

May/June 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)

We are proud to recognize the following:

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Can't Never Could Foundation, Inc.  
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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

## **CARLOS MUSEUM, DIVINE FELINES: CATS OF ANCIENT EGYPT**

We will tour the exhibit that is from the Carlos and the Brooklyn Museum collections. There will be time for coffee and discussion of what we have seen. Cost of parking will be addressed. *To register, call 404-425-7944. 6/14*

## **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. 5/7, 6/11*

## **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. 5/24, 6/28*

## **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. 5/17, 6/21*

## **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. 5/4, 5/18, 6/1, 6/15*

# Knowledge

## **BEACH ME!**

It is summertime and time to get "beachy"! Join Angela Buttimer, MS, RYT, LPC to explore the psychological and spiritual metaphors of the beach experience, internalizing the many powerful organic experiences found there. Learn how you can go to the beach in your own mind and heart and enjoy the fun and health benefits anytime you choose! No trip to the beach would be complete without good food and libations! A festive summer lunch taking a healthier spin on beach party favorites will be prepared by Chef Beci Falkenberg. "Which way to the beach?" Appropriate beach attire is welcome!! *To register, call 404-425-7944. 6/8*

## **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.*

## **HONORING YOUR FATHER & THE UNIVERSAL FATHER ARCHETYPE**

As we approach this Father's Day, join Dennis Buttimer, M.Ed, RYT, CHC to take some time out to honor your father and the father figures in your life! We will also explore the universal fatherhood archetype and how it expresses itself within you and throughout your life. We will reflect on the experiences, gifts and challenges that arose from your father and other father figures. This is open to both men and women! Chef Hans Rueffert will serve a healthy feast to celebrate fatherhood. *To register, call 404-425-7944. 6/15*

## **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. 6/12*

## **MIND AND MEDICINE**

Join Dennis Buttimer, M.Ed., RYT and Angela Buttimer, LPC, RYT as they review the latest fascinating compilation of research from Dr. Lissa Rankin, MD. We will look at case studies and research that examine the powerful healer within. We know that self-efficacy is essential to immune system functioning, and that our lifestyles, beliefs,

emotions, intentions, environments, and stress levels have a tremendous influence on our physiology. From nocebos to placebos, we will journey into the cutting edge science of epigenetics and integrative medicine. Dress comfortably for various experiential exercises for integration of these ideas and concepts. A healthy meal will be served. *To register, call 404-425-7944. 5/21*

### **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 6/3*

### **PUT SOME PEP IN YOUR STEP WITH POSITIVE PSYCHOLOGY**

Research shows that you can get significantly happier! And happier people are healthier people! Join Angela Buttimer, MS, RYT, LPC to learn the practices and principles of positive psychology. Chef Nancy Waldeck will serve a healthy meal guaranteed to make you happy! *To register, call 404-425-7944. 6/22*

### **VAGUS VACATION: ACCESSING THE 10TH CRANIAL NERVE FOR RELAXATION**

This “wandering nerve” plays a vital role in the restorative functions of the body in concert with the parasympathetic nervous system. Learn what its vital role is and how to activate it for a greater sense of relaxation. Practice ideas techniques and practices to utilize and “tone” this nerve. Enjoy a calming, scrumptious meal prepared by Chef Beci Falkenberg. Leave this workshop feeling renewed, renewed and relaxed. *To register, call 404-425-7944. 5/4*

## 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. 5/8, 5/29, 6/12, 6/26*

### **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 5/24)**

### **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. 6/25*

## HONORING YOUR MOTHER & THE UNIVERSAL MOTHER ARCHETYPE

As we approach this Mother's Day, join Angela Buttimer, MS, RYT, LPC to take some time out to honor your mother and the mother figures in your life! We will also explore the universal motherhood archetype and how it expresses itself within you and throughout your life. This is open to women and men! Chef Nancy Waldeck will serve a healthy feast to celebrate motherhood in all of its forms! *To register, call 404-425-7944. 5/11*

