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.

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

Creative Activities

ART JOURNALING
A visual journal can become a source of comfort, creativity and even play. Each session features an art technique to expand ways to use images, words and textures. Varied art materials and journals are available. If you have started journal, please bring it with you. All experience levels welcome. January’s session will deal with acrylic layering. February’s session will be multimedia on the subject of love. Facilitated by Gayle Torres, ATR-BC. Lunch is provided. Registration is required. 1/22, 2/12

DREAM EXPLORATION
If you have had a dream that puzzles or fascinates you, join us to explore inner space! The sleeping mind communicates in metaphors and visual symbols. This group welcomes anyone with a desire to learn more about what dreams may teach. Simple art-making promotes remembrance and produces relaxation. Everyone is welcome. Facilitated by Gayle Torres, ATR-BC. Lunch is provided. Registration is required. 1/17, 2/21

Romare Bearden: Putting Something Over Something Else
Join us at the High Museum to discover one of the most influential 20th century American artists. Romare Bearden was a collage artist, painter, jazz musician and leader of the Harlem Renaissance creative explosion. The High Museum is located at 1280 Peachtree Street SE. Gather in front of the bench near the admissions desk of the Taylor Lobby. Note: CCWC participants will receive admission but are responsible for their transportation. Group led by Gayle Torres, ATR-BC. Lunch is provided. Registration is required. 1/9

Romare Bearden Workshops
Two workshops explore this self-taught New York artist. Bearden forged his artistic path from the perspective of a black man in America. He fostered the growth of untold numbers of artists. His works are currently exhibited at the High Museum.

The first session invites you to make a collage in the style of Bearden while learning about the push and pull boundaries of the medium and his interests. The second session will explore his approach to painting which has abstract qualities. Participants will experiment with strong graphic approaches. Participants are encouraged to bring a photocopy of a friend, loved one, oneself to include in the work. Previous experience is not required. Facilitated by Gayle Torres, ATR-BC. Lunch is provided. Registration is required. 1/24, 2/7

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. 1/10, 1/24, 2/28

Knowledge Activities

CHANGE YOUR MIND, CHANGE YOUR BODY
In this workshop, Dennis Buttimer, M.ED, RYT, CHC will discuss the impact of beliefs on the body. Learn fascinating studies on the power of placebos and “nocebos.” Practice positive exercises to shift beliefs in order to feel better and boost the body! Chef Nancy Waldeck will provide a scrumptious lunch to boost your body further! Registration is required. 2/28

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.

FREEZE WARNING: LETTING GO OF STUCK PATTERNS
This workshop is an opportunity for participants to identify and break difficult patterns. Learn the latest research on habit formation and change. Shift lifelong patterns through specific, innovative strategies! Join Angela Buttimer, MS, LPC as she guides participants through current research and exploratory exercises to break free of stuck patterns. Chef Beci Falkenberg will provide a delicious lunch to warm the senses and inspire positive change. Call to register. 2/21

HABIT FORMING: MAKE IT AND BREAK IT
Join Dennis Buttimer, M.ED, RYT, CHC for an illuminating workshop on how habits are made and how to effectively break them. Identify habits you would like to break and then create positive mental and physical reinforcers for success. Chef Beci Falkenberg will provide a nourishing lunch to reinforce your new habit! Registration is required. 1/31
LIVING YOUR BEST LIFE TODAY: A JOURNEY THROUGH RECOVERY TO WHoleness™

“Out of the ordinary routines come extraordinary opportunities. Anticipate and expect the extraordinary in your life and by doing so, you allow the energies of the extraordinary to find a way to your doorstep to Live Your Best Life Today!” – Dr. Jody Iodice, author of Sit Up In Your Truck And Smile

In this program you will learn tools to approach Living Your Best Life Today and finding ways to wholeness despite diagnosis or prognosis; learn the latest research on common characteristics of long term survivors and common traits of those who succumbed to diagnosis – what cancer researchers call “short term” survivors. We will examine specific activities that are known as Immunoenhancing and what circumstances research considers Immunosuppressant for individuals with a life-altering diagnosis. Discover the power of developing an emotional vocabulary and how current research examines the energy inherent in emotions, thoughts, and belief systems. I hope you’ll join me to find ways you can unleash opportunities to create out of illness new beginnings, a new course heading, and a renewed life commitment to Live Your Best Life Today! A healthy lunch will be served at noon. Facilitated by Dr. Jody Iodice, Ph.D. Registration is required. 1/30

