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 by Thomas F. Chapman Family Cancer Wellness at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.
For more information about programs and services, visit piedmont.org/cancerwellness.

To reserve your space for a class, call 404.425.7944 unless otherwise noted. Please register 48 hours in advance for cooking demos or classes where a meal is provided.

…………………… Creativity ………………………

**ART JOURNALING**
Learn a new art technique that will be helpful in adding images and textures to your visual and written journals. There will be an assortment of art materials and journals available. If you have begun your journal, please bring it with you. Facilitated by Gayle Torres, ATR-BC. 5/23

**DREAM EXPLORATION**
Have you ever had a dream that seemed important yet was totally baffling? The sleeping mind communicates in metaphors and visual symbols. Some dreams can be profound while others reflect our daily activities. You are invited to bring a dream or a snippet of one and explore its significance. We will begin by recalling the dream with a simple image, followed by discussion and see where memory takes us. Previous dream work or artistic experience in not necessary. Facilitated by Gayle Torres, ART-BC. Note: This group is not currently being offered. We will begin once there is sufficient registration. Please call 404.425.7940 if you are interested in participating.

**FOUND OBJECT SCULPTURE AND ASSEMBLAGE BOXES**
This session is influenced by CWC’s tour of the High Museum’s Way Out There, an exhibit of self-taught and visionary artists. In this two session class you will create your own found art sculpture or two-dimensional assemblage box. Everyday objects becoming extraordinary is the heart of this art. Resourcefulness in ordinary life is a secondary theme. It is not necessary to have attended the April 30 tour to participate and no experience is required. It is not too early to start collecting interesting objects for this project. Such objects might include clothespins, buttons, wire, wooden thread spools and are unlimited. Facilitated by Gayle Torres, ATR-BC. 5/30, 6/18

**KNITTING, QUILTING AND TRADITIONAL CRAFT CIRCLE**
You are invited to bring a favorite textile activity or craft to work on in the class. The session is influenced by our April 30 tour of High Museum’s Hand to Hand: Southern Craft of the 19th Century. These Southern decorative arts are alive in such forms of knitting, crocheting, pottery and basket-making. There will be round-table sharing about the legacy, joy and meaning of these skills to generations of makers. Though no formal instruction is offered, we will examine traditional quilting themes and patterns. You are welcome to bring in your own project, join in the discussion and create quilt patterns. April 30 attendance is not required for participation. Facilitated by Gayle Torres, ATR-BC. 5/6

**PINCHING CLAY TO CREATE AN OBJECT**
These two sessions involve making objects in the first session by hand building using a pinching technique. The second session will be a time to decorate and glaze the pieces made in the first session. Previous experience with clay is not required. Facilitated by Edna Bacon, ATR-BC. 5/9, 6/6

**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. 5/3, 5/17, 6/28

…………………… Knowledge ………………………

**BEACH ME!**
It’s summertime and time to get “beachy”! Join Angela Buttimer, MS, RYT, LPC to explore the psychological and spiritual metaphors of the beach experience, internalizing the many powerful organic experiences found there. Learn how you can go to the beach in your own mind and heart and enjoy the fun and health benefits anytime you choose! No trip to the beach would be complete without good food and libations! A festive summer lunch taking a healthier spin on beach party favorites will be prepared by Chef Beci Falkenberg. “Which way to the beach?” Appropriate beach attire is welcome!! To register, call 404.425.7944. 5/31

**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. A healthy meal will be served. 5/6

**CHEMOFLAGE**
Chemoflage, founded by Cookie Aftergut, is a non-profit program designed to empower women who are undergoing chemotherapy for any type of cancer. Participants receive helpful information from healthcare professionals on how to combat the effects of chemotherapy. Class held at Nordstrom Perimeter. To register, call 770.394.6092 or email cookieaftergut@gmail.com.
EXPRESSIONS DEEPER THAN WORDS
We are creative beings by nature. Join Angela Buttmer, MS, RYT, LPC to learn to express yourself through various modalities. We will have so much to express – sometimes we just need some encouragement and a springboard! Chef Beci Falkenberg will teach you how to express yourself in the kitchen! Come and enjoy creativity, have fun, learn something new about yourself, and relax! 6/14

