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.
CREATIVITY
You do not need prior experience to benefit from any of these classes. Materials for all remote art classes during the current newsletter can be sent to your home at no cost.

You must register at least a week prior to the class to receive supplies on time. Please call the registration line at 404.425.7944 and provide your contact information, including your email address.

Finding the Pearl: Branches and Bulbs
Branches from your yard or flower bulbs serve as models. These structures abound in art and design. This drawing exercise sharpens observation. Participants will first observe, then draw and paint two images. This is an ideal entry for your journal. No experience is required. Call to register.

Supplies: A branch at least 2 feet long and/or a bulb; watercolor, ink pen (such as Micron), pencil or acrylics.
1/3; 1–2:30 p.m.

Dream Exploration
Mine the colorful fields of dream work to engage your own inner healing. Bring written a dream to share. We will use materials such as watercolor to draw or paint a simple image from the dream as a beginning point. Facilitated by Gayle Torres, ATR-BC. To register, call 404.425.7944.
1/13, 2/24; 10:30 a.m.–12 p.m.

SoulCollage® (In person)
SoulCollage is an expressive arts practice which method develops creativity and intuition. SoulCollage is an easy, enjoyable, intuitive collage process for self-discovery. People make their own collaged cards from found images such as magazines. This class focuses on learning the basics of SoulCollage but welcomes all levels of experience. Facilitated by Gayle Torres, ATR-BC. To register, call 404.425.7944.
1/17; 1–3 p.m.

Himalayan Art Virtual Presentation (In person)
This presentation offers an overview of art from Tibet, Nepal, and nearby countries where Tibetan Buddhism is practiced. Wall paintings, created by monks, are some of the most highly decorated religious pieces in the world. Prayer flags reflect spiritual concerns and are commonly found. Himalayan art is found in secular objects such as jewelry and textiles. To register, call 404.425.7944. Facilitated by Gayle Torres, ATR-BC.
2/1; 1–2:30 p.m.

Prayer Flags (In person)
Participants will make prayer flags, using materials. Hand stitching is not required. Directions will be provided. One does not have to follow a particular religious path to create prayer flags. To register, call 404.425.7944. Facilitated by Gayle Torres, ATR-BC.
2/8; 10 a.m.–12 p.m.

Tibetan Mandalas: Sacred Geometry (In person)
Tibetan mandalas are visual meditations designed to focus the mind. Learn how to design a Tibetan mandala. There will be a video of contemporary Sand Mandalas and informal discussion. To register, call 404.425.7944.
2/24; 1–3 p.m.

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
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.
1/10, 1/24, 2/7, 2/21; 1–2:30 p.m.

Gentle Yoga
Participants are guided through breath, simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions and promotes an improved sense of well-being. Call to register.
Tuesdays, 6–7:30 p.m. & Thursdays, 1–2:30 p.m.

Power Qi Gong
Using the deep focus and flow of easy yet physically powerful Qi Gong sets, the participant may regain physical strength that may have been depleted, or build new power for the goals ahead! There are three parts of the class: stretches for warming up and increasing flexibility; full body-engaging, powerful movements for building strength; and meditative flowing movements for cooling down and settling and calming your qi. All participants engage at their own level, with movements introduced from small to large frame, and each set is modifiable for seated work. Taught by Cate Morrill, CTCQI, CHC. Call to register.
Wednesdays, 10:30–11:30 a.m.

T’ai Chi and Qi Gong
These healing arts are known to help students breathe deeply, alleviate stress and reduce pain, while building strength, flexibility, balance, focus, and energy of Mind, Body, and Spirit. Taught by Cate Morrill, CTCQI, CHC. Call to register.
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.
Tuesdays, 1:30–2 p.m.
Thursdays, 12:30–1 p.m.

