I love being a part of Cancer Wellness at Piedmont Atlanta.

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.

Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. To view the class schedule for all of our locations, visit piedmont.org/cancerwellness. For more information about programs and services provided at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.
CREATIVITY

Previous experience is not required for any class.
Participants are encouraged to contact Gayle Torres for a supply list or questions at G19torres@gmail.com.

Art Journaling
Focus on laying the foundation for a joyful and lively new year. Beliefs and strengths are called upon to fortify wishes. This journal time will combine written and visual techniques. Calling forth the memories of what is possible and celebrating the place we stand in life today.

One thought is to dedicate a fresh journal to this. Look around your home to find non-traditional materials; gather favorite quotes. Materials to be included are wide-ranging such as washi tape, acrylics, gesso, eraser, magazine images, photographs of loved ones. The idea for these months will be to break the year into months with a page for each month. Call to register. 1/15, 2/24

Dream Exploration
Catch a glimpse into your inner wisdom by exploring dreams using simple materials such as watercolors, pastels or ink. Participants share a dream or a snippet of one. Call to register. 1/8, 2/12

Finding the Pearl Series
Join us as we virtually stroll through some of the faraway masterpieces of Paris’ renowned museum, the Musée d’Orsay. There will be discussion and meandering during our time. Registrants limited to 9. Led by Gayle Torres, ATR-BC. Call to register. 2/19

Open Studio
This is an opportunity to work on any idea or with any project though all work is self-determined. Facilitated by Gayle Torres, ATR-BC. Call to register. 1/29, 2/19

Paper Quilting and Art of the Quilt
Quilt-making has a strong tradition. Originating through necessity, using scraps of fabric, quilts have evolved into a living art form. The class explores this tradition and shows participants how to design a “quilt” of their own. Each design will be painted on paper or can have pieces of paper applied to base rather than being fabric. Facilitated by Gayle Torres, ATR-BC. Supplies: sketch paper, eraser, 12” ruler, watercolor paper for final work. Call to register. 1/21

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. Call to register. 1/8, 1/22, 2/12, 2/26

KNOWLEDGE

Brain Stuff: What’s in Your Head?
Join Dennis Buttimer, M.Ed, CHC, RYT for an informative workshop on the skull brain. Research by Drs. Bessel van der Kolk, Richard Davidson and others will be presented. Learn ways to apply this research for better brain functioning and improved health! 2/10

Finding the Blessings of COVID: Looking Back and Looking Forward
In challenging times, it is indeed most difficult to seek the threads of blessings; yet they do exist and weave through the circumstances before us. It is a deep well to dive into – whether it was finding you possessed more flexibility in your nature than you thought you had; being forced to slow down and spend more time with yourself and discovering solitude was your “friend” rather than your “foe”; you deepened your spirituality; realizing your priorities had shifted; or finding out you had more “IT” aptitude than you thought possible … whatever blessings unfolded for you – in this program, we will explore those hidden blessings that the COVID pandemic brought to your life. And we will also examine what blessings exist for you going forward – in a “COVID” vaccine kind-of-life. Facilitated by Dennis Buttimer, M. Ed., RYT, CHC. and Dr. Jody Iodice. Call to register. 1/13

Living Your Best Life Today: A Journey Through Recovery to Wholeness™
“A life threatening illness [can be] a spiritual awakening, an adventure, an ordeal, or an initiation. Any way you look at it, it is a journey that must be taken”. – Dr. Jean Bolen, author of Close To The Bone

In this program you will learn tools to approach Living Your Best Life Today and finding ways to wholeness despite diagnosis or prognosis; learn the latest research on common characteristics of long term survivors and common traits of those who succumbed to diagnosis – what cancer researchers call “short term” survivors. We will examine specific activities that are known as Immunoenhancing and what circumstances research considers Immunosuppressant for individuals with a life-altering diagnosis. Discover the power of developing an emotional vocabulary and how current research examines the energy inherent in emotions, thoughts, and belief systems. I hope you’ll join me to find ways you can unleash opportunities to create out of illness new beginnings, a new course heading, and a renewed life commitment to Live Your Best Life Today! Facilitated by Dr. Jody Iodice, Ph.D. Call to register. 1/20
Power of 10 for Attaining Goals
Join Angela Buttmer LPC, RYT to learn the principles of the power of 10. Taking 10 minutes each day today for self-care, planning, and organization feels doable and can have a sustainable impact in your life. Learn how to break down those big goals into manageable pieces and walk away with a concrete plan for next steps. Join us to discuss and experience healthy strategies for optimal health. Call to register. 1/20

