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.
Call 404.425.7944 to schedule an appointment or register for a class.
*All programs and services listed will be offered remotely*

**CREATIVITY**

**Art Journaling**
Art journals combine visual media with words. Clearing a space to record in a journal becomes a means of self-care. Every imaginable style, media and technique is used by art journalists. Each session highlights a media technique for optional experimentation. Experience is not necessary. Materials can be found everywhere. Contact facilitator Gayle Torres, ATR-BC for additional supply information. Call to register. 11/16, 12/16

**Dream Exploration**
Throughout time and cultures, dreams have been used to discern guidance and healing. Bring a written dream or piece of a dream to explore with the group. Simple materials are used for dream recall. No expertise is necessary. Participants are encouraged to use an unlined journal. Join facilitator Gayle Torres, ATR-BC as we seek to understand dreams. Call to register. 11/13, 12/11

**Finding the Pearl Series**
These classes are 1.5 hours on a sampling of visual subjects. Facilitated by Gayle Torres, ATR-BC. All levels of experience are welcome. Contact facilitator for supply questions g19torres@gmail.com.

- **Tree of Support:** Watercolors and additional chosen media, using watercolor paper journal. 11/6
- **Open Studio:** An opportunity to work on an ongoing or unfinished project, explore ideas about 2020 and the new year, or bring your paints and enjoy the community. Contact Gayle Torres for prompts. 11/23
- **One Childhood Visit:** Using watercolor or chosen media and writing materials, participants are prompted to recollect. This evocative session may become the basis of a memoir or future creative project. 12/2
- **The Art of Julie Mehretu:** Currently featured at the High Museum, she is one of the most influential artists of this generation. This session will include a presentation and discussion rather than image making. 12/18
- **Handcrafters Circle**
Participants are invited to bring and describe a favorite handicraft. Personal enjoyment is more important than mastery. Whether it be it candle-making, crocheting, quilting or woodcarving, each craft is welcome. Observers only may attend and discover a new interest. Facilitated by Gayle Torres, ATR-BC. Call to register. 12/4

**Paper Quilting and Art of the Quilt**
This two-part class will examine the use of the quilt in historic and modern applications. Each session will begin with visual presentations of the quilt: utilitarian, folk art to artistic. In the second part of each session, participants design a quilt using paper and pencil. Registration, though no experience, is necessary. 11/30, 12/21

**Winter Celebrations of Light**
The change of the solar axis to winter has generated celebrations of light in many countries. We will focus on India’s Diwali and Sweden’s Festival of St. Lucy. Modeling clay will be used to explore ways to hold our personal light during this season. Please contact Gayle Torres for supply information. Call to register. 11/18

**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. 11/13, 12/4, 12/18

**KNOWLEDGE**

**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. Participants will learn about different styles of coping with cancer, acquire valuable coping skills, and learn how to access valuable support resources. Presented by Mary Lynn Hemphill, LCSW, OSW-C, and Dr. Emma Stein, Clinical Psychologist. Call to register. 11/18, 12/14

**Exploring the Cultural Gifts of the Season**
Cultures around the world celebrate the holiday season in vast and different ways with their own unique secular and sacred traditions. We will explore the gifts of sacrifice, love, generosity, family, dedication, the past, and more from opposition through the lens’ of O’Henry’s 1905 Pulitzer’s Prize short story: Gift of the Magi, the gifts of the Jewish culture’s Festival of Lights, and the African seasonal celebration of Kwanzaa. Facilitated by Dennis Buttmer, M.Ed., CHG, RYT, and Dr. Jody D. Iodice, Ph.D. Registration is required. 12/2

**Living Well with Mindful Eating**
Food is meant to be an experience. Learning some mindfulness strategies will help you savor your meals (and snacks) and enjoy them 10x more! Mindful eating also puts you onto the trajectory of healthier habits, even during the holidays! Join Angela Buttmer, MS, LPC as she guides you through the mindset, tools and behaviors that comprise mindful eating. Bring your favorite snack to class to practice! 11/18
Managing side effects
Coping with side effects can be one of the more challenging aspects of cancer treatment. Join Mary Lynn Hemphill, LCSW, OSW-C, and Dr. Emma Stein, clinical psychologist to learn behavioral strategies for managing issues with sleep, pain, fatigue and “chemo brain.” Seminar is appropriate both for those currently in treatment and those who have completed cancer treatment. Registration is required. 11/9