T'ai Chi, Qi Gong And Celebration For A Happy Chinese New Year Of The Water Rabbit!
Sunday, January 22, marks the beginning of the Lunar and Chinese New Year, and this is the Year of the Water Rabbit! The Water Rabbit tends to be quiet, calm, but sometimes can be considered aloof. Water Rabbits have good ideas and are respected and successful in many aspects of their lives! We will focus on enhancing these characteristics we choose for ourselves. Come to stretch, breathe deeply, and shake off the winter clouds and begin the Spring festival! Taught by Cate Morrill, CTCQI, CHC. To register, call 404-425-7944.
1/23; 11 a.m.–1 p.m.

T'ai Chi Qi Gong To Build Qi For The Kidneys In Winter
In traditional T’ai Chi and Qi Gong theory, winter is the time to focus on the water element and strengthen the related organs: the kidneys and bladder. The characteristic of water is to flow. A strong and balanced water element helps us to be able to move smoothly through the season with strength, courage, and clarity. In these theories, the kidneys are the holders of anxiety, and can become a home for stressful qi. This can cause discomfort which comes from too much worry and concern for things outside of our circle. To adjust, protect, and enhance our health, we will practice long, slow, deep, cleansing breaths and gentle but complete stretches, with a few appropriate twists and massage techniques as well. Suitable for seated or standing work, we will help relaxation and peacefulness flow easily! Taught by Cate Morrill, CTCQI, CHC. To register, call 404-425-7944.
2/13; 11 a.m.–1 p.m.

The Crown Chakra: Awakening to Living Both On the Earth Plane and In Ethereal Realms
When the Crown Chakra is balanced, there is no separation of time and space; no separation of living on the Earth plane and in Ethereal realms or some call it Heavenly realms. Even in the midst of challenges, when the Crown Chakra is balanced, we will know peace during chaos, joy during sadness, and profound courage and faith in times of fear. In this program, we will be reviewing the components of the physical, psychological-emotional, and spiritual energies of the Crown Chakra. Through writing and dialogue, and gentle yoga you will optimize the powers of your Crown Chakra. Facilitated by Angela Buttimer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. To register, call 404.425.7944.
1/9; 12–2:30 p.m.

Blessings Abound in the New Year: Exploring Life’s Big Questions
What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join Angela Buttimer, MS, LPC, RYT 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.
2/27; 12–2:30 p.m.

Centering Prayer
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 Buttimer, M.Ed, RYT, CHC for this workshop. Call to register.
1/6, 2/3; 10:30 a.m.–12 p.m.

Mindfulness 101/Practice
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation, less anxiety and fewer depression symptoms. Facilitated by Angela Buttimer, LPC. Call to register.
Tuesdays, 11 a.m.–12:30 p.m.

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

**Thursdays, 11 a.m.–12:30 p.m.**

**KNOWLEDGE**

**Living Well with Integrative Medicine**
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. Dress in comfortable clothing. Facilitated by Dennis Buttimer, M.Ed, CHC, RYT and Angela Buttimer, RYT, CHC, LPC. To register, call 404.425.7944.

1/11; 12:30–3 p.m.

**Take a Breath: Utilizing the Breath for Greater Health**
In this workshop, Dennis Buttimer, M.Ed, RYT, CHC will explore a myriad of breathing techniques to help you immediately reduce your stress level and impact your health. Breathing is essential but ineffective breathing such as mouth, shallow or held breaths all have a negative impact on health. Learn to use this primary function much more effectively and feel better! To register, call 404.425.7944.

1/4; 12:30–2:30 p.m.

**Brain Mastery: Boosting Cognitive Functioning**
In this workshop, Dennis Buttimer, M.Ed, CHC, RYT will present research and current integrative strategies to sharpen your focus, improve your memory, and boost your health. Learn how to expand your mental abilities and retain your memory! To register, call 404.425.7944.

2/22; 12:30–2 p.m.

**Healing Through Deep Listening: Relating Mindfully to Your Minds, Emotions, and Spirit for Optimal Health**
We are not our thoughts, emotions, or bodies, and yet, each of these aspects of self play a powerful role in our lives and in our immune system functioning. Dr. Candace Pert calls the interplay of these aspects “the mobile brain” — ourselves in continuous dialogue.