Toltec Sacred Traditions: Writing a New Book of Law
We invite you in this workshop to be guided by the ancient sacred truths of Toltec wisdom in order to write your NEW BOOK OF LAW. This workshop will be a wonderful way to launch the NEW YEAR if you’ve been a little slow on writing your NEW YEAR’S goals and resolutions. We will assist you discover and learn how to write your own unique BOOK OF LAW and begin to live by your authentic and true self rather than living from generations of the ancestral “chain of training” and “domestication” of ancestral agreements you have unknowingly contracted with that may have been governing your life up to this point! Isn’t time to free yourself and discover your NEW BOOK OF LAW? Come join us to explore how to unleash yourself and find the freedom to “transform” your life and live your “new dream” today through your own NEW BOOK OF LAW. Based on the work of New York Times Best Seller don Miguel Ruiz, it is not necessary to have attended any of the Toltec Workshops in order to attend this workshop; however, we do encourage you to read the Four Agreements and Fifth Agreement by don Miguel Ruiz. These books are short reads but profoundly life changing and life enhancing. Facilitated by Dennis Buttmer, M.Ed., RYT, CHC, and Dr. Jody Iodice, Ph.D. Registration required. 2/17

Vision/Action Boarding & Awakening the Shakti of Intention, Imagination, & Creativity in the New Year
(And The Rest Of Your Life)
“What is it you plan to do with your one wild and precious life?” – Mary Oliver
What do want to cultivate and create in the New Year? And for the rest of your one wild and precious life? Participants will be guided by Angela Buttmer, MS, RYT, LPC through various exercises including creating a vision board to access and ignite the internal creative feminine principle of Shakti to step boldly forward in the new year, and the new chapters of your life. Unlock the powerful forces in your own mind, body, heart, and spirit so you may clear and connect with the depth of your own authentic inner vision. Call to register. 1/6

Chair Yoga: Off the Mat and Into a Chair
Experience the wonderful, beneficial effects of yoga practice from a chair. Learn practical ways to incorporate seated yoga in many situations. Learn effective breathing, sitting yoga poses and brief meditation. Great for beginners. Wear comfortable clothing. Facilitated by Dennis Buttmer, M.Ed, RYT, CHC Call to register. 1/12, 1/26, 2/9, 2/23

Gentle Yoga
Participants are guided through breath, simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions and promotes an improved sense of well-being. Call to register. Tuesdays, Thursdays

T’ai Chi Advanced Form
Learning the “24 Form” is shown to benefit strength, balance, and flexibility, boost mood, and “brain power”, while reducing stress, tension and pain levels. Instructor permission required. Taught by Cate Morrill, CTCQI, CHC. Call to register. Tuesdays, Thursdays

T’ai Chi and Qi Gong
These healing arts are known to help students breathe deeply, alleviate stress and reduce pain, while building strength, flexibility, balance, focus, and energy of Mind, Body, and Spirit. Taught by Cate Morrill, CTCQI, CHC. Call to register. Tuesdays, Thursdays

T’ai Chi and Qi Gong for Meditative Restoration, Shen Dian
This deeply meditative Wu Dang Qi Gong set is used to restore vital physical energy and to relax the mind, release built up stress and tension, and to let go of less positive thoughts. With a few simple movements and stances, essential energy flow is opened, stimulated and settled. Suitable for seated or standing work, for the beginner or long term practitioner, this set is one of the most basic and important, and through traditional teachings is said to boost the immune system, enhance metabolism, speed recovery, and promote a peaceful mind. Taught by Cate Morrill, CTCQI, CHC. Call to register. Tuesdays, Thursdays

T’ai Chi and Qi Gong to Brighten Up the Energy!
February 22 is the last day of the Chinese New Year celebration, but February 26 is the date for the Lantern Festival, a celebration of light, joy, nature, and the first full moon of the Lunar New Year! We will work with movements and philosophy to lift spirits, gain energy, and look to brighter days. We will lighten up and prepare for Spring! Deep breathing and releasing of winter’s tension will be part of the result. This is a focused set, and is suitable for anyone who wishes to lighten and brighten the body, mind, and spirit. Seated or standing work, with attention to physical strength and revitalization. Taught by Cate Morrill, CHC and Certified Wu Dang T’ai Chi and Qi Gong Instructor. Registration ends the Thursday prior to class. Call to register. 2/22