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. 11/10, 11/24, 12/8, 12/22

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 (no class on 11/24, 12/21–12/31)

Nourishing Life Qi Gong, Yang Sheng, Part One
With T’ai Chi movement selections and Yang Sheng Qi Gong, we will focus on replenishing your most fundamental Qi, your internal essence, seeking to restore energy that may have been depleted by illness or injury, stress or worldly tensions. Work that embodies the long-referenced description of T’ai Chi and Qi Gong, “moving meditation”, this set is considered one of the most essential building blocks to help create your fund of internal strength and energy, mental focus, and relaxation for your spirit. Participants are encouraged, but not required, to register for part two, November 9. Taught by Cate Morrill, CTCQI, CHC, Registration ends the Thursday prior to class. Call to register. 11/2

Nourishing Life Qi Gong, Yang Sheng, Part Two
This class deepens the work learned in part one but can also be used very well by the new student. We will continue to use T’ai Chi movement selections and Yang Sheng Qi Gong to focus on replenishing your most fundamental Qi. Participants are encouraged, but not required, to register for part one, November 2. Taught by Cate Morrill, CTCQI, CHC, Registration ends the Thursday prior to class. Call to register. 11/9

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 (no class on 11/24, 11/26, 12/21–12/31)

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 (no class on 11/24, 11/26, 12/21–12/31)

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. 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. 11/30

T’ai Chi and Qi Gong for Pulling in Deep Joy!
It’s important to focus on personal joy and peace toward the end of the year, when things can get hectic and often chaotic! We will bring concepts and practices for clearing the busy-ness from your spirit, mind, and body, and then bring in and build energy so that you can enjoy more of each day! Taught by Cate Morrill, CTCQI, CHC, and her assistant. Call to register. 12/14

T’ai Chi and Qi Gong Meditative Sets Review
This special workshop will review the most meditative sets taught this past season. Participants will be able to move gently, practice using meditative focus, and enhance their understanding of their practices. Included will be work from Yang Sheng, Shen Dian, Incense Qi Gong, and more. This class is suitable for all levels, and may be practiced seated or standing. Taught by Cate Morrill, CTCQI, CHC. Call to register. 12/7

T’ai Chi to Let it Flow and Let it Go!
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 handle any stresses of the upcoming seasons, or at any time! 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. 11/16
**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. 11/30

**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 Butler, M.Ed, RYT, CHC for this workshop. Call to register. 11/20, 12/11

**Creating Balance and Optimal Health with an Eye Towards Ayurvedic**
Ayurveda, the 5,000 year old healing science originating in ancient India, is derived from the Sanskrit words “ayus” meaning life or longevity and “veda” meaning knowledge or wisdom. Ayurveda seeks to achieve balance of mind, body, heart, and spirit through psychological insights, yoga, meditation, and eating well. Join facilitator Angela Buttimer, LPC, RYT as she guides participants through gaining deeper insight into the psychological, physical, emotional and spiritual Ayurvedic principles as well as some experiential exercises to achieve harmony and balance within. 12/2

**Gratitude: At Thanksgiving or Anytime**
Join Jody Iodice, Ph.D and Dennis Buttimer, M.Ed, RYT, CHC for an uplifting workshop to inspire you through the holidays and beyond! Thanksgiving is a time of reflection on the people, places, and things for which we are grateful. Integrating a daily attitude of gratitude boosts the immune system and gives you a more positive perspective. 11/11

**The Heart Chakra**
In this Chakra workshop, we will balance and open the Chi of the Heart Chakra. When the life force energy, Chi, flows freely, we have a greater capacity for giving and receiving love, offering forgiveness and experiencing compassion to self and others. In this workshop, you will be introduced to the physical, emotional, psychological, and spiritual components of the Heart Chakra. Through gentle yoga practices, writing exercises, self-reflection and dialogue, you will awaken the grace-filled energies of love and come to know the dynamic force of love as a constructive and creative source of positive transformation and change. Facilitated by Angela Buttimer, LPC, RYT, CHC & Dr. Jody D. Iodice. Call to register. 11/16

**Living Your Best Life Today... During the Holiday Season**
In this workshop, we will explore the many ways to LIVE YOUR BEST LIFE TODAY during the holiday season and all the vast experiences the season tends to bring to us personally and relationally. If you have attended LIVING YOUR BEST LIFE TODAY series in the past, please bring your LIVING YOUR BEST LIFE MANUAL to this virtual workshop. If you have not attended a LIVING YOUR BEST LIFE TODAY workshop, having the manual for this workshop will not be necessary. Facilitated by Dr. Jody D. Iodice, Ph.D. Registration is required. 11/18