As we learn to respond more skillfully to what arises in our thoughts, emotions, and bodies, using the tools of mindfulness and deep listening practice, we can access our deepest and richest wisdom. We can learn to release painful, habitual reactionary patterns, feeling better and living better. This workshop will focus on the role and interplay of emotions. Facilitated by Dennis Buttimer, M.Ed, RYT and Angela Buttimer, LPC, RYT. To register, call 404.425.7944

2/6; 12–2:30 p.m.

**Power of 10 for Attaining Goals**
Join Angela Buttimer LPC, RYT to learn the principles of the power of 10. Taking 10 minutes each day for self-care, planning, and organization feels doable and can have a sustainable impact in your life. Learn how to break down those big goals into manageable pieces and walk away with a concrete plan for next steps. Join us to discuss and experience healthy strategies for optimal health. To register call 404-425-7944.

1/18; 12–2:30 p.m.

**Awakening the Shakti of Intention, Imagination, and Creativity In the New Year (and the Rest of Your Life)**
What do want to cultivate and create in the New Year? And for the rest of your one wild and precious life? Participants will be guided by Angela Buttimer, MS, RYT, LPC through various exercises and thought-provoking conversation to access and ignite the internal creative feminine principle of Shakti to step boldly forward in the new year, and the new chapters of your life. Unlock the powerful forces in your own mind, body, heart, and spirit so you may clear and connect with the depth of your own authentic inner vision. To register, call 404.425.7944.

1/4; 12–2:30 p.m.

**Codependency: How To Distinguish Codependent Behaviors from Healthy Functional Behaviors with Family, Friends, or Co-Workers**
In this program, you will learn what Codependency is; what are Codependent behaviors; and if you act with Codependent behaviors with family, friends, or co-workers. Interestingly enough, Codependency is often a learned generational behavior(s). Some behaviors erroneously thought to be behaviors of caring and kindness and generosity are in fact Codependent behaviors that come at great expense to one’s emotional and physical well-being.

In this workshop, we will explore how to avoid the traps of Codependent behaviors and how to employ healthier behaviors whether it be caring for an ill family member, in a friendship, in relationships with family members; or even in the work settings. Practicing healthy behaviors makes for happier and more fulfilling relationships with family, friends, and co-workers. Facilitated by Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944.

1/11; 12:30 – 3 p.m.

**Exploring the Energetic Universal Laws of Receptivity and Compensation: What Are These Universal Laws?**
How do you employ the Universal Laws of Receptivity and Compensation in your daily experiences for greater happiness, health, and abundance of all forms? In this workshop, we will explore this exciting means of energetic expansion and fulfillment for your life. Tapping into these Universal energy imbued Principles and Laws are not a complicated or complex set of methods and rules but rather an easy practice that takes only a shift in your thinking and understanding the energy of purposeful intention. Come join me for an afternoon of fun enlightenment and opportunity to expand your daily living experiences. Facilitated by Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944.

2/16; 12:30–3 p.m.

**Toltec Sacred Wisdom: Breaking Ancestral Agreements**
This program is a great way for starting your New Year off right! We will now learn how to break our “Ancestral Agreements” from our ancestral “Book of Law.” This “chain of training” has been “programmed in us” from generation to generation and prevented us from living in the fullness of happiness, play, love, and exploration. If you believe it is time to free yourself from the tyranny of your “Ancestral Agreements”, we hope you will join us to experience “the dignity of rebellion” and discover the freedom to “transform” your life. This workshop is a continuation of the New York Times bestselling work of don Miguel Ruiz: The Four Agreements; however, if you have not attended any of our Toltec Sacred Wisdom workshops, we encourage you to read the Four Agreements prior to attending this workshop. It is a
1/25; 12:30–2:30 p.m.