MIND AND MEDICINE

Join Dennis Buttimer, M.Ed., RYT and Angela Buttimer, LPC, RYT as they review the latest fascinating compilation of research from Dr. Lissa Rankin, MD. We will look at case studies and research that examine the powerful healer within. We know that self-efficacy is essential to immune system functioning, and that our lifestyles, beliefs, emotions, intentions, environments, and stress levels have a tremendous influence on our physiology. We will journey into the cutting edge science of epigenetics and integrative medicine. Dress comfortably for various experiential exercises for integration of these ideas and concepts. A healthy meal will be served. Registration is required. 1/13

THE MYSTIC’S JOURNEY: A SPIRITUAL SERIES INTO THE SACRED

Join Angela Buttimer, MS, LPC, RYT for an engaging exploration and discussion on spirituality and the principles of mysticism. We will examine the various aspects of the mystic’s journey, explore the teachings from a variety of different paths and traditions, and practice experiential exercises to cultivate a rich interior life and inquire into your own soul’s wisdom. You may attend one class in the series or all of the classes. Dress comfortably for possible movement. A healthy meal will be served. Call to register. 1/20

A NUDGE FOR GREATER OUTCOMES: MAKING HEALTHY CHOICES IN THE NEW YEAR

When you arrive at a literal fork in the road, you face a choice. The same is true on the cancer journey. This workshop will explore how to make healthy decisions without procrastination and ideas on overcoming obstacles. Dennis Buttimer, M.ED, RYT, CHC will lead you through some powerful exercises to enable you to make positive decisions for your overall health. Chef Beci Falkenberg will provide a delicious brain-empowering lunch for your fork! Registration is required. 1/3

PINK AT PIEDMONT

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 exercise, nutrition, support, and more. This program is offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. To register, call 404.605.1966. Next session begins 2/2

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. Chef Nancy and her team will serve a delicious, nutritious meal as she reviews the Power of 10 in the kitchen! Registration is required. 1/29
VALENTINES: A WORKSHOP OF LOVING AND CELEBRATING YOURSELF

“….give back to yourself who has loved another….and breathe into the goodness that you are” – Bapuji

February is the month we typically think of romance and others. It is vital that we also honor the love that we have for ourselves. Our immune system responds positively when we send love and gratitude to our own minds, hearts, and bodies. Join Angela Buttimer, LPC, CHC, RYT as she guides you through experiential exercises with both movement and stillness around self-love and Chef Nancy Waldeck as she prepares a feast to nourish all of who you are. We will celebrate ourselves as we re-establish and recommit to self-love, self-honor, and self-compassion. Registration is required. 2/7

VISION/ACTION BOARDING & AWAKENING THE SHAKTI OF INTENTION, IMAGINATION, & CREATIVITY IN THE NEW YEAR (AND THE REST OF YOUR LIFE)

“What is it you plan to do with your one wild and precious life?” – Mary Oliver

What do you 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 including creating a vision board 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. A healthy meal will be served. Registration is required. 1/17

WOMEN’S SEXUAL WELLNESS WITH DR. LILLIAN SCHAPIRO

Since your cancer diagnosis, you have taken time to become an expert on your cancer and your treatments. Once you have fought those battles or while you are fighting, make sure to take time to address SEX. While not a life or death issue, it can sure make life better. Dr. Lillian Schapiro, a breast cancer survivor and gynecologist, will share simple, useful and inexpensive tips and tricks. Dinner will be provided. Registration is required. 1/23

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 Noon. Facilitated by Angela Buttimer, LPC, CHC, RYT and Dr. Jody Iodice. Registration is required. 2/10

**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. When “Chi” (life force) is open and flowing at the Sacral Chakra, we are at optimum energy for being open to all aspects of creativity, expressing creativity with others even in our differences and finding ease in experiencing peak moments in physical and relational interactions with others and ourselves; we easily give and receive nurturing and find we are simply free to be our loveable selves, yet when “Chi” is blocked in our Sacral Chakra, giving love and nurturing and accepting love and nurturing is deeply diminished as is any energy for creative flow. 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, LPC, CHC, RYT and Dr. Jody Iodice. Registration is required. 1/6