**Living Your Namaste: Guidance from Patanjali**
Join Angela Buttmer, MS, RYT, LPC and Dennis Buttmer, Med, CHC, RYT to connect to the heart of yoga practice. Patanjali’s teachings date back over 2500 years ago. This ancient yogic system is a philosophy and psychology for living a balanced, healthy, and happy life. We will not be doing yoga poses in this program but instead will explore the mind, heart, and spirit connection to living your namaste. 12/16

**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 Buttmer, Med, CHC as he guides participants through various sound healing modalities. 11/13

**Mindfully Managing the Holidays with Joy and Ease**
Join Angela Buttmer, MS, RYT, CHC, RYT and Dennis Buttmer, M.Ed, CEAP, RYT, CHC for an informative workshop on how to skillfully move through the holiday season. The season represents memories, feelings, and expectations. Reduce your stress levels and embrace joy and ease as this time of year unfolds. 11/9

**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 (no class on 11/3)

**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 (no class on 11/5, 11,26, 12/24, 12/31)

**The Mystic’s Journey: A Spiritual Series into the Sacred**
Join Angela Buttmer, 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. 12/4
Opening and Balancing the Throat Chakra
Join us for this enlightening opportunity to experience and empower yourself and take responsibility for your personal needs through finding your voice and speaking your truths with clarity and purpose. We will examine and reflect on the psychological, emotional, physical and spiritual implications of the Throat Chakra through writing and dialogue. We will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the Chi of the Throat Chakra. Facilitated by: Angela Buttmer, CHC, RYT, LPC and Dr. Jody Iodice, Ph.D. Registration required. 12/7

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 Buttmer, M.ED, RYT, CHC. Call to register. 12/28

The Universal Wisdom of Charlie Brown
We will explore how the circumstances and wisdom of Charlie Brown and his cast of friends during their Christmas adventures is universal to all of us no matter what faith-based traditions you follow or grew up with. Joy, music, happiness, solitude, support, depression and dejection, and most of all – the gift of friendship are just some of the themes we will explore from Charlie Brown’s holiday story that weave into our lives during this season. Facilitated by Dr. Jody D. Iodice, Ph.D. Registration required. 12/10

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. 11/23, 12/21

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. 11/9, 12/14

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. 11/30, 12/28

Emotional Wellbeing for Cancer Survivors
You finished your cancer treatment; now what? Join Mary Lynn Hemphill, LCSW, QSW-C, and Dr. Emma Stein, Clinical Psychologist to explore how to manage uncertainty, cope with fear of recurrence, and live a life of joy and meaning post-cancer treatment. Registration is required. 12/2

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.

One Bowl Meal
Chef Hans Rueffert is in his home doing a virtual demo to share with you a few of his new one bowl meal creations. Join Hans and Dietitian Shayna Komar for a few new ideas when you just want a meal in one single bowl. Registration is required. 12/16

Soup’s On!
Join Dietitian Shayna Komar and Chef Nancy Waldeck on line for a taped cooking demo as they inspire you with fresh and new ideas for soups this winter. It’s a perfect time to begin cooking soups and freezing them for those cold winter evenings. Registration is required. 11/11

Thanksgiving Blessings
Chef Judith McLoughlin and Dietitian Shayna Komar will take a Thanksgiving meal and add a few healthy twists. These recipes are fabulous to use any time of the season so grab a cup of tea and watch online as Chef Judith cooks up some wonderful recipes in her home. Registration is required. 11/18

