

March/April 2018

For information about programs and services, visit [piedmont.org/cancerwellness](http://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](http://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](http://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](http://piedmontcancerwellness.org)

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# Creativity

## **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. Lunch provided. *To register, call 404.425.7944. 3/12, 4/10*

## **SOUL COLLAGE®**

Found images will be used to create a set of cards that speak to you about community, companions and the transpersonal experience in your own life. Lunch will be provided. *To register, call 404.425.7944. 3/22, 4/26*

## **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. 3/15, 4/5*

## **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. 3/2, 3/23, 4/6, 4/13*

## **HIGH MUSEUM**

Exhibit "Al Taylor, What Are You Looking At?"

"... explores the diverse nature and humor of his visual language...".

See the exhibit and have coffee with conversation about the experience. Facilitated by art therapist Edna Bacon. *To register, call 404-425-7944. 3/8*

## **SPRING INTO CREATIVITY**

Spring is coming, and it's a natural time to nurture your creative energy. Join Angela Buttimer, MS, LPC as she guides you through fun, inspiring, and creative activities. Chef Beci will show you how to create your own spring rolls with some hand-on learning. *To register, call 404-425-7944. 3/9*

## **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. 3/16, 4/18*

## **CENTER FOR PUPPETRY ARTS**

Docent led tour at 1pm. Coffee and dessert and time to continue exploration of the Center follows. Facilitated by art therapist Edna Bacon. *To register, call 404-425-7944. 4/19*

# 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.*

## **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 404.425.7944. 3/13*

## **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 6/3*

## TAPPING & TAPAS FOR GREATER HEALTH & WELL-BEING

Research shows that a process called Tapping (also referred to as Emotional Freedom Technique) can improve your health outcomes and sense of well-being and wellness. Join Angela Buttimer, MS, RYT, LPC as she reviews the principles of EFT and guides you through the practices. Chef Nancy Waldeck will then show you how to create delicious, better-for-you tapas for optimal wellness. *To register, call 404-425-7944. 3/16*

## CELTIC WISDOM, SCOTS-IRISH FEAST

"We are the music makers, And we are the dreamers of dreams, Wandering by lone sea-breakers, And sitting by desolate streams; Yet we are the movers and shakers of the world, forever, it seems." - 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 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. *To register, call 404-425-7944. 3/17*

## SAVOR: A MINDFULNESS DINNER

Creating optimal health is about daily choices, mindful steps taken one day at a time. In this mealtime workshop, we will take the time to slow down and enjoy a sensory delight of delicious and healthful foods and drinks. Facilitator Angela Buttimer, LPC, RYT, CHC and will guide you through short meditations and the culinary pleasures of mindful eating. Participants will leave with daily meditations to take home, providing the tools to create spaciousness in the midst of your busy lives. This meal will be engaging the senses, enjoying mindful fellowship and dialogue, and connecting with gratitude. Chef Nancy Waldeck will provide a multi-course meal designed to awaken the senses and nourish the body. *To register, call 404-425-7944. 3/22*

## LIVING WELL THROUGH 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, LPC. A healthy meal will be served. *4/2*

## DE-CLUTTER YOUR LIFE: OUT WITH THE OLD – IN WITH THE NEW

Spring is the traditional time of year to reflect, renew, and step into fresh energy. What in your life needs de-cluttering? Spaces, relationships, old ways of thinking, doing, or being? Join Angela Buttimer, MS, LPC as she teaches you strategies on de-cluttering your life, so that you may enjoy more peace, freedom, and joy. Chef Nancy Waldeck will show you how to throw open your cabinets and see what to toss and innovative ways to use what's left in the pantry! *To register, call 404-425-7944. 4/20*

# 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*

## 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*

### **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. 3/13, 3/27, 4/10, 4/24*

### **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*

### **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. 3/31*

### **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*

### **LIFE'S A CIRCUS: NAVIGATING WITH LAUGHTER**

Take a timeout from the stress of life and the cancer journey with some side-splitting laughter and creative improv! Join Dennis Buttimer, M.Ed., RYT, CHC for a workshop of laughter yoga and fun improv exercises. Chef Beci will prepare a big top, healthy carnival food dinner. *To register, call 404-425-7944. 3/7*