MIND AND MEDICINE
Join Dennis Buttmer, M.Ed., RYT and Angela Buttmer, LPC, RYT as they review the latest fascinating compilation of research from Dr. L.isa Rankin, MD. We will look at case studies and research that examine lifestyles, beliefs, emotions, intentions, environments, and stress levels have a tremendous influence on our physiology. Various experiential exercises for integration of these ideas and concepts. A healthy meal will be served. To register, call 404.425.7944. 6/3

MINDFUL MOJO: RESILIENCE AND STEADFASTNESS
Join Angela Buttmer, MS, CHC, LPC to get your Mindful Mojo on! Enjoy some mindful movements as well as some sacred stillness to gain more resilience and steadfastness in your life! Chef George Skaroulis will serve a healthful, delicious feast. To register, call 404.425.7940. 5/22

MONEY MATTERS: THE PSYCHOLOGY OF FINANCES
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. Chef Nancy Waldeck will discuss finances in the kitchen and offer a delicious, nutritious meal! 6/7

THE MYSTIC’S JOURNEY: A SPIRITUAL SERIES INTO THE SACRED
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. A healthy meal will be served. To register, call 404.425.7944. 6/17

SUMMERTIME STRESS STRATEGIES
Join Dennis Buttmer, M.Ed., RYT, CHC for strategies to reduce stress during spring and anytime! These research-based approaches lead to a reduction in disease-promoting inflammation. These strategies will allow you to feel better, enjoy life more fully, and be more productive. Chef Nancy Waldeck will provide a scrumptious meal certain to lower your stress levels. To register, call 404.425.7944. 5/30

THE TAO OF TRUST
Trust is a deep and broad topic and one that is often left unexplored. It can become exacerbated on the cancer journey and survivorship. Join Angela Buttmer, MS, LPC to examine the concept and dynamic process of trust – with yourself, others, and the world. Chef Nancy Waldeck will discuss how to trust yourself in the kitchen and provide a fabulous, healthy meal. 5/8

PINK AT PIEDMONT
PINK is a comprehensive, 12-week recovery program for women who are currently undergoing or within their first year of post-treatment for breast cancer that includes exercise, nutrition, support, and more. This program offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. To register, call 404.605.1966. Next session begins 7/21

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. To register, call 404.605.1966.

CHAIR YOGA: OFF THE MAT AND INTO A CHAIR
Yoga made easy and accessible for everyone! This is especially good for beginners. 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. Wear comfortable clothing. Facilitated by Dennis Buttmer, MEd, RYT, CHC. A healthy meal be provided. Registration required. 5/7, 5/14, 6/11, 6/25

HERE COMES THE SUN T’AI CHI AND QI GONG
8 Pieces of Brocade is a traditional set practiced for hundreds of years by those who wish to clear organ channels, stretch muscles, and build energy for healing and rejuvenating. Deep breathing, release of tension, and restoring energy flow are benefits of this work. Performed at each student’s level of comfort, this is for anyone who wishes to strengthen the body, mind and spirit. Seated or standing work, with attention to revitalization. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Limited to 12 students. Registration ends the Thursday prior to class. A healthy lunch will be served. Call to register. 5/20

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. Tuesdays, Thursdays
LAUGHING YOGA AND HUMOR FOR HEALTH
Join Dennis Buttimer, M.ED, RYT, CHC for a laughter-filled morning! Enjoy laughing yoga exercises, videos and conversation. Research has shown that humor boosts endorphins, lubricates joints, increases circulation, and has been shown to be beneficial to the heart. There are also studies suggesting that regular laughter also increases the length of telomeres (genetic longevity indicators). Chef Beci Falkenberg will provide a delicious meal to further boost your sense of well-being. To register, call 404.425.7944. 6/3

