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. Visit piedmont.org/cancerwellness to view the class schedule for all of our locations. For more information about programs and services provided at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.
This class will look at early paintings of Georgia O'Keefe in
This class will demonstrate the distinctive, flat style of
The poster art that was created during the WPA was aimed
The Federal Arts Works Project Administration was
You do not need prior experience to benefit from any of these
You must register at least a week prior to the class to receive supplies
Writing for Recovery and Discovery (Virtual)
Out of the Great Depression, Overview of the Federal
Arts of the WPA (Virtual)
The Federal Arts Works Project Administration was established to employ artists showing the richness and talent of America through photography, sculpture, music, and art. This included over 1,000 artists such as Jackson Pollock, Dorothea Lange and Ivan Albright. This presentation highlights these testaments to American creativity. This is a virtual presentation only. Facilitated by Gayle Torres, ATR-BC. Register to receive your link.

The Posters and Graphic Arts of the Federal Art Project of the WPA (Virtual)
The poster art that was created during the WPA was aimed at a nation requiring relief, information, and hope. From private and public sources, these works were virtually free of government pressure to control subject matter or interpretation. Using the collection of the Library of Congress, we examine their stunning designs. These posters brought art into the life of every American. This is a virtual presentation only. Facilitated by Gayle Torres, ATR-BC. Register to receive your link.

In the poster style of the Federal Arts Project Posters (In person)
This class will demonstrate the distinctive, flat style of the posters of the Federal Arts Projects, characteristic of the 1930s and found in graphic arts today. Participants will be offered a design to interpret or may create their own composition. All experience levels will find a place. Facilitated by Gayle Torres, ATR-BC. Registration is required.

Georgia O’Keefe, the Lake George Years (In person)
This class will look at early paintings of Georgia O’Keefe in upper New York state. Her style developed among barns, wildflowers, and open spaces. The first part of the group will include a visual presentation at the center, followed by painting. Materials are provided and all experience levels are welcome. Facilitated by Gayle Torres, ATR-BC. Bring a sandwich; there will be a break for lunch. Registration is required.

Please call 404.425.7944 to register for an in-person or virtual program. Registration is required.

MOVEMENT

PINK at Piedmont (In person)
PINK is a comprehensive, 12-week program for women who are currently undergoing or who have completed treatment for breast cancer within the last eight months. The program includes group exercise, nutrition, support and more and is offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. Call 404.605.1966 to register.

Cancer WellFit (In person)
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 (Virtual)
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.

Gentle Yoga (Virtual)
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.

Power Qi Gong (Virtual)
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.

T’ai Chi and Qi Gong (Virtual)
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.

T’ai Chi Advanced Form (Virtual)
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.

Please call 404.425.7944 to register for an in-person or virtual program. Registration is required.
Centering Prayer (Virtual)
Learn more about this meditative practice, which focuses on spiritual words and themes. 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.
9/8, 10/6; 10:30 a.m.–12:30 p.m.

Mindfulness 101/Practice (Virtual)
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, 11 a.m.–12:30 p.m.
No class on 9/12

Mindfulness 201 (Virtual)
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, 11 a.m.–12:30 p.m.
No class on 9/14

Opening and Balancing The Throat Chakra:
Finding Your Voice And Speaking With Purpose and Clarity (Virtual)
We invite you to explore paths to open, clear and balance the throat chakra by examining the psychological, emotional, physical, and spiritual implications of this chakra, writing and dialogue. In addition, participants will practice gentle yoga, chanting, and meditation to balance and clear the Chi energy of the throat chakra. We hope you will join us for this enlightening opportunity to find ways to empower yourself through the throat chakra. Facilitated by Angela Buttmer, CHC, RYT, LPC and Dr. Jody Iodice, Ph.D. Call to register.
9/18; 12–2:30 p.m.

Tapping (Eft) or Greater Joy, Peace and Well-Being (Virtual)
Feeling anxious about a diagnosis or upcoming treatment? Do you suffer from feelings of malaise, depression or agitation? Do you have intrusive thoughts? Do you struggle with food cravings and regulating certain behaviors like shopping? If so, you’re not alone. Tapping can help with all of these. Emotional Freedom Technique (aka Tapping) has been shown to reduce stress, eliminate limiting beliefs, help with negative physical mental and emotional symptoms and more! Join Angela Buttmer, MS, LPC as she guides you through tapping tools to feel your best! Call to register.
9/27; 12–2:30 p.m.