MOVEMENT

Cancer WellFit
This 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. This class is held at the Piedmont Atlanta Fitness Center. Call 404.605.1966 to obtain class schedule and to register.
T’ai Chi and Qi Gong to Flow into the New Year!
It’s time for a fresh breath, an expanded vision, and renewed strength for our New Year! With intention and effective action, we employ tools and techniques to strengthen your spirit. Using deep breathing practices, proper stretches, and awareness, you can help yourself be ready for what comes, and focus to handle challenges as well as joys! We’ll use movements and philosophy to help build resilience and settle your energy, enabling you to enjoy your days fully! Taught by Cate Morrill, CTCQI, CHC. Call to register. 1/11

T’ai Chi to Celebrate the Lunar New Year of the Ox!
February 12th begins the Chinese Year of the Ox, so let’s celebrate! The Ox is hardworking, intelligent, honest, and ready to meet a challenge! We will move with intent and focus for strength and power! Since we are not meeting in person, the philosophy and concepts of the Chinese New Year events will be shared in a special “after movement” on-line gathering! We invite you to prepare a lunch, Chinese or other, or just have some tea with us after the movement segment which will be from 11am-1pm. Then we’ll give a short break for you to gather your lunch/tea, and we’ll visit and learn about the New Year till 2pm! You may come for all or part of this special workshop! Taught by Cate Morrill, CTCQI, CHC. Registration ends the Thursday prior to class. Call to register. 2/8

PEACE

The Balance Of Heaven And Earth: The Crown Chakra
When “Chi” is balanced in the Crown Chakra, our connection with Spirit or God (whatever you may refer to as your Higher Power) is centered and balanced, and we live in a profound state of peacefulness, and we experience love and Grace for ourselves, those around us, and the circumstances that affect our lives. Even in the midst of challenges, an open Crown Chakra allows us to know both peace and chaos, sadness and joy, faith and fear. In this workshop, awaken the inherent spiritual energy within and find that greater balance of living both Heaven and Earth through a greater understanding of the physical, psychological-emotional components of the Crown Chakra, the sacred and life lessons of the Crown Chakra, and through gentle yoga, writing exercises, silent reflection and dialogue. Facilitated by Angela Buttimer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. Registration is required. 2/8

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. 2/22

Centering Prayer
This form of meditation encourages contemplation in a way that promotes connection with the sacred. This workshop will be taught so that this practice is accessible regardless of spiritual orientation. Also enjoy the physical benefits of meditation including enhanced immune system functioning, reduction in inflammation, regulated blood pressure, sleep improvement, pain reduction and a feeling of well-being. Join facilitator Dennis Buttimer, M.Ed, RYT, CHC for this workshop. Call to register. 1/8, 2/19

Mindful Listening: Sound Healing Meditation
Mindfulness teaches us to engage our five senses – sight, sound, taste, touch, and hearing – to calm center, and connect with present moment awareness. Join Dennis Buttimer, MED, CHC as he guides participants through various sound healing modalities. 1/27

Mindfulness 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. Call to register. Tuesdays

Mindfulness 201
For those who have completed Mindfulness 101, deepen your practice and continue to enhance your overall quality of life. Facilitated by Angela Buttimer, LPC. Call to register. Thursdays

The Mystic’s Journey: A Spiritual Series into the Sacred
Join Angela Buttimer, MS, LPC, RYT for an 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. Dress comfortably for possible movement. Call to register. 1/25

Opening and Balancing the Brow Chakra: Unleashing the Power of Imagination, Envisioning and Divine Intuition
Come join us for this expanding opportunity to move beyond linear time in our physical world to the limitless possibilities of envisioning and manifesting from your own higher realms of internal wisdom and Divine intuition. We will explore what keeps the Chi energies of the Brow chakra open and what closes Chi energies of the Brow chakra. The psychological, emotional, physical, and spiritual implications of the Brow chakra will be examined through writing and dialogue; and we will be practicing gentle yoga, meditation, breath work and chanting to balance the energies of the Brow chakra. Facilitated by: Angela Buttimer, CHC, RYT, LPC and Dr. Jody Iodice, Ph.D. Registration is required. 1/11

Shinrin-Yoku: Forest Bathing
The Japanese practice of Shinrin Yoku, or Forest Bathing, is proven to reduce stress hormone production, improve feelings of happiness and free up creativity, lower heart rate and blood pressure, boost the immune system and accelerate recovery from illness through videos and experiential exercises. Facilitated by Dennis Buttimer, M.ED, RYT, CHC. Call to register. 2/24
Valentines: A Workshop of Loving and Celebrating Yourself
“...give back to yourself who has loved another....and breathe into the goodness that you are” – Bapuji
February is the month we typically think of romance and others. It is vital that we also honor the love that we have for ourselves. Our immune system responds positively when we send love and gratitude to our own minds, hearts, and bodies. Join Angela Buttimer, LPC, CHC, RYT as she guides you through experiential exercises with both movement and stillness around self-love. We will celebrate ourselves as we re-establish and recommit to self-love, self-honor, and self-compassion. Call to register. 2/19