## 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*

## T'AI CHI AND QI GONG TO OPEN THE ORGAN CHANNELS, 8 PIECES OF BROCADE

This set of easy to follow movements is a traditional set practiced for hundreds of years by those who wish to clear organ channels, stretch muscles, and focus energy for healing. Deep breathing and releasing of tension are added benefits of this work. This is a focused set which is performed at each student's level of comfort, and is suitable for anyone who wishes to strengthen the body, mind and spirit. Seated or standing work, with attention to revitalization. Taught by Cate Morrill, Certified Wu Dang Qi Gong Instructor, and her assistants. Limited to 14 students. Registration ends on May 17. *To register, call 404-425-7944. 5/21*

## T'AI CHI AND QI GONG TO UNITE WITH THE COSMOS ORIGINAL CHI, WU DANG PRIMORDIAL QI GONG, SET ONE

Primordial means united with the cosmos as one, and 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. A handout is provided for continued personal practice. Taught by Cate Morrill, Certified Wu Dang Qi Gong Instructor and assistants. Limited to 14 students. Registration ends on June 14. Lunch provided. *To register, call 404-425-7944. 6/18*



## 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)*

## 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. 6/18*

## LIFE LESSONS 101

In this workshop, we will be exploring some of life's most basic but powerful lessons that can shape our lives through the good times as well as those times of adversities; from ways to take charge of our time and to embracing life experiences that can shape our destiny. Come explore with us these motivating and energy charged LIFE LESSONS. Lunch will be served promptly at 12:00pm. Facilitated by Dennis Buttimer, MED, RYT, CHC and Dr. Jody D. Iodice, Ph.D. *To register, call 404-425-7944. 5/17*

## **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 5/24)*

## **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 5/23)*

## **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.*

## **OPENING AND BALANCING THE BROW CHAKRA: UNLEASING THE POWER OF IMAGINATION, ENVISIONING AND DIVINE INTUITION**

We invite you to join us for this expanding opportunity to move beyond linear time in our physical world to the limitless possibilities of envisioning and manifesting from the higher realms of our internal wisdom and divine intuition. We will explore what keeps the Chi energies of the Brow chakra open and what closes the Chi energies of the Brow chakra. The psychological, emotional, physical, and spiritual implications of the Brow chakra will be examined through writing and dialogue. In addition, we will be practicing gentle yoga, meditation, breath work and chanting to balance the energies of the Brow chakra. Please wear comfortable clothing as we will be on yoga mats for the entire program. Lunch provided promptly at 12:00 p.m. Facilitated by: Angela Buttimer, CHC, RYT, LPC and Dr. Jody Iodice, Ph.D Registration Required: *To register, call 404.425.7944. 5/7*

## **SUMMER SOOTHE SPA RETREAT AT VININGS MASSAGE AND WELLNESS**

Join Cancer Wellness for a soothing and rejuvenating spa retreat at Vinings Massage and Wellness. The evening will be centered around self-care techniques including things you can do at home. We will talk about the benefits of oncology massage both during and after your cancer treatment, how oncology massage differs from other massage and how to safely incorporate massage into your wellness routine. We will also enjoy an infused water bar, aromatherapy, and breathing and meditation techniques – all designed to maximize your own self-care routine. There will be chair massage, foot massage, healthy snacks and good vibrations shared while learning and supporting each other. This class takes place at Vinings Massage and Wellness located at 2900 Paces Ferry Rd SE, Building D, Atlanta, GA 30339. Registration is required. *To register, call 404.425.7944. 6/4*

*Note: This program is an introduction to massage and is available to participants who are not currently receiving massage therapy at Cancer Wellness.*

**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)**.

## 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 Buttimer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. *To register, call 404.425.7944. 6/11*

## THE MASTERY OF LOVE: A PRACTICAL GUIDE TO THE ART OF RELATIONSHIP

“Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy, and that happiness is the result of your love, this becomes the greatest mystery of the Toltec – the Art of Relationship”. –Don Miguel Ruiz

In exploring the work of don Miguel Ruiz, we will find how our fear-based belief systems and assumptions have lead us to the “suffering and drama” in our relationships. We will examine Ruiz’s ideas of “domestication” and our “image of perfection” that has lead us to “self-rejection”, which sabotages our relationships; how “the war of control” destroys relationships; how we “hunt for love” in others and by doing so, we suffocate others who are relationship with us; and most importantly, we will discover how we “capture the love in ourselves” thereby leading to successful relationships. Finally, Ruiz tells us how to accept and forgive ourselves and others leading to restore our spirit of playfulness that is vital to loving relationships. Lunch will be provided. Facilitated by Dennis Buttimer, CHC, MED, RYT and Dr. Jody D. Iodice, Ph.D. *To register, call 404.425.7944. 6/21*