PEACE

The Mystic’s Journey: A Spiritual Series into the Sacred (Virtual)
Join Angela Buttmer, 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.
9/25; 12–2:30 p.m.

Blessings Abound in the New Year:
Exploring Life’s Big Questions (Virtual)
What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join Angela Buttmer, 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.
10/23; 12–2:30 p.m.
Opening and Balancing the Brow Chakra: Unleashing the Power of Imagination, Envisioning and Divine Intuition (Virtual)

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; practicing gentle yoga, meditation, and chanting to balance the energies of the Brow chakra. Facilitated by Angela Buttmer, CHC, RYT and Dr. Jody Iodice, Ph.D. Call to register.

9/10; 12–2:30 p.m.

KNOWLEDGE

Get More Zzzzs: Sleep Better, Feel Better, Heal Better (Virtual)

Do you know that insomnia medications have nearly quadrupled over the past two years? The stress of today’s universal topics, as well as unhealthy coping strategies, has greatly interfered with people's abilities to sleep well. Learn strategies and tactics to sleep more soundly and restfully regardless of what is happening around you. Join Dennis Buttmer, ME, CHC, RYT for a workshop chock full of concepts, suggestions, and tools for a good night’s sleep. Call to register.

9/11; 12–2 p.m.

Toltec Sacred Wisdom: The Voice of Knowledge a Practical Guide to Inner Peace (Virtual)

“As little children, we are completely authentic...we listen to the silent voice of our integrity...but we grow up believing in lies...” — don Miguel Ruiz

Come join us to explore the ancient wisdom of the Toltec Masters through the work of internationally bestselling author and spiritual teacher don Miguel Ruiz. In his newest work, Ruiz helps us rediscover our authentic self as we once were from our earliest age. It is here he says, we find our purest states of love, truth, and joy and can bring these states of being to our present-day living experiences with ourselves and others. Facilitated by Dennis Buttmer, M.Ed., CHC and Dr. Jody Iodice, Ph.D. Call to register.

9/20; 12:30–2:30 p.m.

Frontiers of Health From Healing To Wholeness (Virtual)

“Disease is not a weakness but a way forward...We must ask ourselves, what is the message and purpose of this disease?” —Christine Page, M.D.

Dr. Christine Page is a British born medical intuitive mystic, allopathic and alternative complementary physician, international speaker, and author. Throughout her body of work, she believes behind every disease is our Soul harkening us to find the message of that physical condition. It is her belief that once we awaken to the Soul’s message, we will find our path to healing and wholeness. Additionally, in her medical practice over the decades, she has acknowledged we cannot deny the existence of the profound relationship and connection between the mind, body, and spirit; that diseases are portals to our Spiritual growth and healing; and this occurs, she believes through our understanding of the Universal Laws, the Chakra system, and our subtle energy bodies. It is in this combination of knowledge we can all discover our Soul’s messages for an illness we are faced with. I hope you will join me for the compelling principles of health and healing from the works of Dr. Christine Page. Facilitated by Dr. Jody D. Iodice, Ph.D. Call to register.

9/21; 12:30–3 p.m.

The Seven Spiritual Laws of Success a Practice Guide to the Fulfillment of Your Dreams (Virtual)

“The Law of Giving is very simple: If you want joy, give joy. If love is what you seek, offer love. If you crave material affluence, help others, and become prosperous...” — Deepak Chopra

From the work of Deepak Chopra, MD, alternative medical advocate, spiritual teacher, and New York Times bestselling author of more than 30 books, we are introduced to his teachings of the seven spiritual principles of abundance. Chopra says once we employ these seven spiritual principles in our everyday living, abundance of all kinds will spring forth easily and effortlessly. Facilitated by Dennis Buttmer, MED, CHC and Dr. Jody D. Iodice. Call to register.

10/11; 12:30–2:30 p.m.

Spiritual Alchemy How to Transform Your Life (Virtual)

“Every cell is touched and vitalised by the energy force of the etheric and spiritual world...moving energy particles give shape and composition to the body and the expression of disease or health...” — Dr. Christine Page

Dr. Christine Page is a traditionally trained physician from the University of London. She has been a pioneer in the health care field for 40 years bridging homeopathy, allopathic and complementary integrative medicine practices finding means of healing outside of traditional medical practices. In her book, Spiritual Alchemy How To Transform Your Life, Page explores with us consciousness, holistic medicine, and the spiritual alchemy of sacred sites; it is from these sources we can refocus ourselves and transform our life to unleash a vast depth of emotional, physical, and spiritual health. Facilitated by Dr. Jody D. Iodice, Ph.D. Call to register.