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 with other caregivers while learning ideas and tools. This support meeting is ONLY for caregivers. Facilitated by Dennis Buttimer, M.Ed, CHC, RYT. Call to register. 2/8

Community for Guys Only
This is an opportunity for men with cancer to connect in an informal way. 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, CHC. Call to register. 1/18, 2/15

Coping with Cancer
Is there a correct way to cope with cancer? Is the sadness and worry I feel normal? How do I figure out what type of support I need? These questions and more will be answered in this support seminar. Participants will learn about different styles of coping with cancer, acquire valuable coping skills, and learn how to access various support resources. Presented by Mary Lynn Hemphill, LCSW, OSW-C, and Dr. Emma Stein, Clinical Psychologist. Call to register. Registration for this seminar will close at the end of business day prior to seminar. 1/20, 2/18

Couples Enrichment Support Group
Learn enriching ideas to improve the quality of your relationship. Connect with other couples who are also on the cancer journey. Practice proven ideas to boost your connection with your significant other. Join facilitator Dennis Buttimer, M.Ed., RYT, CHC for this workshop. Call to register. 1/11

Couples Valentine’s Program
Join Angela Buttimer, MS, RYT, CHC and Dennis Buttimer, M.Ed., RYT, CHC for an evening of fun, creativity, and connection for couples! Connect more deeply with your partner through various enjoyable concepts and activities. Meet and have fun with other couples who are also on the cancer journey. Call to register. 2/8

Prostate Support Group
Recently diagnosed with prostate cancer, considering surgical options or adjusting to side effects? Whether you are in active surveillance or living with metastatic prostate cancer, you will find answers to common questions at the Piedmont and ProstAware Men’s Prostate Cancer support group. We often welcome local health care providers and speakers who share the latest information on research and treatments. Emotional and social support is offered for all attendees including caregivers, spouses, and partners. Registration is required. Facilitated by Henry Oat and Brady Radford, LPC. Every Third Thursday

Sustenance
Nutrition Counseling (via phone)
Shayna Komar, RD, LD provides nutrition counseling for cancer patients during and post treatment. She provides customized consults to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. Call for appointment.

Virtual Taped Demos
2021 Nutrition Knowledge
Join Chef Sue Snape and Dietitian Shayna Komar for a taped virtual demo as you begin to set some goals and gather new ideas for your nutrition plan for this year. It will be full of fun nutrition knowledge and new food ideas to try in the comfort of your home. Registration is required. 1/6.

Savory Chocolate Recipes
Did you know you can use dark chocolate for savory recipes? And that dark chocolate is full of antioxidants for your body? Join Chef Nancy Waldeck and Dietitian Shayna Komar to unpack a side of chocolate that you may have never seen before. Virtual Cooking demo. Registration is required. 2/10.

Soups and Stews for the Body and Soul
Chef Nancy and Dietitian Shayna Komar are full of warm and comforting soups and stews for this class. They will be healthy and fuel your body and soul! Grab a cup of tea and sit somewhere comfortable in your home to enjoy this virtual cooking demo. Registration is required. 1/27.

Winter Wonders
Join Chef Judith McLoughlin and Dietitian Shayna Komar as they prepare and discuss the dishes that are deeply satisfying this time of year. During the winter you may crave warm comforting dishes and they will share with you ways to make these dishes burst with nutrition and flavor. Registration is required. 2/24.
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<td>Community for Guys Only, 6 to 8 p.m.</td>
<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>Blessings Abound, Noon to 2:30 p.m.</td>
<td>Dream Exploration, 10:30 a.m. to 12:30 p.m.</td>
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February 2021
As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont, visit give.piedmont.org or call 404.605.2130.

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Suite 700
Atlanta, Georgia 30318
404.425.7944

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Education Center • Ground Floor
1133 Eagle’s Landing Pkwy
Stockbridge, Georgia 30281
678.604.5990

Piedmont Fayette Hospital
(West Entrance)
1255 Highway 54 West
Third Floor • Suite 3100
Fayetteville, Georgia 30214
770.719.5860

Piedmont Newnan Hospital
Piedmont Medical Plaza
775 Poplar Road • Suite 340
Newnan, Georgia 30265
770.400.4120

Piedmont Athens Regional Medical Center
Loran Smith Center
for Cancer Support
1199 Prince Ave
Athens, Georgia 30606
706.475.4900

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.

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