## 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. 5/14*

## Support

### A SPECIAL WORKSHOP TO NURTURE CAREGIVERS

In this Saturday workshop, learn tools as a caregiver/family member to better assist you and give you relief in the cancer journey. This workshop will focus on stress management ideas and techniques specifically for caregivers. Chef George Skaroulis will be serving a nurturing meal. This workshop is for caregivers only. *To register, call 404.425.7944. 6/2*

### 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 and Angela Buttimer, MS, RYT, CHC, LPC 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 Nancy Waldeck will provide a nourishing, romantic lunch with a champagne toast. *To register, call 404.425.7944. 6/30*

### 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. Chef George Skaroulis May 21st, Chef Hans Rueffert June 11th. *To register, call 404.425.7944. 5/21, 6/11*

### **GIRLS NIGHT IN – LIFE’S A BEACH PICNIC**

Join the girls for a fun and beach picnic themed night of community and connection at Cancer Wellness. We will enjoy a delicious meal you can pack yourself for a warm weather outing, with tips for taking your fun outside into nature. Learn about the health benefits of spending time outdoors along with great local ideas for getting out there. Facilitated by Lauren Garvey, LPC, CRC, NCC. [5/10](#)

### **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. [5/17](#), [6/21](#)*

### **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, LPC, CRC, NCC. [5/1](#), [5/15](#), [6/5](#), [6/19](#)*

### **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. [5/30](#), [6/20](#)*

### **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. [5/8](#), [5/22](#), [6/12](#), [6/26](#)*

# 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:**

#### **GLOBAL FLAVORS: A SPOTLIGHT ON HEALTHY MEXICAN CUISINE**

You are invited to a cooking class that will make your mouth water! Chef Nancy Waldeck and Dietitian Shayna Komar will teach you about the wonderful flavors of Mexican cuisine in a fresh, new, and inspiring way. Registration is required. *To register, call 404.425.7944. [5/9](#)*

### **SUMMER SIZZLE**

It’s getting hot in Atlanta so you need foods that will cool you off. Join Chef Bryan Kraatz (aka “Rockstar”) from MetroFresh Restaurant in town to learn about the latest and greatest in local, healthy, summer foods. Chef Brian and Dietitian Shayna Komar will rock your kitchen with new cooking ideas for the summer! Registration is required. *To register, call 404.425.7944. [5/30](#)*

### **MY FAVORITE PRODUCE SALADS**

Come join Chef Sue Snape and Dietitian Shayna Komar as they look at how to make a few delicious and nutritious salads with their favorite seasonal produce. These can be side dishes or hearty enough for a light and satisfying meal in the heat of the Summer. Registration is required. *To register, call 404.425.7944. [6/13](#)*

### **HEALTHY GRILLING**

Learn how to grill fruits and veggies in a healthy way in this fun cooking demo. Chef Nancy Waldeck and Dietitian Shayna Komar will give the ins and outs of grilling in the warm summer days down south. Registration is required. *To register, call 404.425.7944. [6/27](#)*

## HAVING FUN AT FARM CHASTAIN: CREATIVE CONTAINER GARDENS

Join us at the organic conservancy at Farm Chastain for a container gardening class that is all about growing fresh produce in small spaces, which is great for anyone living in a big city. Planted gardens, whether they are for growing your own food and herbs or decorative, will surely spruce up your patio. We will learn plenty of techniques for planting and nurturing a successful container garden. This class takes place at 4001 Powers Ferry Rd NW, Atlanta, GA 30342. Registration is required. *To register, call 404.425.7944. 5/16*



## STRAWBERRY-BASIL JAM

*Yields approx. 5 half-pint jars*

- 2 lbs. fresh strawberries (mashed)
- 2½ cups granulated sugar
- 2 Tbsp. freshly squeezed lemon juice
- 1 cup packed fresh basil leaves (washed, dried, and tied in cheesecloth)
- 1 (1¾-oz) package powdered pectin

### **Sterilize jars, prepare lids.**

In a stockpot combine mashed strawberries, sugar, lemon juice, and basil. Bring to a rolling boil over high heat. Boil, stirring, stirring often, 10 minutes. After the 10 minutes, remove the cheesecloth of basil.