NOURISHING LIFE T’AI CHI AND QI GONG
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. 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. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Limited to 12 students. Registration ends the Thursday prior to class. A healthy lunch will be served. Call to register. 6/10

PINK WELLFIT
PINK WellFit is a safe, customized exercise class designed for women who have received treatment for breast cancer. Participants must be under the care of an oncologist. *This class is held at the Piedmont Atlanta Fitness Center. To register, call 404.605.1966. Wednesdays

SPRING DRUM CIRCLE
Join Dennis Buttimer, M.Ed, RYT, CHC for the healing effects of drumming and other instruments. Express yourself through sound and have fun! Chef George Skaroulis will provide a delicious, nourishing meal. To register, call 404.425.7944. 5/4

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. 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. Tuesdays, Thursdays

CREATING THE LIFE YOU WANT: IGNITING THE SUN IN YOUR BODY AND THE FIRE IN THE BELLY-THE SOLAR PLEXUS CHAKRA
The Solar Plexus Chakra is the energetic site of the glistening flames of personal integrity, self-esteem, and self-confidence. It is the energetic power site of self-honor and self-respect. In this workshop, experience igniting the fire of your own internal cauldron of power to speak and act from an immovable foundation of greater personal integrity to liberate yourself to more powerful possibilities. In this program, through incorporating information of the physical, psychological and emotional interconnections of this Chakra, gentle yoga practices, silent reflection, writing and dialogue, participants will discover how to transform and open the “Chi” of the Solar Plexus to claim a life of greater personal power and expansiveness. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be served promptly at 12 p.m. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice. Call to register. 6/10

FINDING YOUR PASSION IN THE CREATIVITY AND WISDOM OF THE SACRAL CHAKRA
We invite you to rediscover the energy of your passions for a flourishing life of fulfilling relationships and creative living with others even in your differences. When “Chi” (life force) is open and flowing in the Sacral Chakra, we find an ease in experiencing peak moments in physical and relational interactions with others and ourselves; we easily give and receive nurturing. Yet when “Chi” is blocked at the Sacral Chakra, giving love and nurturance to others and accepting love and nurturance from others is deeply diminished. In this workshop, you will find ways to have consistent open and harmonious balance of “Chi” in the Sacral Chakra. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be served promptly at 12:00pm. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice. Registration required, call 404.425.7944. 5/13

THE FIVE LANGUAGES OF LOVE
Did you know that there are Five Languages of Love? And that each of us resonates and demonstrates our love for others in one or two of these specific languages of love? Knowing which “language of love” you speak from and/or learning to speak the five languages of love will enliven and enrich your intimate relationships, enhance your friendships, and restore the vitality to all significant relationships in your life. Through exploring the work of Gary Chapman’s The 5 Languages Love Languages we examine each of these FIVE languages of Love and the gifts you will give yourself and others by understanding these precious languages of Love. Lunch will be served promptly at 12:00 pm. Facilitated by Dennis Buttimer, CHC, MED, RYT and Dr. Jody D. Iodice, Ph.D. Call to register. 6/27
HAPPY TAILS AND HAPPY FRIDAY
Introducing HAPPY TAILS to Chapman Cancer Wellness. In this program, get ready to pet some canine “tails” and experience the unfretted and ever present experience of true “unconditional love and appreciation” through the dogs of Happy Tails. Happy Tails is nonprofit organization established in 1991 with a group of volunteers and their dogs providing animal-assisted activities (AAA) and structured visits of Animal Assisted Therapy (AAT). Countless canine research tells us that just by virtue of their presence in our lives, dogs provide a myriad of immunoenchanting experiences by increasing all aspects of our immune system and endocrine system – that is – their presence alone in our life increases our joy, happiness, contentment, courage, and calm in all situations. Dogs are just good medicine! Come prepared for an outpouring of love and nurturance from these HAPPY TAILS PROGRAM begins at 11:30 a.m., and we will serve lunch promptly at 12:30 p.m. Facilitated by Dr. Jody Iodice, Ph.D. Registration required. 5/24

