

May/June 2025

Cancer Wellness Calendar



Programs

For more information about programs and services, visit piedmont.org/cancerwellness.

Art & Soul

You CAN draw, paint and create art! Join Marie Estep, a retired educator, to learn how to build on your childhood art skills and connect with your "inner artist."

Bumble Beads Beading Class

Join Nancy Twomey as she leads you through the creation of a unique piece of jewelry. This class has a loyal following of fun ladies who like to laugh and always welcome newcomers. Supplies are provided, and you keep the final product! Please reserve your spot by texting Nancy at (770) 630-1078.

Breast Cancer Support Group

Those in any stage of their breast cancer journey are welcome to attend this monthly meeting. The group will provide information, emotional support, education and resources for breast cancer survivors.

Cancer Survivor Celebration

Please join us for a celebration of all cancer survivors! Back by popular demand, we will have a delicious lunch and dance to the fun tunes of Pete Fodero! This event will be from 11 a.m. until 1 p.m. on the terrace outside the hospital's Bistro 745. Reservations required; call (770) 400-4020.

Programs Continued... →

THOMAS F. CHAPMAN FAMILY
cancer wellness



Piedmont
ONCOLOGY

Real change lives here

Piedmont Medical Plaza • 775 Poplar Road, Suite 340, Newnan, Georgia 30265 • 770.400.4020

Programs

Essential Oils

Join Tana Lee to learn more about essential oils in the spring! In March, she will focus on "Green" oils for St. Patrick's Day. In April, the theme will be Spring Renewal. Sign up in Cancer Wellness or by calling (770)400-4020.

Everything's Gone to Pot

Participants in this monthly workshop will pick a plant and unique planter to pot in and take home. Instructors Michael and Tammy Laidlaw will instruct the class in plant and pot selection, pot decoration and proper watering techniques.

Exercise is Medicine

Jennifer Dreyer instructs this class designed for people of all ages. It combines cardio, strength, flexibility and balance training to safely improve various chronic health condition symptoms.

Expressive Arts: Mending the Soul

Join us for "Mending the Soul," a transformative experience that nurtures personal growth and self-discovery through creative exploration. Expressive art therapist Lei Ryne, LPC, NCC CHt, leads this dynamic three-hour workshop, which is designed to nurture emotional healing through the expressive arts. In this gentle, supportive space, participants will engage in watercolor painting, movement and journaling to explore resilience, release emotional tension and honor the personal journey of healing. No artistic experience is needed. Please call (770)400-4020 to reserve your spot as the class size is limited.

Gentle Pilates

Pilates emphasizes flexibility and core strength using specific conditioning exercises. It is medically recommended to increase abdominal strength and improve body alignment and muscular balance. This class is instructed by Jennifer Dreyer directly after Exercise Is Medicine, so many participants stay for both classes.

Good Food, Good Fuel

Chef Michael loves sharing the world of plant-based foods and illustrating how nutritious AND tasty it can be. Join him to learn how easy it is to incorporate simple and delicious vegan recipes into your diet. Reservations required.

Line Dancing

Join Michelle McCullough in this introductory class designed for those with little to no line dance experience. She will teach the basic steps and terminology to get you comfortable on the dance floor. You'll be moving, grooving and laughing in no time! No reservation required.

Massage Therapy

Karen Jackson offers thirty-minute complimentary massage for cancer patients. Massage has been shown to improve quality of life for those with cancer and benefits include improved relaxation, sleep and immune function as well as decreased pain, fatigue and nausea. Please call (770)400-4020 to make an appointment.

Men's Support Group

This group is open to men who have been diagnosed with ANY types of cancer and is led by a prostate cancer survivor. These monthly discussions will provide information, emotional support, education and resources.

Recover, Relate, Renew: Let Them

We will be working through the hot new book Let Them by Mel Robbins. The discussion will center around becoming "free from opinions, drama and judgment of others. Free from the exhausting cycle of trying to manage everything and everyone around you." All are welcome to come without reservations. Purchasing the book is suggested but not required.

Programs

Reflexology

Reflexology is a holistic science using the feet as a map of the body. It is a natural, non-invasive practice of stimulating reflex areas in the feet that correspond with the body's systems to restore a state of homeostasis or balance. To schedule an appointment with Mary Beth Kealy, please call (770)400-4020.

Reiki

Aida Dotson is a Reiki Master whose mission is to help people restore the body's natural ability to heal, purify and create balance by working with energy throughout the body. Please call (770)400-4020 to make an appointment.

Sound Bath

Join Mary Beth Kealy for this time of meditation and relaxation set to relaxing sounds. While usually done lying on the floor, those who are unable may remain seated.

Taste & Savor

Join Healthy Chef Partyologist Nancy Waldeck as she cooks a delicious meal that you can duplicate at home. Stay until the end to enjoy a sample! Our dietitian, Andrea Swartz, will explain the health benefits of each recipe and offer ways to substitute ingredients according to your needs. Reservations required.

The Turquoise Table

There is a special connection made between people when they gather around a table. Conversations occur that may not take place in any other context. We often don't remember what food was served, how the table was decorated or the weather outside, but we can always remember who was there and how it made us feel. Join us as we gather around the table to connect, share and build friendships in a safe, trusted space. Facilitated by Kim Maniaci.