**MINDFUL MOJO: CONSUMPTION & COMMITMENT**

Join Angela Buttimer, MS, CHC, LPC to get your Mindful Mojo on! Find ways to be more aware and committed in your consumption habits, so you can focus on feeling and being your best! Chef George Skaroulis will serve a healthful, delicious feast. 1/15

**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 Buttimer, LPC. Tuesdays

**MINDFULNESS 201**

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

**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 WISDOM: BREAKING ANCESTRAL AGREEMENTS**

This program is essential for starting your New Year off right! A continuation of the New York Times bestselling work of don Miguel Ruiz: The Four Agreements. 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” to find the freedom to “transform” your life to live your “new dream” today. It is not necessary to have attended the prior Four Agreements workshops, however; if you have not as yet attended any of the Toltec Sacred Wisdom workshops, we encourage you to read the Four Agreements prior to attending this workshop. It is a simple yet life transforming book. We will serve lunch promptly at 12:00 p.m. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC and Dr. Jody Iodice, Ph.D. Registration is required. 2/21

**TOLTEC SACRED WISDOM: LIVING THE THIRD, FOURTH AND FIFTH AGREEMENTS FOR GREATER CONTENTMENT, JOY, AND PEACE IN YOUR LIFE**

“Don’t Make Assumptions”, “Always Do Your Best”, and “Listen But Be Skeptical”

“Imagine living a life where you are not afraid to take the risk to explore life… imagine loving yourself enough that you understand “doing best” can change moment to moment! Imagine living a life where you develop skills which allows others the “space” to speak fully and that you hear and discern the Universal truth and not the “truth” as others purport it to be. Imagine living a life governed by these Agreements ...” – don Miguel Ruiz

A great program to start the New Year off! Come explore the Third, Fourth, and Fifth Toltec Agreement from the works of don Miguel Ruiz, New York Times bestseller The Four Agreements and A Toltec Wisdom Book The Fifth Agreement. In this workshop, we take an in-depth look at the Third Agreement: Don’t Make Assumptions”, the Fourth Agreement: “Always Do Your Best”, and the Fifth Agreement: “Listen But Be Skeptical” and how incorporating these Totlec Agreements in our daily interactions with ourselves and others will lead us to greater authenticity, tolerance, truth, flexibility, peace, satisfaction, and contentment in our day-to-day experiences. Through writing and dialogue we will explore how to successfully navigate these three Toltec Agreements from a place of greater
open mindedness, self-acceptance, patience toward others, and use of greater active listening skills for heightened discernment in our relationships. Lunch is provided promptly at 12:00 p.m. Facilitated by Dennis Buttmer, M.Ed., RYT, and Dr. Jody D. Iodice. Registration is required. 1/10

.............................. Support..............................

CAREGIVERS CONNECTION
The caregiver is significantly affected by the cancer diagnosis and process and needs assistance with their feelings, experiences and self-care. In this support group, caregivers will share a meal with other caregivers while learning ideas and tools. This support meeting and community meal is only for caregivers. Facilitated by Dennis Buttner, M.Ed, CHC, RYT. Registration is required. 1/20

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, acquire valuable coping skills, and learn how to access valuable support resources. This group is geared towards those diagnosed with cancer in the last three months and their loved ones. Group is repeated monthly; participants can attend one time. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. 1/15, 2/12

COPING WITH DEPRESSION AND ANXIETY GROUP
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. Light dinner will be provided. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. Second and Fourth Wednesdays

COUPLES VALENTINE’S DAY PROGRAM
Join Angela Buttmer, MS, RYT, CHC and Dennis Buttmer, M.Ed., RYT, CHC for a morning of fun, creativity, and connection for couples! Connect more deeply with your partner through various enjoyable concepts and activities. Meet and have fun with other couples who are also on the cancer journey. Chef George Skaroulis will provide a delicious, romantic lunch! Registration is required. 2/14

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 Buttmer, M.Ed, RYT, CHC. To register, call 404.425.7944. A delicious dinner will be provided by Chef Hans Rueffert on 1/6 and by Chef George Skaroulis on 2/10. Call to register. 1/6, 2/10

PROSTATE SUPPORT GROUP
Recently diagnosed with prostate cancer, considering surgical options or adjusting to side effects? Whether you are in active surveillance or living with metastatic prostate cancer, you will find good answers to common questions at the Piedmont and ProstAware Men’s Prostate Cancer support group. We meet monthly, often welcoming local health care providers and speakers who share the latest information on research and treatments. Emotional and social support is offered for all attendees including caregivers, spouses, and partners. Dinner is provided and registration is required. Facilitated by Henry Oat and Brady Radford, LPC. Every Third Thursday

.............................. Sustenance..............................