LIVING OUR MOTHER’S WISDOM AND PERSONAL ESSENCE
“She was my beginning and led me to the portals of the life I have made …”
– 18th Century Spanish proverb
In what ways has your mother’s wisdom and personal essence carried you through your day-to-day living? In this workshop, we will explore through reflection, writing, and dialogue, the wisdom your mother has given you (through direct and indirect ways) and how her own personal essence has carried you through your life to face adversities and embrace the grand and simple joys of life. Lunch will be provided promptly at 12:15 p.m. Facilitated by: Angela Buttmer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. Registration required. 5/10

MINDFUL LISTENING: SOUND HEALING MEDITATION
Do you know what ASMR is? Learn about and enjoy pleasant sound sensations that create Autonomous Sensory Meridian Response! Mindful attention to sounds engages the 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 and Chef George Skaroulis as he creates a resounding feast to pleasantly heighten the senses. To register, call 404.425.7944. 6/15

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. Tuesdays (no class on 5/28)

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. Thursdays

OH, THE PLACES YOU’LL GO
“Out there things can happen and frequently do to people as brainy and footsy as you!”
– Dr. Theodor Seuss
In this workshop, we will be taking a trip with the unforgettable Dr. Seuss through exploring his New York Times best seller: “Oh, the Places You’ll Go!” We will take to the road with Dr. Seuss in his distinctively illustrative and quirky ways of his use of words and drawings and experience his profound wisdom that only he can render with levity and joy. In this book, he will help us meet with courage and excitement all those PLACES that can shape our destiny. Where ever you are in you journey of recovery from cancer or if you are just beginning the Great Places that a diagnosis of cancer will take you, this is the workshop for you! It is not necessary to have read “Oh the Places You’ll Go!” to attend this workshop, but you may like to purchase the book as it will bring you much joy and clarity of direction to your life’s course. Lunch will be served promptly at 12:00pm. Facilitated by Dennis Buttmer, MED, RYT, CHC and Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944. 6/21

ONCOLOGY MASSAGE
Being diagnosed with cancer can be stressful and anxiety provoking. Cancer treatment can be invasive and affect your quality of life. There to support you while you are on treatment (chemotherapy, radiation, surgery) is our caring licensed massage therapists who are specialty trained in oncology massage. We offer 30 minute chair massage with scheduled appointment and hand, foot or scalp reflexology at our infusion suites. Participants will provide a release for massage therapy before their first session. Call to schedule an appointment.
TOLTEC SACRED TRADITIONS: WRITING A NEW BOOK OF LAW
A continuation of the New York Times bestselling works of don Miguel Ruiz: The Four Agreements and the Fifth Agreement. In the tradition of the Toltec ancient sacred wisdom, existing since 900 AD, the Spiritual leaders of the Toltecs of Southern Mexico, this workshop will assist you discover and learn how to write your own personal Book of Law for an expansive and characteristically unique “you”. Writing a new Book of Law will assist you to begin to live your authentic and true self more fully rather than living the ancestral “chain of training” and “domestication” of generations of the ancestral agreements you have been conditioned to live by. Isn’t time to free yourself and discover your New Book of Law to live by? 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. 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. We will serve lunch promptly at 12:00 p.m. Facilitated by Dennis Buttimer, M.Ed., RYT and Dr. Jody Iodice, Ph.D. Registration Required. 5/16

----------------------------------------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 a meal with other caregivers while learning ideas and tools. This support meeting and community meal is only for caregivers. Facilitated by Dennis Buttimer, M.Ed, CHC, RYT. Registration is required. 6/6

COFFEE CLUB: OLDER ADULTS (AGES 65+)
Share experiences and wisdom with other older adults impacted by cancer over a cup of coffee or tea. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. 6/17