10/12; 12:30–3 p.m.

Excelling with Emotional Intelligence (Virtual)

Emotional intelligence is a stronger indicator than intellectual intelligence as a predictor of life success. It impacts all aspects of life, at work, home and in the community. It can predict how well you are able to rise to the occasion of big dreams while also navigating challenges. It impacts your health, mood, relationships, and more. The good news is that you can learn to develop emotional intelligence. Join Angela Buttmer, MS, RYT, LPC to learn about simple yet profound ways you can strengthen your emotional intelligence and enjoy greater happiness, health and success. Call to register.

10/18; 12–2:30 p.m.

Living Well with Integrative Medicine (Virtual)

“The natural healing force within each of us is the greatest force in getting well.” — Hippocrates

Join us to learn about the most recent research on neurobiology, applied psycho-neuro-immunology and wellness. We will discuss the implications around staying well with a cancer diagnosis, review the latest research as well as practice the modalities of healing experientially that the research indicates as beneficial to your optimal health.
Join Angela Buttimer, MS, CHC, LPC and Dennis Buttimer, M.Ed, CHC, RYT, for good humor to release your stress! Laughter is “the best medicine,” boosting the immune system, improving circulation, stimulating endorphins and much more. Join us for hilarity and fun leaving you exhilarated with a greater sense of well-being! Call to register.

10/25; 12–2:30 p.m.

Dress in comfortable clothing. Facilitated by Dennis Buttimer, M.Ed, CHC, RYT and Angela Buttimer, RYT, CHC, LPC. Call to register.

10/30; 12–2:30 p.m.

Laughing Out Loud: Loosening The Pressure Valve (Virtual)
Join Dennis Buttimer, M.Ed, RYT, CHC for good humor to release your stress! Laughter is “the best medicine,” boosting the immune system, improving circulation, stimulating endorphins and much more. Join us for hilarity and fun leaving you exhilarated with a greater sense of well-being! Call to register.

10/25; 12–2:30 p.m.

Understanding Your Myers-Briggs Type Indicator In The Cancer Journey And Life (Virtual)
Join Angela Buttimer, MS, RYT, CHC, LPC and Dennis Buttimer, MEd, RYT, CHC in this workshop. Learn from your results on the Myers-Briggs Type Indicator (MBTI) to better navigate the cancer journey and life. This well-known tool will help you fine-tune your style, your approach to problem-solving, and how you interpret events. Go to humanmetrics.com/personality before the class and complete the free test. Bring your 4-letter code with the accompanying numbers to the workshop. Call to register.

9/6; 12–2:30 p.m.

Your Healthy Happy Brain: Preventing Cognitive Decline and Memory (Virtual)
In this workshop, Dennis Buttimer, 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; 12–2:30 p.m.

SUPPORT

Caregivers Connection (Virtual)
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.

9/11, 10/23; 10:30 a.m.–12:30 p.m.

Community for Guys Only (Virtual)
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.

9/18, 10/23; 6–8 p.m.

Community Coffee Chat (Virtual)
Join Angela Buttimer, MS, CHC, LPC and Dennis Buttimer, 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. Bring your coffee, tea or other morning beverage and enjoy an hour of updates, sharing and invigorating conversation. Call to register.

9/6, 10/4; 10–11 a.m.

Couples Enrichment Support Group (Virtual)
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.

9/25, 10/30; 6–8 p.m.

Prostate Support Group (In person)
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. 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.

9/21, 10/19; 6:30–8:30 p.m.

The Road We Share: Women Managing Cancer (Virtual)
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. Gwen Davies, clinical psychologist and Camber Dougher, LCSW, oncology social worker. Pre-registration and screening are required. Call to register.

9/13, 9/27, 10/11, 10/25; 5–6:30 p.m.

SUSTENANCE

Nutrition Counseling (via phone or in person)
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.

8/9; 11:30 a.m.–1:30 p.m.

Fall Soups and Salads (taped demo)
Watch Chef Megan McCarthy on a taped cooking demo as she prepares fabulous fall soups and salads. Dietitian Shayna Komar will send you the videos, recipes, and nutrition information the day of the demo. You can grab a cup of tea and watch the videos in the comfort of your own home! Call to register.