Virtual Gentle Yoga

Shena Hernandez VIRTUALLY guides participants through breathwork, simple yoga postures and deep relaxation. Offered remotely in the evenings, it is the perfect way to unwind after a long day in the comfort of your own home.

Why Me?

Have you ever asked yourself, "Why Me?" or "Why is this happening to me?" If you have and you have struggled with the answer, join us in this discussion group. Growth through life's challenges, exploring types of inner healing, and sharing resources will be the goals as we expand our understanding of mindset change and forgiveness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1p - Line Dancing</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage by Appt.</p>	2	3
4	<p>5</p> <p>Reiki by Appt.</p>	<p>6</p> <p>10:30a - Exercise Is Medicine</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p>	<p>7</p> <p>9:30a - The Turquoise Table</p> <p>Reflexology/Reiki by Appt.</p>	<p>8</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1p - Line Dancing</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p>	9	10
11	<p>12</p> <p>10a - Sound Bath</p> <p>12:30p - Bumble Beads</p> <p>2p - Why Me?</p> <p>3p - Recover, Relate, Renew: Let Them</p> <p>Reiki by Appt.</p>	<p>13</p> <p>10:30a - Exercise Is Medicine</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p>	<p>14</p> <p>9:30a - The Turquoise Table</p> <p>3p - Breast Cancer Support Group</p> <p>Reflexology/Reiki by Appt.</p>	<p>15</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1p - Line Dancing</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p>	16	17
18	<p>19</p> <p>12:30p - Bumble Beads</p> <p>2p - Why Me?</p> <p>3p - Recover, Relate, Renew: Let Them</p> <p>Reiki by Appt.</p>	<p>20</p> <p>10:30a - Exercise Is Medicine</p> <p>12p - Good Food, Good Fuel</p> <p>1:30p - Art & Soul</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage by Appt.</p>	<p>21</p> <p>9:30a - The Turquoise Table</p> <p>1p - Everything's Gone To Pot</p> <p>1:30p - Men's Cancer Support Group</p> <p>Reflexology/Reiki by Appt.</p>	<p>22</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1p - Line Dancing</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p>	23	24
25	<p>26</p> <p> CLOSED FOR MEMORIAL DAY</p>	<p>27</p> <p>10:30a - Exercise Is Medicine</p> <p>1:30p - Art & Soul</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage by Appt.</p>	<p>28</p> <p>9:30a - The Turquoise Table</p>	<p>29</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1p - Line Dancing</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage by Appt.</p>	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2p - Why Me? 3p - Recover, Relate, Renew: Let Them	3 10:30a - Exercise Is Medicine 5:30p - Virtual Gentle Yoga Massage by Appt.	4 9:30a - The Turquoise Table 11a-1p - Cancer Survivor Celebration! (Bistro Terrace)	5 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1p - Line Dancing 5:30p - Virtual Gentle Yoga Massage by Appt.	6	7
8	9 2p - Why Me? 3p - Recover, Relate, Renew: Let Them	10 10:30a - Exercise Is Medicine 12p - Taste & Savor 5:30p - Virtual Gentle Yoga Massage by Appt.	11 9:30a - The Turquoise Table 2p - Essential Oils 3p - Breast Cancer Support Group Reflexology by Appt.	12 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1p - Line Dancing 5:30p - Virtual Gentle Yoga Massage/Reflexology by Appt.	13	14
15	16 10a - Sound Bath 12:30p - Bumble Beads 2p - Why Me? 3p - Recover, Relate, Renew: Let Them	17 10:30a - Exercise Is Medicine 5:30p - Virtual Gentle Yoga Massage/Reflexology by Appt.	18 9:30a - The Turquoise Table 1p - Expressive Arts: Mending the Soul Reflexology by Appt.	19 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1p - Line Dancing 5:30p - Virtual Gentle Yoga Massage/Reflexology by Appt.	20	21
22	23	24 10:30a - Exercise Is Medicine 12p - Good Food Good Fuel 5:30p - Virtual Gentle Yoga Massage/Reflexology by Appt.	25 9:30a - The Turquoise Table 1:30p - Men's Cancer Support Group Reflexology by Appt.	26 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1p - Line Dancing 5:30p - Virtual Gentle Yoga Massage/Reflexology by Appt.	27	28
29	30 12:30p - Bumble Beads					

Cancer Wellness is a free program for anyone who has ever been diagnosed with cancer at any point in their cancer journey whether treated at Piedmont or not.

Our classes and services focus on six aspects of wellness:
Creativity, Nutrition, Knowledge, Exercise, Relaxation and Socialization.
Please stop by or call to learn more!

Cancer Wellness

at Piedmont Locations

Piedmont Newnan Hospital

770.400.4020

Piedmont Atlanta Hospital

404.425.7944

Piedmont Henry Hospital

678.604.5990

Piedmont Fayette Hospital

770.719.5860

Piedmont Athens Regional

706.475.4900



Real change lives here

Cancer Wellness Online - a virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.