### **T'AI CHI BEAR COMES OUT OF ITS DEN!**

T'ai Chi and Qi Gong for shaking off the winter "coats" and easing into the days of greater sun. These sets will use easy and powerful moves based on the steady, sure, and focused energy of the Bear emerging from its den, and are designed to stretch, open and "awaken" the energy from the winter's rest. Using also movements based on the other animals who also are beginning their yearly cycles of growth, such as the Eagle, this set includes movements for seated or standing work, with deep breathing, focus and attention to revitalization. Lunch provided at noon. Taught by Cate Morrill, Certified T'ai Chi Instructor and assistants. *To register, call 404-425-7944. 3/5*



### **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\**



## **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)*

## **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 4/26)*

## **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.*

## **THE HEART CHAKRA: THE SEAT OF THE SOUL AND DEEPER ESSENCE OF LOVE**

“Love is all there is. It is an energy that is ever constant – and – we are made up of it. Love manifests in many different ways and forms. Love just is – it is a force that can guide and direct our path. Be open to receive it when Love shows up in your life – because it will.” Dr. Jody Iodice Sit Up In Your Truck And Smile.

Through this experiential workshop, we will balance and open the “Chi” of the Heart Chakra. When the life force energy of “Chi” flows freely, we have a greater capacity for giving and receiving love, offering forgiveness and experiencing compassion to self and others. We transform conflict and obstacles with greater ease, balance, and peacefulness; we seek resolution without resentment and experience pain as a creative growth force that provides us a deepening of self-love and love toward others; and as love is all there is we come to know the potential of healing in all situations and circumstances. In this workshop, you will be introduced to the physical, emotional, psychological, and spiritual components of the Heart Chakra. Through gentle yoga practices, writing exercises, self-reflection and dialogue, you will awaken the gentle Grace-filled energies of love and come to know the dynamic force of love as a constructive and creative source of positive transformation and change in your life. Please wear comfortable clothing as we will be on yoga mats for the entire program. Lunch provided promptly at 12:00pm. Facilitated by Angela Buttimer, LPC, RYT, CHC & Dr. Jody D. Iodice. *To register, call 404.425.7944. 3/12*

**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](http://piedmontcancerwellness.org)**.

### **TOLTEC SACRED WISDOM AND THE THREE MASTERIES: AWARENESS, TRANSFORMATION AND LOVE, INTENT AND FAITH**

We continue to explore the work of don Miguel Ruiz, The Four Agreements, and The Fifth Agreement and the richness of this sacred wisdom. Embedded in the deepest of Toltec wisdom from thousands of years ago is something known as The Three Masteries of the Toltecs. In coming to understand, practice, and master the Three Toltec Masteries: The Mastery of Awareness, The Mastery of Transformation, and the Mastery of Love, Intent, and Faith, the Toltec Masters tell us we can be guided out of any type of suffering, disappointment, and confusion and return to our true nature, an essence of happiness, freedom and love. Come join us as we uncover through the ancient wisdom of the Toltec Masters how to employ these Three Masteries. It is not necessary to have read the Four Agreements and/or the Fifth Agreement to attend this workshop, however, although both of these books are a "short" read, they are guide books that will change how you view yourself, the way you deal with others, and offer you a life of deeper awareness, transformation, love, intent, and faith. Lunch will be provided promptly at noon. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC and Dr. Jody Iodice, Ph.D. To register, call 404-425-7944. 3/15

### **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. Topic: A Course In Miracles. 4/23

### **OPENING AND BALANCING THE THROAT CHAKRA: FINDING YOUR VOICE AND SPEAKING WITH PURPOSE AND CLARITY**

We invite you to explore paths to open, clear and balance the throat chakra. We will examine and reflect on the psychological, emotional, physical and spiritual implications of the throat 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 throat chakra. We hope you will join us for this enlightening opportunity to experience and empower yourself and take responsibility for your personal needs through finding your voice and speaking your truths with clarity and purpose. Please wear comfortable clothing as we will be on yoga mats for the entire program. Lunch provided. Facilitated by: Angela Buttimer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. To register, call 404-425-7944. 4/9