9/13; 11:30 a.m.–1:30 p.m.

Easy Fall Meal Ideas (In person)
Join Chef Bryan (aka “Rockstar”) and Dietitian Shayna Komar as they discuss and cook simple meals for fall. Whether you are cooking for a group or one person, they will give lots of tips and tricks to make every bite count! Call to register.

9/20; 11:30 a.m.–1:30 p.m.

Power Snacks for Everyday (In person)
Join Chef Sue Snape and Dietitian Shayna Komar in person as they unpack great snacks to make and have on hand as you work, go to Dr. appointments, or travel. Call to register.

10/11; 11:30 a.m.–1:30 p.m.

Fall Flavors that Heal (In person)
Join Chef Moshi and Dietitian Shayna Komar for a seasonal cooking demo focused on strengthening your body and supporting your immune system with powerful foods. The demo will showcase simple recipes packed with cancer-fighting nutrients, antioxidants, and anti-inflammatory properties. Call to Register.

10/25, 11:30 a.m.–1:30 p.m.
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<td>Community Coffee Chat, 10–11 a.m.</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>Overview of Federal Arts, 10 a.m.–12 p.m. MBI, 12-2:30 p.m. PINK Exercise, 2–3 p.m.</td>
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<td>Caregivers Support, 10:30 a.m.–12 p.m. Wu Dang Primordial Qi Gong &amp; Unite with the Cosmos Original Qi, 11 a.m.–1 p.m. Get More ZZZZs, 12–2 p.m.</td>
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<td>Throat Chakra, 12–2:30 p.m. Community for Guys, 6–8 p.m.</td>
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<td>Posters &amp; Graphic Arts Federal Art Project, 10 a.m.–12:15 p.m. Power Qi Gong, 10:30–11:30 a.m. Easy Fall Meal Ideas Cooking Demo, 11:30 a.m.–1:30 p.m. Toltac Sacred Wisdom: The Voice of Knowledge, 12:30–2:30 p.m. PINK Exercise, 2–3 p.m.</td>
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September 2023
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<td>T’ai Chi Advanced Form, 12:30–1 p.m.</td>
<td>Gentile Yoga, 1–2:30 p.m.</td>
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<td>Gentle Yoga, 6–7:30 p.m.</td>
<td>The Road We Share: Women Managing Cancer, 5–6:30 p.m.</td>
<td>Gentile Yoga, 1–2:30 p.m.</td>
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<td>15</td>
<td>16</td>
<td>17   Mindfulness 101, 11 a.m.–12:30 p.m.</td>
<td>18   Power Qi Gong, 10:30–11:30 a.m.</td>
<td>19  Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>20  PINK Exercise, 2–3 p.m.</td>
<td>21  PINK Exercise, 2–3 p.m.</td>
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<td>T’ai Chi and Qi Gong, 12–1:30 p.m.</td>
<td>Excelling With Emotional Intelligence, 12:30–2:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
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<td>Gentle Yoga, 6–7:30 p.m.</td>
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<td>Gentle Yoga, 1–2:30 p.m.</td>
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<td>Prostate Cancer Support, 6:30–8:30 p.m.</td>
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<td>24   Mindfulness 101, 11 a.m.–12:30 p.m.</td>
<td>25   Power Qi Gong, 10:30–11:30 a.m.</td>
<td>26  Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>27  Writing for Recovery and Discovery, 10 a.m.–11:30 p.m.</td>
<td>28  PINK Exercise, 2–3 p.m.</td>
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<td>T’ai Chi and Qi Gong, 12–1:30 p.m.</td>
<td>Fall Flavors that Heal, 11:30 a.m.–1:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
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<td>Chair Yoga, 1–2:30 p.m.</td>
<td>Laughing Out Loud, 12–2:30 p.m.</td>
<td>T’ai Chi Advanced Form, 12:30–1 p.m.</td>
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<td>31   Mindfulness 101, 11 a.m.–12:30 p.m.</td>
<td>32   Power Qi Gong, 10:30–11:30 a.m.</td>
<td>33  Mindfulness 201, 11 a.m.–12:30 p.m.</td>
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<td>35  PINK Exercise, 2–3 p.m.</td>
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Cancer Wellness at Piedmont Locations

Piedmont Atlanta Hospital
1800 Howell Mill Road
Suite 700
Atlanta, Georgia 30318
404.425.7944

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

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

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

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

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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