Sprinkle pectin over strawberry mixture, and stir well. Bring to a full rolling boil. Boil for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam, if desired.

Ladle into sterilized jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids. Process in a boiling-water canner for 10 minutes (begin timing when water returns to boiling). Remove jars; cool on racks (or towels).

Do not move jars for 24 hours to secure the seal.





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>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>2</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><b>3</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>4</b></p> <p>Vagus Vacation, 10:30 a.m. to 1:30 p.m.</p> <p>Writing for Recovery, 11 a.m. to 12:30 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<b>5</b>
<p><b>6</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>7</b></p> <p>Making Marks, 10 a.m. to Noon</p> <p>Brow Chakra, Noon to 3 p.m.</p>	<p><b>8</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>9</b></p> <p>Global Flavors, 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>10</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>Girls Night In, 6 to 8 p.m.</p>	<p><b>11</b></p> <p>Honor Your Mother, 10:30 a.m. to 1:30 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<b>12</b>
<p><b>13</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>14</b></p> <p>The Mystic's Journey, Noon to 3 p.m.</p>	<p><b>15</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>16</b></p> <p>Creative Container Gardens, 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>17</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>Life Lessons, 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>18</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>PINK Exercise, 2 to 3 p.m.*</p>	<b>19</b>
<p><b>20</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>21</b></p> <p>Organ Channels, 10:30 a.m. to 12:30 p.m.</p> <p>Mind and Medicine, Noon to 3 p.m.</p> <p>Dinner and Community for Guys, 6 to 8 p.m.</p>	<p><b>22</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>Women's Support, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p>	<p><b>23</b></p> <p>PINK Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>24</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><b>25</b></p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<b>26</b>
<p><b>27</b></p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p><b>28</b></p>	<p><b>29</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>Gentle Yoga, 6 to 7:30 p.m.</p>	<p><b>30</b></p> <p>Summer Sizzle, 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>Wellness Workshop for Couples, 6 to 8:30 p.m.</p>	<p><b>31</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>		

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 &amp; Wellness</i></p>					<p><b>1</b> 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>	<p><b>2</b> Nurture Caregivers, 10:30 a.m. to 1:30 p.m.</p>
<p><b>3</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p><b>4</b> Summer Soothe Spa Retreat, 6 to 8:30 p.m.</p>	<p><b>5</b> 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><b>6</b> PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* Mindfulness 101, 5:30 to 7 p.m.</p>	<p><b>7</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.</p>	<p><b>8</b> Beach Me, 10:30 a.m. to 1:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p><b>9</b></p>
<p><b>10</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p><b>11</b> Making Marks, 10 a.m. to Noon Crown Chakra, Noon to 3 p.m. Dinner and Community for Guys, 6 to 8 p.m.</p>	<p><b>12</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.* 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.</p>	<p><b>13</b> My Favorite Produce Salads, 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><b>14</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. Carlos Museum, 1 to 4 p.m. Girls Night In, 6 to 8 p.m.</p>	<p><b>15</b> Honor Your Father, 10:30 a.m. to 1:30 p.m. 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>	<p><b>16</b> The Canning Class, 10 a.m. to 1 p.m.</p>
<p><b>17</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p><b>18</b> Cosmos Original, 10:30 a.m. to 12:30 p.m. Blessings Abound, Noon to 3 p.m.</p>	<p><b>19</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.</p>	<p><b>20</b> 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><b>21</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. Mastery of Love, Noon to 3 p.m. Gentle Yoga, 1 to 2:30 p.m. Prostate Cancer Support, 6:30 to 8:30 p.m.</p>	<p><b>22</b> Cancer Wellfit™, 1 to 2 p.m.* Pep in Your Step, 10:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*</p>	<p><b>23</b></p>
<p><b>24</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p><b>25</b> Go with the Flow Yoga, 6:00 to 8:30 p.m.</p>	<p><b>26</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.</p>	<p><b>27</b> Healthy Grilling, 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><b>28</b> Soul Collage, 10 a.m. to 1 p.m. Mindfulness 201, 10:45 a.m. to 12:30 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. Gentle Yoga, 1 to 2:30 p.m.</p>	<p><b>29</b> Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</p>	<p><b>30</b> Couples Retreat, 10:30 a.m. to 2:30 p.m.</p>