### **THE ENERGY FORCE OF SILENCE**

What did silence mean in your past life experiences and how does the energy of silence influence your current life experiences? Each culture across the world has embedded in its customs, traditions, and values the necessity and benefit of silence in everyday activities from work to relationships to family and community gatherings. We will explore how different cultures' view the creative force of silence. Most importantly, we welcome participants to consider how any personal cultural experiences has governed the energy of silence in your own life, how the energy of silence has played a part your life endeavors, and how the energy of silence may have even impacted your relationships. Lunch will be provided. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC and Dr. Jody D. Iodice, Ph.D. To Register: Call 404-425-7944. 4/12

### **BLESSINGS ABOUND: EXPLORING LIFE'S BIG QUESTIONS**

What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join Angela Buttimer, MS, RYT, LPC as we hear from modern-day experts from around the world on life's big questions. We will enjoy guided dialogue, writing and reflection, as well as experiential exercises. A healthy meal will be served. To register, call 404-425-7944. 4/16

## **OPENING TO THE TRUTHS OF THE INDIGENOUS NATIVE AMERICAN ELDERS: LIVING THE GUIDEPOSTS FOR FULFILLMENT AND ENLIGHTENMENT**

Applying the rich knowledge of the elders of the tribe takes learning the way through our own footsteps by walking into the desert alone. We will explore this practice of “walking into the desert alone” to hear the voice of the “Great Spirit”, the “Great Mystery”, the “Great Creator” or the “Supreme Universe” – all various concepts of God established by countless tribes of the Native American peoples centuries ago. For our own greater enlightenment, fulfillment and peace, we will also explore the various “guiding” Native American Custom-Bound values that all Native American peoples live by and prepare to die by. Lunch will be promptly served at noon. *Facilitated by Dr. Jody Iodice Registration Required. Space is limited. Call 404-425-7944. 4/26*

# Support

## **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. 3/12, 4/9*

## **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. 3/15, 4/19*

## **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. 3/6, 3/20, 4/3, 4/17*

## **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. 3/28, 4/25*

## **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. 3/13, 3/27, 4/10, 4/24*

## **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. 3/19*

## **GIRLS NIGHT IN - IN FULL BLOOM**

A fresh floral arrangement can renew and refresh your space, just in time to welcome Spring. Come join us for a fun and festive evening with the girls at Cancer Wellness. We will enjoy a delicious spread of healthy bites while learning about the art of flower arrangement from a professional. Come discover your inner floral artist while connecting with other women. *Registration is required. Please call 404.425.7944. 4/12*

## **A SPECIAL DINNER TO HONOR OUR CAREGIVERS**

This dinner highlights the courageous efforts and loyalty of the caregiver in the cancer journey. Research shows that those diagnosed with cancer stand a greater chance of recovery when they have support. This night honors the support and connection of our loved ones. Dennis Buttimer, MEd, RYT will facilitate the evening and celebration of loved ones, and Chef Nancy Waldeck will provide a nourishing, caregiving dinner. We request that each survivor bring only one (1) caregiver to this dinner. Space is limited so register early. *To register, call 404-425-7944. 4/23*

# Sustenance

## 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.*

## CHAPMAN CANCER WELLNESS CAFÉ:

### THE BEET GOES ON

People may be hesitant to add beets to their cancer fighting food plan. Or perhaps a person doesn't quite know what to do with them. Beets are high in immune-boosting vitamin C, fiber and essential minerals like potassium. Join Elina Fuhrman from California and Dietitian Shayna Komar as they unpack the wonderful world of beets. *To register, call 404-425-7944. 3/7*

### SLOW COOKER SUCCESS

Chef Nancy Waldeck and Dietitian Shayna Komar will help you determine some great slow cooker ideas so you have a warm and healthy meal waiting for you when you get home. *To register, call 404-425-7944. 3/14*