Toltec Sacred Wisdom: Writing Your New Book of Law and Living Your Own Dream
This program is based on the New York Times Best Seller works of don Miguel Ruiz. We invite you to discover how to write your own unique Book of Law and live from your authentic self. In this program, we will explore with you how you have unknowingly contracted with ancestral agreements and been living from an “ancestral” Book of Law — the “ancestral chain of training”. So come join us and experience the excitement in writing your own unique New Book of Law. It is not necessary to have attended any of our former Toltec programs to join us in this workshop. We do encourage you to read don Miguel Ruiz’s the Four Agreements and Fifth Agreement if you hadn’t had the opportunity to do so. These works are short reads, yet profoundly life changing and life enhancing. Facilitated by Dennis Buttmer, M.Ed., RYT, CHC, and Dr. Jody Iodice, Ph.D. To register, call 404.425.7944. 2/15; 12:30–2:30 p.m.

SUPPORT

Caregivers Connection
The caregiver is significantly affected by the cancer diagnosis and process and needs assistance with their feelings, experiences and self-care. In this support group, caregivers will share with other caregivers while learning ideas and tools. This support meeting is ONLY for caregivers. Facilitated by Dennis Buttmer, M.Ed, CHC, RYT. Call to register. 1/9, 2/13; 10:30 a.m.–12:30 p.m.

Community for Guys Only
This is an opportunity for men with cancer to connect in an informal way. Share discussion with other guys on the cancer journey. Lean into the strength of other men and learn tools to assist you. This meeting is for men recovering from cancer or male caregivers. Facilitated by Dennis Buttmer, M.Ed, RYT, CHC. Call to register. 1/23, 2/20; 6–8 p.m.

Community Coffee Chat
Join Angela Buttmer, MS, CHC, LPC and Dennis Buttmer, M.Ed, CHC for a biweekly one-hour program to better connect with those in the community. There will be a simple structure and idea each time with an opportunity to converse with other participants. Bring your coffee, tea or other morning beverage and enjoy an hour of updates, sharing and invigorating conversation. Call to register. 1/11, 2/8; 10–11 a.m.

Couples Enrichment Support Group
Learn enriching ideas to improve the quality of your relationship. Connect with other couples who are also on the cancer journey. Practice proven ideas to boost your connection with your significant other. Join facilitator Dennis Buttmer, M.Ed., RYT, CHC for this workshop. Call to register. 1/30, 2/27; 6–8 p.m.

Prostate Support Group
Whether you are in active surveillance or living with metastatic prostate cancer, you will find answers to common questions at our Prostate Cancer support group. 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. 1/19, 2/16; 6:30–8:30 p.m.

The Road We Share: Women Managing Cancer
Our women’s support group is devoted to exploring concerns faced from the time of receiving cancer diagnosis through active treatment and into survivorship. Facilitated by Dr. Gwen Davies, clinical psychologist and Camber Dougher, LCSW, oncology social worker. Pre-registration and screening are required. Call to register. 1/11, 1/25, 2/8, 2/22; 5–6:30 p.m.

Feel More Like You™: A Podcast Series by Walgreens
There’s a real, positive psychological impact to looking and feeling good—which goes a long way to help heal. From skin to wig care, makeup tips and more, we’re here with expert advice on what to expect, and personal stories to help you feel more like you. https://www.walgreens.com/topic/promotion/beauty-oncology-podcast.jsp

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 consultations to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. Call for appointment.

New Year New Ideas (recorded)
January is a great time to make lasting nutrition changes for the year. Learn about great food and recipe ideas from Chef Sue Snape and Dietitian Shayna Komar during this virtual taped cooking demo. Call to register. 1/11

Spanish Greens and Beans (recorded)
Spanish cuisine is a showcase of colorful and enticing foods. You often find many small plates with flavors that make your “mouth sing.” Join Chef Nancy Waldeck and Dietitian Shayna Komar for a virtual taped cooking demo about greens, beans, and other typical Spanish ingredients. Call to register. 1/18