COPING WITH CANCER 101
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 for those newly diagnosed with cancer. Participants will learn about different styles of coping with cancer and acquire valuable coping skills. This seminar is geared towards those diagnosed with cancer in the last three months and their loved ones. Sponsored by Barber Breast Cancer Fund. Facilitated by Dr. Emma Stein, Clinical Psychologist. Call to register. 5/20, 6/12

COPING WITH DEPRESSION AND ANXIETY
Are you struggling to cope with life with cancer? Are you looking to develop skills for managing sadness, isolation, worry, and stress? Are you interested in connecting with others impacted by cancer and its treatment? Join us for a new group focused on teaching practical tools for managing the ups and downs of life with cancer in a warm and supportive environment. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. Second and Fourth Wednesdays

COUPLES ENRICHMENT: A WORKSHOP OF SUPPORT AND CONNECTION
Enjoy a day of deepening your relationship with your significant other. Dennis Buttimer, M.Ed, RYT, CHC and Angela Buttmer, MS, CHC, LPC will facilitate a number of different activities to activate a more positive, loving approach with one another. Meet and have fun with other couples who are also on the cancer journey. Chef Beci Falkenberg will provide a nurturing, romantic meal. Call 404.425.7944 to register. 6/22

DINNER AND COMMUNITY FOR GUYS ONLY
This is an opportunity for men with cancer to connect in an informal way. Eat dinner, have drinks and 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. Registration required. 5/20, 6/17

MEANING-CENTERED THERAPY GROUP
It can be an ongoing struggle to stay connected to a sense of meaning and identity in the face of cancer. In this 8-session group geared towards those with stage 3 and stage 4 cancer, we will delve into various sources of meaning through discussion and writing exercises. Participants will explore how meaning can be achieved through our life stories, the attitude we take towards life’s challenges, the ways we contribute to the world around us, and how we take in the beauty of life. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. Group meets on Wednesdays, with new sessions beginning when enough participants have registered. Please call to find out more. Wednesdays

PROSTATE SUPPORT GROUP
Recently diagnosed with prostate cancer? Considering a surgical option for prostate cancer or had prostate surgery? Experiencing one or more side effects from surgery? Experiencing emotional or social issues related to the diagnosis? This is another men’s support group you absolutely want to attend. Bring your caregiver, spouse, partner or friend. Dinner is provided. Registration is required. Every Third Thursday
A SPECIAL DINNER TO HONOR OUR CAREGIVERS
This dinner highlights the courageous efforts and loyalty of the caregiver in the cancer journey. Research shows that those diagnosed with cancer stand a greater chance of recovery when they have support. This night honors the support and connection of our loved ones. Dennis Buttimer, MEd, RYT will facilitate the evening and celebration of loved ones, and Chef Nancy Waldeck will provide a nourishing dinner. We request that each survivor bring only one (1) caregiver to this dinner. Space is limited so register early. To register, call 404.425.7944.

SUPPER CLUB: YOUNG ADULTS (AGE 20-40)
Facing cancer as a young adult entails unique challenges. Many find themselves struggling to fulfill family and career roles while taking care of their health needs. Share tips and experiences and get to know other young adults on this journey while enjoying a meal together. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. 5/13

SURVIVORSHIP GROUP
Come connect with other cancer survivors who are on the post-treatment journey, asking “what now?” Explore themes related to adjusting to life after treatment, the impact of cancer on identity, managing fear of the future, maintaining a healthy lifestyle, and more. This ongoing group is open to anyone who has received a cancer diagnosis. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. First and Third Wednesdays (except 5/1)

NUTRITION COUNSELING
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.