### GO GREEN IN THE SPRING

Go Green for Spring with Irish cook Judith McLoughlin and Dietitian Shayna Komar. After a long winter we are welcoming the season's greens, fruits and produce with a Spring Fling menu. Judith will be sharing recipes using local seasonal ingredients prepared with her usual Irish flair! We promise there will be no Lucky Charms in site! *To register, call 404-425-7944. 4/25*

## BUFORD HIGHWAY FARMERS MARKET TOUR AND LUNCH

Join Chef Nancy Waldeck and Dietitian Shayna Komar as they take you on a culinary tour through the market. This is a great place to learn how to read labels and choose healthy ingredients for your kitchen. You will walk through the market with them for a one hour tour and then have a healthy lunch that chef Nancy prepares. Wear comfortable clothes and shoes and meet in the produce area at the market. Meet at Buford Farmer's Market. 5600 Buford Hwy NE, Atlanta, GA 30340. *To register, call 404.425.7944. 4/11*

## FARM CHASTAIN:

### FUN WITH HERBS

Join us at the organic conservancy at Farm Chastain; Chastain Park Conservancy for a gardening class that is all about herbs! Herbs have a wide variety of health properties and therapeutic uses. We will learn how grow, harvest, and use herbs in new and exciting ways. This class takes place at 4001 Powers Ferry Rd NW, Atlanta, GA 30342. *Registration is required. Please call 404.425.7944. 3/21*