Winter Foods that Support your Immune System
As we continue in the cold winter months, it is important to eat foods to support a strong immune system. Join Chef Nancy Waldeck and Dietitian Shayna Komar for a live and in person cooking demo at the Thomas F. Chapman Cancer Wellness Center as they unpack nutrient rich winter foods to incorporate in your weekly meal plans. We can’t wait to see you for this cooking demo! Call to register. 2/8

February Fun with Food
Join Chef Hans Rueffert and Dietitian Shayna Komar for an in person cooking demo as they celebrate seasonal produce during the winter months. The dynamic duo will talk, educate, and share fabulous food with you! Call to register. 2/22

Note: February Cooking Demos are going back to our Cancer Wellness Kitchen
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<td>Mindfulness 101, 11 a.m.–12:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 12:1-30 p.m.</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>Centering Prayer, 10:30 a.m.–12:30 p.m.</td>
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<td>Finding The Pearl: Branches and Bulbs, 1–2:30 p.m.</td>
<td>T’ai Chi Advanced Form, 1:30–2 p.m.</td>
<td>Awakening the Shakti, 12:2–30 p.m.</td>
<td>T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Writing for Recovery and Discovery, 10–11 a.m.</td>
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<td>T’ai Chi Advanced Form, 1:30–2 p.m.</td>
<td>Gentle Yoga, 6–7:30 p.m.</td>
<td>Take a Breath for Greater Health, 12:30–2:30 p.m.</td>
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<td>Gentle Yoga, 6–7:30 p.m.</td>
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<td>Caregivers Support, 10:30 a.m.–12:30 p.m.</td>
<td>Mindfulness 101, 11 a.m.–12:30 p.m.</td>
<td>Community Coffee Chat, 10–11 a.m.</td>
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<td>Brow Chakra, 12–2:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
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<td>Chair Yoga, 1–2:30 p.m.</td>
<td>T’ai Chi Advanced Form, 12:30–1 p.m.</td>
<td>New Year New Ideas Cooking Demo (recorded)</td>
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<td>Soul Collage, 1–3 p.m.</td>
<td>T’ai Chi Advanced Form, 12:30–1 p.m.</td>
<td>Living Well Through Integrative Medicine, 12:30–3 p.m.</td>
<td>Gentle Yoga, 1–2:30 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>Codependency, 12:30–3 p.m.</td>
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<td>Martin Luther King Jr. Day</td>
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<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
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<td>T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Spanish Greens and Beans Cooking Demo (recorded)</td>
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<td>T’ai Chi Advanced Form, 12:30–1 p.m.</td>
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<td>Power of 10: Attaining Goals, 12–2:30 p.m.</td>
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<td>Soul Collage, 1–3 p.m. (In-Person)</td>
<td>Gentle Yoga, 1–2:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>Tai Chi, Qi Gong Celebration for a Happy Chinese New Year of the Water Rabbit! 11 a.m.–1 p.m.</td>
<td>Mindfulness 101, 11 a.m.–12:30 p.m.</td>
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<td>Mystics Journey, 12–2:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
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<td>Community for Guys Only, 6–8 p.m.</td>
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<td>Couples Enrichment Support, 6–8 p.m.</td>
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<td>Breaking Ancestral Agreements, 12:30–2:30 p.m.</td>
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<td><strong>Power Qi Gong, 10:30–11:30 a.m.</strong>&lt;br&gt;Himalayan Art, 1–2:30 p.m.&lt;br&gt;PINK Exercise, 2–3 p.m.</td>