Winter’s Power Foods
Chef Nancy and Dietitian Shayna are always encouraging more colorful, power foods in your meal plan. Are there healthy power foods in the winter when produce isn’t as plentiful? Yes, of course there is! Join them for this virtual demo to learn about a few great ingredients to add to your meal planning this winter. Registration is required. 12/9
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<th>Day</th>
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<td>1-7</td>
<td>Nourishing Life Qi Gong, Part One, 11 a.m. to 1 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:30 p.m.</td>
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<td>T’ai Chi and Qi Gong, 11 a.m. to 12:30 p.m.</td>
<td>Finding the Pearl: Tree of Support, 1 to 2:30 p.m.</td>
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<td>8-14</td>
<td>Nourishing Life Qi Gong, Part Two, 11 a.m. to 1 p.m. Mindfully Managing the Holidays, Noon to 2:30 p.m. Managing Side Effects, 5 to 6:30 p.m. Community for Guys Only, 6 to 8 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m. Chair Yoga, 11 a.m. to 1 p.m. T’ai Chi and Qi Gong, Noon to 1:30 p.m. T’ai Chi Advanced Form, 1:30 to 2 p.m.</td>
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<td>Art Journaling, 10:30 a.m. to 12:30 p.m. T’ai Chi to Let it Flow and Let it Go!, 11 a.m. to 1 p.m. The Heart Chakra, Noon to 3 p.m.</td>
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<td>Winter Celebrations of Light, 10:30 a.m. to 12:30 p.m. Thanksgiving Blessings, 11:30 a.m. to 1:30 p.m. Living Well with Mindful Eating, Noon to 2:30 p.m. Living Your Best Life Today, 12:30 to 3 p.m. Coping with Cancer, 5 to 6:30 p.m.</td>
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<td>22-28</td>
<td>Finding the Pearl: Open Studio, 1 to 2:30 p.m. Caregivers Connection, 3 to 5 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m. T’ai Chi and Qi Gong, Noon to 1:30 p.m. T’ai Chi Advanced Form, 1:30 to 2 p.m. Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>29-35</td>
<td>Paper Quilting, 10:30 a.m. to 12:30 p.m. T’ai Chi and Qi Gong for Meditative Restoration, 11 a.m. to 1 p.m. Blessings Abound, Noon to 2:30 p.m. Couples Enrichment Support Group, 6 to 8 p.m.</td>
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**November 2020**

- **HAPPY THANKSGIVING**
  - **26**: Happy Thanksgiving
  - **27**: Thanksgiving Blessings, Noon to 2:30 p.m.
  - **28**: Thanksgiving Blessings, Noon to 2:30 p.m.
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<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Creating Balance and Optimal Health, Noon to 2:30 p.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>Handcrafters Circle, 10:30 a.m. to 12:30 p.m.</td>
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<td>T'ai Chi and Qi Gong, Noon to 1:30 p.m.</td>
<td>Finding the Pearl: Childhood Visit, 1 to 2:30 p.m.</td>
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<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>T'ai Chi Advanced Form, 1:30 to 2 p.m.</td>
<td>Exploring the Cultural Gifts of the Season, 12:30 to 3 p.m.</td>
<td>T'ai Chi Advanced Form, 12:30 to 1 p.m.</td>
<td>Mystic's Journey, Noon to 2:30 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>T'ai Chi and Qi Gong Meditative Sets Review, 11 a.m. to 1 p.m.</td>
<td>Opening and Balancing the Throat Chakra, Noon to 3 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Winter's Power Foods, 11:30 a.m. to 1:30 p.m.</td>
<td>Meditation, 10:30 a.m. to 12:30 p.m.</td>
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<td>The Universal Wisdom of Charlie Brown, 12:30 to 3 p.m.</td>
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<td>Coping with Cancer, 5 to 6:30 p.m.</td>
<td>Coping with Cancer, 5 to 6:30 p.m.</td>
<td>T'ai Chi 101, 11 a.m. to 12:30 p.m.</td>
<td>One Bowl Meal, 11:30 a.m. to 1:30 p.m.</td>
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<td>Community for Guys Only, 6 to 8 p.m.</td>
<td>Community for Guys Only, 6 to 8 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon to 1:30 p.m.</td>
<td>Living Your Namaste, Noon to 2:30 p.m.</td>
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<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>Paper Quilting, 10:30 a.m. to 12:30 p.m.</td>
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<td>T'ai Chi and Qi Gong, Noon to 1:30 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon to 1:30 p.m.</td>
<td>Caregivers Connection, 3 to 5 p.m.</td>
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<td>T'ai Chi Advanced Form, 1:30 to 2 p.m.</td>
<td>T'ai Chi Advanced Form, 1:30 to 2 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m. to 12:30 p.m.</td>
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<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Happy holidays!</td>
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<td>Chair Yoga, 11 a.m. to 1 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>Shinrin-Yoku: Forest Bathing, 10:30 a.m. to 2:30 p.m.</td>
<td>Shinrin-Yoku: Forest Bathing, 10:30 a.m. to 2:30 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
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<td>Couples Enrichment Support Group, 6 to 8 p.m.</td>
<td>Couples Enrichment Support Group, 6 to 8 p.m.</td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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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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Fayetteville, Georgia 30214
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