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.
Programs

Call **404.425.7944** to schedule an appointment or register for a class.

*All programs listed will be offered remotely* • You will receive a ZOOM invite

**CREATIVITY**

Art classes offered below are facilitated by Gayle Torres, ATR-BC.

**Dream Exploration**
The act of paying attention to or “being with” a dream helps us to feel relaxed and grounded. Dream Explorations in September and October focus on finding personal strengths that our dreams can convey. Such realizations can become important resources. Each class begins using simple materials such as watercolors or pastels to recall details of a dream from any time. If new to the group, you may feel comfortable doing the simple art and just listening to the dreams of others. Supplies: watercolors, large or medium brush, watercolor or thick paper, any pastels or felt markers. Call to register.
9/17 & 10/15; 10:30 a.m.-12:30 p.m.

**Collage Presentation: A Brief History**
The class will take an overview of an art form that George Braque and Pablo Picasso termed papier collé and that is now known as collage. This presentation class explains the origins and techniques of collage in modern art. It will expand ideas about its limits and spark ideas for making your own collage. Call to register.
10/1; 10:30 a.m.-1 p.m.

**Make a Collage**
Collage is a form of visual arts in which elements are combined to create a new image, with a new meaning. It does not require drawing or painting but can perhaps help us see inner life in a new way. Whether new or experienced in collage you will find each piece “says” something interesting. It is not necessary to attend the first class but is helpful. Supplies: magazines, ribbons, paint, bits of colored or handmade papers, portions of other artwork or texts, photographs and other two-dimensional found objects, sturdy paper or canvas, glue, water and brush. Call to register.
10/20; 10:30 a.m.-12:30 p.m.

**Autumn Equinox, Turning of the Celestial Wheel: Mandalas**
Long summer nights have passed and the autumn equinox indicates a change in the earth’s distance from the sun. It is a time of transition. Celestial changes also parallel shifts in our interior rhythms. This session notes ways the equinox is observed and includes mandala-making. Mandalas are an often-circular design of varying complexity found universally. Supplies: pencils; colored, white paper or journals; acrylics, watercolors or pastels. You may choose to bring a small plate and a glass as templates. Use what you have on hand. Call to register.
9/22; 2-4 p.m.

**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.
9/10, 9/24, 10/8, 10/22; 11 a.m.-12:30 p.m.

**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.

**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 Buttimer, M.Ed, RYT, CHC. Call to register.
9/14, 9/28, 10/12, 10/26; 11 a.m.-1 p.m.

**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**

**Power Qi Gong**
This class can help you open and strengthen your body, mind, and spirit, stretch your muscles, help you breathe deeply, build your physical and emotional qi resilience, and also help you relax, release, and let go of tension and stress. Using the deep focus and flow of easy yet physically powerful Qi Gong sets, the participant may regain physical strength that may have been depleted, or build new power for the goals ahead! There are three parts of the class: stretches for warming up and increasing flexibility, full body-engaging, powerful movements for building strength, and meditative flowing movements for cooling down and settling and calming your qi. All participants engage at their own level, with movements introduced from small to large frame, and each set is modifiable for seated work. Taught by Cate Morrill, CTCQI, CHC. Call to register.
Wednesdays, 10:30-11:30 a.m.

**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 Advanced Form**
Learning the “24 Form” is shown to benefit strength, balance, 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

**Stay Tall, Don’t Fall! T’ai Chi for Balance and Mobility**
September is National Falls Awareness Month, so let’s be aware! We have selected movements and concepts to help create, regain, and improve balance and mobility. Stretches and warm-ups for the whole body, lead into focus on weight shifting and moves to practice momentum control, balance techniques, and to help build leg strength and create flexibility. It is said that the tree does not stand without a strong root, and your legs and feet make up the root of your body, so we will pay special attention to this area. These flowing and beautifully gentle moves, such as “Dance When You Hear the Rooster Crow” may be practiced simply standing, using a chair as balance support, or may be modified for seated work. Taught by Cate Morrill, CHC, and Certified Wu Dang T’ai Chi and Qi Gong Instructor. Call to register. 10/11; 11 a.m.-1 p.m.