<td><strong>Mindfulness 201, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 12:30–1 p.m.&lt;br&gt;Gentle Yoga, 1–2:30 p.m.</td>
<td><strong>Centering Prayer, 10:30 a.m.–12:30 p.m.</strong>&lt;br&gt;Writing for Recovery and Discovery, 11 a.m. –12:30 p.m.&lt;br&gt;PINK Exercise, 2–3 p.m.</td>
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<td><strong>Healing Through Deep Listening, 12–2:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 12–1:30 p.m.&lt;br&gt;Chair Yoga, 1–2:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 1:30–2 p.m.&lt;br&gt;Gentle Yoga, 6–7:30 p.m.</td>
<td><strong>Community Coffee Chat, 10–11 a.m.</strong>&lt;br&gt;Prayer Flags (In-Person), 10 a.m.–12 p.m.&lt;br&gt;Power Qi Gong, 10:30–11:30 a.m.&lt;br&gt;Winter Foods, Support your Immune System Demo, 11:30 a.m.–1:30 p.m. (In-Person)&lt;br&gt;PINK Exercise, 2–3 p.m.&lt;br&gt;The Road We Share: Women Managing Cancer, 5–6:30 p.m.</td>
<td><strong>Mindfulness 201, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 12:30–1 p.m.&lt;br&gt;Gentle Yoga, 1–2:30 p.m.</td>
<td><strong>PINK Exercise, 2–3 p.m.</strong></td>
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<td><strong>Caregivers Support, 10:30 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong for Kidneys in the Winter, 11 a.m.–1 p.m.&lt;br&gt;Crown Chakra 12–2:30 p.m.</td>
<td><strong>Mindfulness 101, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 12–1:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 1:30–2 p.m.&lt;br&gt;Gentle Yoga, 6–7:30 p.m.</td>
<td><strong>Power Qi Gong, 10:30–11:30 a.m.</strong>&lt;br&gt;Valentines; Loving Yourself, 12–2:30 p.m.&lt;br&gt;Writing Your New Book, 12:30–2:30 p.m.&lt;br&gt;PINK Exercise, 2–3 p.m.</td>
<td><strong>Mindfulness 201, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 12:30–1 p.m.&lt;br&gt;Universal Laws of Receptivity and Compensation, 12:30–3 p.m.&lt;br&gt;Gentle Yoga, 1–2:30 p.m.&lt;br&gt;The Road We Share: Women Managing Cancer, 5–6:30 p.m.</td>
<td><strong>Writing for Recovery and Discovery, 10–11:30 a.m.</strong>&lt;br&gt;PINK Exercise, 2–3 p.m.</td>
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<td><strong>Community for Guys Only, 6–8 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 12:30–1 p.m.&lt;br&gt;Chair Yoga, 1–2:30 p.m.&lt;br&gt;Gentle Yoga, 6–7:30 p.m.</td>
<td><strong>Power Qi Gong, 10:30–11:30 a.m.</strong>&lt;br&gt;February Fun with Food Demo (In-Person), 11:30 a.m.–1:30 p.m.&lt;br&gt;Brain Mastery: Boosting Cognitive Functioning, 12:30–2 p.m.&lt;br&gt;PINK Exercise, 2–3 p.m.&lt;br&gt;The Road We Share: Women Managing Cancer, 5–6:30 p.m.</td>
<td><strong>Mindfulness 201, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 12:30–1 p.m.&lt;br&gt;Gentle Yoga, 1–2:30 p.m.</td>
<td><strong>Dream Exploration, 10:30 a.m.–12 p.m.</strong>&lt;br&gt;Tibetan Mandalas, 1–3 p.m. (In-Person)&lt;br&gt;PINK Exercise, 2–3 p.m.</td>
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<td><strong>Blessings Abound, 12–2:30 p.m.</strong>&lt;br&gt;Couples Enrichment, 6–8 p.m.</td>
<td><strong>Mindfulness 101, 11 a.m.–12:30 p.m.</strong>&lt;br&gt;T’ai Chi and Qi Gong, 11 a.m.–12:30 p.m.&lt;br&gt;T’ai Chi Advanced Form, 12:30–1 p.m.&lt;br&gt;Gentle Yoga, 6–7:30 p.m.</td>
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Atlanta, Georgia 30318
404.425.7944

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Stockbridge, Georgia 30281
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Piedmont Fayette Hospital
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Third Floor • Suite 3100
Fayetteville, Georgia 30214
770.719.5860

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

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

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