GUT HEALTH
Back by popular demand! One of the most exciting and revolutionary topics in health right now is gut health. We’re talking about the bacteria that live in our digestive tracts. Research has shown that our belly bacteria has an incredible impact on everything from fat loss to inflammation levels... even our susceptibility to depression and anxiety. Join Dietitian Shayna Komar and Chef Nancy Waldeck as they unpack simple gut health recipes and ideas for you. This class is for participants that did not attend it in January. Space is limited and registration is required. 6/19

MEAL PLANNING AND PANTRY STAPLES
When you are trying to create a healthy eating environment for yourself, it is imperative to have the right ingredients in your kitchen. Chef Nancy Waldeck and Dietitian Shayna Komar will walk you through some practical tips to make your kitchen the best it can be. Space is limited and registration is required. 5/29

SUMMER IN GEORGIA
Join Chef Hans Rueffert and Dietitian Shayna Komar as they team up to bring the best of Georgia produce to your table. It is always fun and healthy to cook and eat local and in this demo you will learn some new ideas on how to do just that. Space is limited and registration is required. 6/5

SUMMER TIME WITH SOUPELINA
Chef Elina Fuhrman is joining us from California again to bring some new and fresh summer ideas to the table. Join Chef Elina and Dietitian Shayna Komar as they speak about summer fun in the kitchen. Space is limited and registration is required. 5/15

.................................Sustenance.................................
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 [piedmont.org/champions](http://piedmont.org/champions) or call 404.605.2130.

Thank you to our donors!

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 [piedmont.org/champions](http://piedmont.org/champions) 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](http://piedmontcancerwellness.org).

---

**PEACHTREE CHAMPIONS**
Mrs. Adele D. Andrews
Atlanta Commercial Board of Realtors, Inc.
Dr. W. Perry Ballard III
Ms. Sarah B. Brown
The John and Rosemary Brown Family Foundation
Mr. and Mrs. James A. Carlos
Andrew and Eula Carlos Foundation, Inc.
Mr. and Mrs. Thomas F. Chapman
David R. Clare & Margaret C. Clare Foundation
Clothes Less Traveled Thrift Shop
Coveta-Fayette EMC
It’s the Journey, Inc.
Jaspers Way Inc.
Mr. and Mrs. Douglas F. Reid
Mr. Caleb C. Ruffin
Ms. Patricia Sanders
Mr. and Mrs. Herbert J. Short, Jr.
Short Shootout Breast Cancer Fund
The Woman’s Auxiliary of Piedmont Hospital
Marguerite Dyar Veach Trust
Mr. Holland M. Ware and Ms. Faye Hendrix-Ware

**PIEDMONT CHAMPIONS**
Brasfield & Gorrie LLC
Cargill, Inc.
Andrew and Eula Carlos Foundation, Inc.
Ms. Helen A. Carlos and Mr. Ron Hillard
Chaparral Foundation
Mr. and Mrs. Stephen M. Davis
Eagles Landing Family Practice
MetroAtlanta Ambulance Service
Mr. and Mrs. Robert R. Reeves
Mr. and Mrs. Clarence B. Stowe

**CANCER WELLNESS CHAMPIONS**
Anonymous
Mr. and Mrs. Walter K. Canipe
Mrs. Elaine Carlos
Cherokee Floor Covering, Inc.
Dr. Maria Teresa Coleman and Mr. Bill Coleman
Mr. and Mrs. Ronald A. DeWees
DPR Hardin Construction
John and Mary Franklin Foundation, Inc.
Jonesboro Pediatrics Clinic
Mrs. Rebekah and Mr. Christopher Kern
Mr. and Mrs. Sidney Kirschner
Thomas H. Lanier Family Foundation
Mr. and Mrs. Mark S. Marani
Meadows & Ohly, LLC
Mrs. Mark P. Pentecost, Jr.
Piedmont Cancer Institute, PC
Mr. and Mrs. Brett M. Samsky
Mr. and Mrs. Shouky Shaheen
Mr. and Mrs. Philip Trickey

**HEALTH AND WELLNESS CHAMPIONS**
Mr. Mitchell Anderson and Mr. Richard Arpino
Mr. and Mrs. Lee E. Asher
Atlanta Breast Care
Bank of America
Mr. and Mrs. S. Marcus Calloway
Walter G. Canipe Foundation, Inc.
City of Fayetteville
The Coweta Community Foundation, Inc.
Mr. and Mrs. Jeremy A. Ellis
EPIC Response
Mrs. Cynthia C. Ferguson
Mr. and Mrs. John L. Ferguson
Fitzgerald & Sons Plumbing Company