**T’ai Chi Qi Gong to Breathe Well,**
**Building Qi for the Lungs in Autumn**
Autumn is the season in which we focus on the lungs. In this particular time of respiratory concern, all attention paid to the Lungs is well placed. We will work to calm any irritation and boost good, strong lung energy. In T’ai Chi/Qi Gong theories, illness in the lungs is associated with sadness, or depression, which of course may cause shallower breathing, lack of strong activities to bring in more clean air, and the result could be a downward spiral. Let’s change that with an upward lift and practice long, slow, deep, cleansing breaths using uplifting imagery. We’ll use movements that inspire a brighter energy, expansion, and the energy opening will follow. Suitable for seated or standing work, we will help the joy and peacefulness flow easily! Taught by Cate Morrill, CHC, and Certified Wu Dang T’ai Chi and Qi Gong Instructor. Call to register. 9/13; 11 a.m.-1 p.m.

**T’ai Chi and Qi Gong to Harvest Energy for the Months Ahead**
October is harvest month and we will gather the gifts of the spring and summer energies, and seek to cultivate the qi needed for autumn’s cooler days and evenings. We will prepare our Spirits for the less light days ahead, prepare our Minds for the joys that autumn shares, and prepare our Bodies for days of less outward and more inward engagement. Using sets that will benefit and balance the liver, heart, and lungs, and meditative moments for focused energy, we reap the rewards of our work! Taught by Cate Morrill, CHC and Certified T’ai Chi and Wu Dang Qi Gong Instructor. Call to register.
10/25; 11 a.m.-1 p.m.

**PEACE**

**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. Call to register. 10/4/10-2:30 p.m.

**Blessings Abound in the New Year: 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. Call to register.
9/27; 12-2:30 p.m.

**Centering Prayer**
Learn more about this meditative practice, which focuses on spiritual words and themes. This sacred 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. In addition to the spiritual benefits, enjoy 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 Buttmer, M.Ed, RYT, CHC for this workshop. Call to register.
9/20, 10/22; 10:30 a.m.-12:30 p.m.

**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 Buttmer, 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 Buttmer, LPC. Call to register. Thursdays

Opening and Balancing the Brow Chakra:
Unleashing 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, dialogue, and practicing gentle yoga specific to the Brow Chakra, meditation, chanting to balance the energies of the Brow chakra. Facilitated by: Angela Buttmer, CHC, RYT, LPC and Dr. Jody Iodice, Ph.D. Call to register. 9/20; 12-2:30 p.m.

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, 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. 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 specific to the Crown Chakra, writing, silent reflection and dialogue. Facilitated by: Angela Buttmer, CHC, RYT,CHC, LPC and Dr. Jody Iodice, Ph.D. Call to register. 10/11; 12-3:30 p.m.

KNOWLEDGE

When the Winds Speak:
Lessons of the Great Spirit and the Ancestors
It is believed in Native American culture, when the wind whips and blows upon our cheeks, the Lessons of the Great Spirit and our Ancestors are coming. Chief Washakie of the Shoshone Montana Wild River Reservation people believed when this happens, we must ready ourselves to open our heart, close our mouths, and be prepared to listen for the wisdom of the lessons as the Great Spirit and our ancestors will meet us just where we are – when we are ready to listen. I invite you to come join me in this program to be enlivened and empowered by the extraordinary wisdom and lessons of the Native American peoples. Facilitated by Dr. Jody D. Iodice. Call to register. 10/14; 12:30-3 p.m.

The Miracles in our Every Day Lives:
Mystery, Magic or Real Occurrences?
Many spiritual and philosophical thinkers for centuries have believed that miracles occur for us in ALL forms of our daily experiences and that the phenomenons of miracles are not that mysterious and are not a tool of some type of magic. As Thomas Merton, Trappist Monk and Theologian said of miracles, “they are of divine spontaneity”. Come join me to explore these seeming improbable yet surprising and extraordinary events and examine how you can be more receptive to the spark and divine spontaneity of miracles occurring in your everyday life. Facilitated by Dr. Jody Iodice, Ph.D. Call to register. 9/23; 12:30-3 p.m.

