p>	<p>31 Goddess Warrior Women's Workshop, 10:30 a.m. to 1:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* Pink Exercise, 2 to 3 p.m.*</p>	