Georgia Power Company, Metro South Region
Georgia Power Foundation, Inc.
Mrs. Brenda M. Goins
Mr. and Mrs. Patrick Helmer
Heritage Bank
Hewatt Electrical Contractors, Inc.
Howell Rusk Dodson
Inglett & Stubbs
J.P. Morgan
The Boland T. Jones Family Foundation
Susan G. Komen Greater Atlanta
Mrs. Elizabeth Muse Layne
MetroPower, Inc.
Mr. Jamie Murchison
Pace Lynch Realty
Mr. Yong Pak
Smith Seckman Reed, Inc.
Southside Cycling Club
Structor Group, Inc.
SunTrust Banks, Inc.
Mr. and Mrs. Patrick H. Thomas
Mr. and Mrs. James J. Thomasson III
Ms. Judy Valor
Mr. Joseph Wheeler
Mr. and Mrs. William A. Wood
Wood Family Giving Fund
<table>
<thead>
<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>
| 5   | Cancer Wellfit™, 1 to 2 p.m.*  
      | PINK Exercise, 2 to 3 p.m.*  |         | PINK Wellfit™, 1 to 2 p.m.*  
      | Meaning-Centered Therapy Group, 4 to 5:30 p.m.  |          |        | Spring Drum Circle, 10:30 a.m. to 1:30 p.m.  |
| 6   | Knitting, Quilting and Traditional Craft Circle, 10 a.m. to 12:30 p.m.  
      | Blessings Abound, Noon to 3 p.m.  | Chair Yoga, 10 a.m. to noon  
      | Mindfulness 101, 11 a.m. to 12:30 p.m.  
      | T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
      | Cancer Wellfit™, 1 to 2 p.m.*  
      | Gentle Yoga, 6 to 7:30 p.m.  | Tao of Trust, 10:30 a.m. to 1:30 p.m.  
      | PINK Wellfit™, 1 to 2 p.m.*  
      | Pink Exercise, 2 to 3 p.m.*  
      | Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
      | Coping with Depression and Anxiety, 6 to 7:30 p.m.  |          | 10  |
| 7   |        | 8       | 9         | 11       |        |     |
| 12  | Cancer Wellfit™, 1 to 2 p.m.*  
      | PINK Exercise, 2 to 3 p.m.*  |        | Pinching Clay, 10 a.m. to 12:30 p.m.  
      | T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
      | Mindfulness 201, 11 a.m. to 12:30 p.m.  
      | T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.  
      | Gentle Yoga, 1 to 2 p.m.*  | Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.  
      | Cancer Wellfit™, 1 to 2 p.m.*  |          |        |        |
| 13  |        | 14      | 15        | 16       |        | 17  |
|     |        | Chair Yoga, 10 a.m. to noon  
      | Mindfulness 101, 11 a.m. to 12:30 p.m.  
      | T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
      | Cancer Wellfit™, 1 to 2 p.m.*  
      | Gentle Yoga, 6 to 7:30 p.m.  | Summertime with Soupelina, 11:30 a.m. to 1:30 p.m.  
      | PINK Wellfit™, 1 to 2 p.m.*  
      | Pink Exercise, 2 to 3 p.m.*  
      | Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
      | Survivorship Group, 6 to 7:30 p.m.  |          | 18  |
| 19  | Cancer Wellfit™, 1 to 2 p.m.*  
      | PINK Exercise, 2 to 3 p.m.*  |        | T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
      | Mindfulness 201, 11 a.m. to 12:30 p.m.  
      | T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.  
      | Gentle Yoga, 1 to 2 p.m.*  | Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.  
      | Cancer Wellfit™, 1 to 2 p.m.*  |          |        | 19  |
| 20  |        | 21      | 22        | 23       |        | 24  |
|     |        |        | PINK Wellfit™, 1 to 2 p.m.*  
      | Pink Exercise, 2 to 3 p.m.*  
      | Meaning-Centered Therapy Group, 4 to 5:30 p.m.  
      | Coping with Depression and Anxiety, 6 to 7:30 p.m.  
      | Mindful Mojo, 6 to 8:45 p.m.  | Art Journaling, 10 a.m. to 12:30 p.m.  
      | Pink Exercise, 2 to 3 p.m.*  
      | Meaning-Centered Therapy Group, 4 to 5:30 p.m.  |          |        | 25  |
| 26  |        | 27      | 28        | 29       |        | 31  |
|     |        | Memorial Day | T’ai Chi and Qi Gong, Noon to 1:15 p.m.  
      | Cancer Wellfit™, 1 to 2 p.m.*  
      | Gentle Yoga, 6 to 7:30 p.m.  | Meal Planning, 11:30 a.m. to 1:30 p.m.  
      | PINK Wellfit™, 1 to 2 p.m.*  
      | Pink Exercise, 2 to 3 p.m.*  
      | Meaning-Centered Therapy Group, 4 to 5:30 p.m.  | Found Object Sculpture, 10 a.m. to 12:30 p.m.  
      | T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.  
      | Mindfulness 201, 11 a.m. to 12:30 p.m.  
      | T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.  
      | Summertime Stress Strategies, Noon to 3 p.m.  
      | Gentle Yoga, 1 to 2:30 p.m.  |          | 26  |
| 29  |        | 30      | 31        |          |        |     |
|     |        |        | Memorial Day | Beach Mel!, 10:30 a.m. to 1:30 p.m.  
      | Cancer Wellfit™, 1 to 2 p.m.*  
      | Pink Exercise, 2 to 3 p.m.*  |        |          |        |

* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
</tr>
<tr>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Mind and Medicine, Noon to 3 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Summer in Georgia, 11:30 a.m. to 1:30 p.m.</td>
<td>Pinching Clay, 10 a.m. to 12:30 p.m.</td>
<td>Money Matters, 10:30 a.m. to 1:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Laughing Yoga and Humor for Health, 6 to 8:30 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>Meaning-Centered Therapy Group, 4 to 5:30 p.m.</td>
<td>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>Gentle Yoga, 1 to 2:30 p.m.</td>
</tr>
<tr>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
</tr>
<tr>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Creating the Life You Want, Noon to 3 p.m.</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Express Yourself!, 10:30 a.m. to 1:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Nourishing Life T’ai Chi and Qi Gong, 10:30 a.m. to 12:30 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Coping with Cancer, 2 to 3:30 p.m.</td>
<td>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Meaning-Centered Therapy Group, 4 to 5:30 p.m.</td>
<td>Coping with Depression and Anxiety, 6 to 7:30 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>Coping with Depression and Anxiety, 6 to 7:30 p.m.</td>
<td>Gentle Yoga, 1 to 2:30 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
</tr>
<tr>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Coffee Club: Older Adults, 9:30 to 11 a.m.</td>
<td>Found Object Sculpture, 10 a.m. to 12:30 p.m.</td>
<td>Gut Health, 11:30 a.m. to 1:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Oh, the Places You’ll Go, Noon to 3 p.m.</td>
</tr>
<tr>
<td></td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>The Mystic’s Journey, Noon to 3 p.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
<td>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Meaning-Centered Therapy Group, 4 to 5:30 p.m.</td>
<td>Coping with Depression and Anxiety, 6 to 7:30 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>Survivorship Group, 6 to 7:30 p.m.</td>
<td>Gentle Yoga, 1 to 2:30 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
</tr>
<tr>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Meaning-Centered Therapy Group, 4 to 5:30 p.m.</td>
<td>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>Pink Exercise, 2 to 3 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>Coping with Depression and Anxiety, 6 to 7:30 p.m.</td>
<td>The Five Languages of Love, Noon to 3 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.