### PLANTING SPRING VEGETABLES

Join us for a Spring vegetable planting party at the organic conservancy at Farm Chastain! When the seasons change it is time to prepare the garden beds and plant new seasonal vegetables. 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. 4/21*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>				<p><b>1</b></p> <p>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</p> <p>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</p> <p>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p>	<p><b>2</b></p> <p>Writing for Recovery, 11 a.m. to 12:30 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p>	<p><b>3</b></p>
<p><b>4</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>5</b></p> <p>T'ai Chi Bear Comes Out of Its Den, 10:30 a.m. to 12:30 p.m.</p>	<p><b>6</b></p> <p>Mindfulness 101, 11 a.m. to 12:30 p.m.</p> <p>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Survivorship Series, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p>	<p><b>7</b></p> <p>The Beet Goes On, 11:30 a.m. to 1:30 p.m.</p> <p>PINK Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>Mindfulness 101, 5:30 to 7 p.m.</p> <p>Life's a Circus, 6 to 8:45 p.m.</p>	<p><b>8</b></p> <p>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</p> <p>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</p> <p>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p> <p>High Museum, 1 to 4 p.m.</p>	<p><b>9</b></p> <p>Spring into Creativity, 10:30 a.m. to 1:30 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p>	<p><b>10</b></p>
<p><b>11</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>12</b></p> <p>The Heart Chakra, Noon to 3 p.m.</p> <p>Making Marks, 10 a.m. to Noon</p> <p>Dinner and Community for Guys, 6 to 8 p.m.</p>	<p><b>13</b></p> <p>Chair Yoga, 10 a.m. to noon</p> <p>Mindfulness 101, 11 a.m. to 12:30 p.m.</p> <p>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Look Good, Feel Better, 5 to 7 p.m.</p> <p>Women's Support, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p>	<p><b>14</b></p> <p>Slow Cooker Success, 11:30 a.m. to 1:30 p.m.</p> <p>PINK Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>Mindfulness 101, 5:30 to 7 p.m.</p>	<p><b>15</b></p> <p>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</p> <p>Visual Journaling, 10 a.m. to 1 p.m.</p> <p>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</p> <p>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</p> <p>Toltec Sacred Wisdom, Noon to 3 p.m.</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p> <p>Prostate Cancer Support, 6:30 to 8:30 p.m.</p>	<p><b>16</b></p> <p>Beltline Photographs, 10:30 a.m. to 1 p.m.</p> <p>Tapping &amp; Tapas, 10:30 a.m. to 1 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p>	<p><b>17</b></p> <p>Celtic Wisdom, Scots-Irish Feast, 10:30 a.m. to 2 p.m.</p>
<p><b>18</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>19</b></p> <p>Caregivers Connection, 6 to 8 p.m.</p>	<p><b>20</b></p> <p>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Survivorship Series, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p>	<p><b>21</b></p> <p>Fun with Herbs, 10:30 a.m. to 12:30 p.m.**</p> <p>PINK Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>Mindfulness 101, 5:30 to 7 p.m.</p>	<p><b>22</b></p> <p>Soul Collage, 10 a.m. to 1 p.m.</p> <p>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</p> <p>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p> <p>Savor: Mindfulness Dinner, 6 to 8:45 p.m.</p>	<p><b>23</b></p> <p>Writing for Recovery, 11 a.m. to 12:30 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p>	<p><b>24</b></p>
<p><b>25</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>26</b></p>	<p><b>27</b></p> <p>Chair Yoga, 10 a.m. to noon</p> <p>Mindfulness 101, 11 a.m. to 12:30 p.m.</p> <p>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Women's Support, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p>	<p><b>28</b></p> <p>PINK Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>Mindfulness 101, 5:30 to 7 p.m.</p> <p>Wellness Workshop for Couples, 6 to 8:30 p.m.</p>	<p><b>29</b></p> <p>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</p> <p>Mindfulness 201, 10:45 a.m. to 12:30 p.m.</p> <p>T'ai Chi, Advanced Form, 11:45 a.m. to 12:15 p.m.</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p>	<p><b>30</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p>	<p><b>31</b></p> <p>Go with the Flow Yoga, 10:30 a.m. to 1:30 p.m.</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	<b>2</b> Living Well Through Integrative Medicine, Noon to 3 p.m.	<b>3</b> 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.	<b>4</b> PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.	<b>5</b> Visual Journaling, 10 a.m. to 1 p.m. 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.	<b>6</b> Writing for Recovery, 11 a.m. to 12:30 p.m. Cancer Wellfit™, 1 to 2 p.m.*	<b>7</b>
<b>8</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	<b>9</b> Throat Chakra, Noon to 3 p.m. Dinner and Community for Guys, 6 to 8 p.m.	<b>10</b> Chair Yoga, 10 a.m. to noon Mindfulness 101, 11 a.m. to 12:30 p.m. Making Marks, 10 a.m. to Noon 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.	<b>11</b> Farmers Market, 10 a.m. to 1 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.	<b>12</b> 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. Energy Force of Silence, Noon to 3 p.m. Gentle Yoga, 1 to 2:30 p.m. Girls Night In, 6 to 8 p.m.	<b>13</b> Cancer Wellfit™, 1 to 2 p.m.* Writing for Recovery, 11 a.m. to 12:30 p.m.	<b>14</b>
<b>15</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	<b>16</b> Blessings Abound, Noon to 3 p.m.	<b>17</b> 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.	<b>18</b> Beltline Photographs, 10:30 a.m. to 1 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.	<b>19</b> 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. Center for Puppetry Arts, 1 to 4 p.m. Prostate Cancer Support, 6:30 to 8:30 p.m.	<b>20</b> De-Clutter Your Life, 10:30 a.m. to 1:30 p.m. Cancer Wellfit™, 1 to 2 p.m.*	<b>21</b> Planting Spring Vegetables, 10 a.m. to 1 p.m.**
<b>22</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	<b>23</b> The Mystic's Journey, Noon to 3 p.m. Honoring Caregivers Dinner, 6 to 8:30 p.m.	<b>24</b> 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.	<b>25</b> Go Green in the Spring, 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. Wellness Workshop for Couples, 6 to 8:30 p.m.	<b>26</b> Soul Collage, 10 a.m. to 1 p.m. 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. Living the Guideposts, Noon to 3 p.m. Gentle Yoga, 1 to 2:30 p.m.	<b>27</b> Cancer Wellfit™, 1 to 2 p.m.*	<b>28</b>
<b>29</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	<b>30</b>					

\*This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.

\*\* This class meets at Farm Chastain