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. The Spiritual teachers of the Toltecs - the Nagels - tell us by using The Three Masteries 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. 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. Facilitated by Dennis Buttmer, M.Ed., RYT, CHC and Dr. Jody Iodice, Ph.D. Call to register. 10/13; 12:30-3 p.m.

Your Healthy Happy Brain:
Preventing Cognitive Decline and Memory Loss
In this workshop, Dennis Buttmer, M.Ed, CHC, RYT will present research and current integrative strategies to sharpen your focus and improve your memory. Learn how to prevent cognitive decline and deepen your mental abilities! Call to register. 9/27; Noon-2:30 p.m.

The Myth of Multitasking: Managing the Madness
Spinning too many plates? Feeling overwhelmed with tasks and competing priorities? Recognize the damaging side effects of multi-tasking. Learn specific steps to break the cycle of being overwhelmed and burnout. Enjoy less stress and greater health and productivity. Join Dennis Buttmer, M.Ed, CHC, RYT for this workshop. Call to register. 9/13; Noon-2:30 p.m.

Who’s Pushing Your Buttons?
Dealing with Difficult People
What types of personalities trigger unease and even distress when you encounter them? Is there a pattern in how you cope with difficult people? Join Dennis Buttmer, M.Ed, CHC, RYT for a refreshing workshop on how to shift your perception to have more personal power. Techniques and ideas will be presented to help you better handle those challenging encounters! Call to register. 9/8; 10:30 a.m.-1 p.m.
The Psychology of Finances: Foibles and Freedom
Finances often become a key issue on the cancer journey and beyond. Join Angela Buttmer, MS, LPC to explore your psychology around money and how you can improve your relationship with it. Explore how to overcome past missteps while achieving financial freedom. Call to register. 10/27; Noon-2:30 p.m.

What is Your Personal Archetype? Part II
In part II of this workshop, having explored the first five of Myers’ archetypal profiles, we will now explore the remaining five blueprints of archetypal patterns and how these archetype profile patterns have been rooted in our life journeys, influenced our past life choices, and how our personal archetype continues to influence us today. Come join us for part II of this program, as it will surely be as illuminating, enlightening, exciting and empowering as part I. Facilitated by Dennis Buttmer, M.Ed, CHC, RYT and Dr. Jody D. Iodice, Ph.D. Call to register. 9/22; Noon-3 p.m.

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 Buttmer, M.Ed, CHC, RYT. Call to register. 9/10, 10/4; 10:30 a.m.-12:30 p.m.

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 Buttmer, M.Ed, RYT, CHC. Call to register. 9/13, 10/11; 6-8 p.m.

Community Coffee Chat
Join Angela Buttmer, MS, CHC, LPC and Dennis Buttmer, M.Ed, CHC for a biweekly one-hour program to better connect with those in the community. There will be a simple structure and idea each time with an opportunity to converse with other participants. Increase feelings of belonging and receive social support. Bring your coffee, tea or other morning beverage and enjoy an hour of updates, sharing and invigorating conversation. Call to register. 9/22, 10/20; 10-11 a.m.

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 Buttmer, M.Ed., RYT, CHC for this workshop. Call to register. 10/25; 6-8 p.m.

Prostate Support Group
Whether you are in active surveillance or living with metastatic prostate cancer, you will find answers to common questions at our 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. Facilitated by Henry Oat and Brady Radford, LPC. Registration is required. Every Third Thursday

The Road We Share: Women Managing Cancer
Our women’s support group is devoted to exploring concerns faced from the time of receiving cancer diagnosis through active treatment and into survivorship. Facilitated by Dr. Emma Stein, clinical psychologist and Mary Lynn Hemphill, LCSW, oncology social worker. Pre-registration and screening are required. Call to register. 9/13, 9/23, 10/13, 10/27; 5-6:30 p.m.

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

Fall Favorites
Join Chef Sue for a taped virtual cooking demo and Shayna Komar, Dietitian as they help you welcome in some of the best produce fall has to offer. Chef Sue has many ideas and Dietitian Shayna will help you understand the health benefits of the food you eat. Registration is required. 9/8

Comfort Foods with a Twist
The wonderful days of fall are upon us. Learn how to cook some of the comfort foods you enjoy this month but with a healthy twist. Chef Nancy Waldeck will conduct the virtual cooking demo and Dietitian Shayna Komar will provide numerous health benefits. Registration is required. 9/22

Soups On
Join Chef Megan McCarthy as she prepares four fall soups for you to have at home this season. Dietitian Shayna Komar will discuss the health benefits of each dish and share ideas to make these easy recipes at home. Registration is required. 10/13

BOO! Scary and Fun Halloween Treats
There are many fall ingredients that you can incorporate into your dishes that may seem “scary” but really are fun and very healthy for you. Make this fall full of dishes that you can share for the Halloween holiday and beyond. Join Chef Nancy Waldeck for the virtual demo and Shayna Komar, dietitian, as she shares the health benefits behind the “spooky” recipes! Registration is required. 10/27
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<td>Prostate Support, 6:30-8:30 p.m.</td>
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<td>Caregivers Connection, 10:30 a.m.-12:30 p.m.</td>
<td>Mindfulness 101, 11 a.m.-12:30 p.m.</td>
<td>Power Qi Gong, 10:30-11:30 a.m.</td>
<td>Mindfulness 201, 11 a.m.-12:30 p.m.</td>
<td>Writing for Recovery and Discovery, 11 a.m.-12:30 p.m.</td>
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<td>The Mystics Journey, Noon-2:30 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon-1:30 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon-1:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m.</td>
<td>T'ai Chi Advanced Form, 12:30-1 p.m.</td>
<td>Gentle Yoga, 1:230 p.m.</td>
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<td>T'ai Chi Advanced Form, 1:30-2 p.m.</td>
<td>Gentle Yoga, 6-7:30 p.m.</td>
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<td>Balance of Autumn, 11 a.m.-1 p.m.</td>
<td>Mindfulness 101, 11 a.m.-12:30 p.m.</td>
<td>Power Qi Gong, 10:30-11:30 a.m.</td>
<td>Mindfulness 201, 11 a.m.-12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m.</td>
<td>Dream Exploration, 10:30 a.m. to 12:30 p.m.</td>
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<td>The Crown Chakra, Noon-3:30 p.m.</td>
<td>Chair Yoga, 11 a.m.-1 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon-1:30 p.m.</td>
<td>Toltec Sacred Wisdom and the Three Masteries, 12:30-3 p.m.</td>
<td>Soups On Demo (recorded)</td>
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<td>T'ai Chi and Qi Gong, Noon-1:30 p.m.</td>
<td>T'ai Chi Advanced Form, 1:30-2 p.m.</td>
<td>The Road We Share: Women Managing Cancer, 5:30-6 p.m</td>
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<td>Mindfulness 101, 11 a.m.-12:30 p.m.</td>
<td>Make a Collage, 10:30 a.m.-12:30 p.m.</td>
<td>Mindfulness 201, 11 a.m.-12:30 p.m.</td>
<td>Centering Prayer, 10:30 a.m.-12:30 p.m.</td>
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<td>T'ai Chi and Qi Gong, Noon-1:30 p.m.</td>
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<td>Writing for Recovery and Discovery, 11 a.m.-12:30 p.m.</td>
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<td>Prostate Support, 6:30-8:30 p.m.</td>
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<td>Community Coffee Chat, 10-11 a.m.</td>
<td>Mindfulness 101, 11 a.m.-12:30 p.m.</td>
<td>Power Qi Gong, 10:30-11:30 a.m.</td>
<td>Mindfulness 201, 11 a.m.-12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m.</td>
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<td>T'ai Chi and Qi Gong to Harvest Energy, 11 a.m.-1 p.m.</td>
<td>Chair Yoga, 11 a.m.-1 p.m.</td>
<td>Boo! Scary and Fun Halloween Treats, Demo (recorded)</td>
<td>T'ai Chi and Qi Gong, 11 a.m.-12:30 p.m.</td>
<td>T'ai Chi Advanced Form, 12:30-1 p.m.</td>
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<td>Couples Enrichment Support Group, 6-8 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon-1:30 p.m.</td>
<td>Psychology of Finances, Noon-2:30 p.m.</td>
<td>T'ai Chi Advanced Form, 12:30-1 p.m.</td>
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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.

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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Piedmont Medical Plaza
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Newnan, Georgia 30265
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