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.

AFRICAN FUSION
Join Chef Moshi and Dietitian Shayna Komar as they dive into healthy African flavors and food ideas. Space is limited and registration is required. 2/26

FOOD AND YOUR MOOD
There is a dramatic connection between your diet and your emotions. For starters, food affects the body’s metabolism, hormones and neurotransmitters, and these in turn influence our emotions, concentration and energy. Join Chef Nancy Waldeck and Dietitian Shayna Komar as they develop a food plan to ramp up your mood each day. Space is limited and registration is required. 2/5.

NEW YEAR’S CELEBRATION
Join Chef Sue Snape and Dietitian Shayna Komar as they bring in the 2020 with food trends, healthy eating tips, and brand new recipes. Space is limited and registration is required. 1/8

WINTER WONDERLAND
Chef Hans is in our healthy kitchen cooking up some of the winter’s finest nutrient rich foods. Hans and Dietitian Shayna Komar will share ideas on how to eat well through the cold winter months. Space is limited and registration is required. 1/22
Coping with Side Effects
Emma Stein, PhD

Many cancer survivors find that some side effects can linger even after treatment. Join Dr Emma Stein, clinical psychologist, for a discussion of the latest research on common post-treatment side effects including pain, fatigue, “chemo brain,” and more.

Nutrition
Shayna Komar, RD, LD and David Hobbs

Upon completion of one’s cancer treatment, the number one health priority for most patients is prevention of recurrence. There is strong evidence that achieving and maintaining a healthy weight, following a healthy food and/or supplement plan, and staying physically active can improve overall health and quality of life. Shayna Komar, RD LD and David Hobbs, L.Ac, Dipl.CH will discuss the role of food and natural compounds (herbs, vitamins, etc.) and how they can play a supportive part in achieving this goal.

Emotional Functioning and Fear of Recurrence
Emma Stein, PhD

You’ve finished your cancer treatment; now what? Come hear from Dr Emma Stein, clinical psychologist, as she discusses the emotional side of cancer survivorship, including how to manage uncertainty and adjust to life post-cancer.

Sexuality
Dr. Lillian Schapiro

Since your cancer diagnosis, you have taken time to become an expert on your cancer and your treatments. Once you have fought those battles or while you are fighting, make sure to take time to address SEX. While not a life or death issue, it can sure make life better. Dr. Lillian Schapiro, a breast cancer survivor and gynecologist, will share simple, useful and inexpensive tips and tricks.

Exercise
Shayna Komar, RD, LD

Physical activity is very important as a cancer survivor. Join Shayna Komar, RD, LD and AFAA Certified Group Fitness Instructor as she discusses and demonstrates how activity improves self-esteem, combats fatigue, increases strength and endurance, builds bone health, and helps maintain a healthy weight. There will be a light activity portion of the program.

Spirituality
Brady Radford, LPC and Emma Stein, PhD

Life provides us endless opportunities to create meaning out of our experiences through the world around us, family/friends, and even an unimaginable medical diagnosis. Join Rev. Brady Radford, LPC, and Dr Emma Stein, clinical psychologist, to learn new ways to make meaning out of the experiences in your life and explore your identity post-cancer.

Stress Management
Angela Buttimer, MS, RYT, CHC

In this program, Angela Buttimer, MS, RYT, CHC, LPC will share concepts and strategies to manage stress levels more effectively. Breathing, Mindfulness Meditation, and Modified Tapping will be incorporated through didactic and experiential components.

Stress Management II
Dennis Buttimer, M.Ed, RYT, CHC

In this program, Dennis Buttimer, M.Ed, RYT, CHC will guide participants through additional stress managements concepts and strategies. Chair Yoga, Laughter, and Perception Checking will be discussed and learned by participants.
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 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.

Thank you to our donors!

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

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

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

Cancer Wellness Online - a virtual home for wellness. With unlimited access to online classes, videos, articles, community support and more, we invite you to become inspired, make connections and live better at piedmontcancerwellness.org.

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The Boland T. Jones Family Foundation
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SunTrust Banks, Inc.
Marie and Steve Swope
The Tree Foundation
Mr. and Mrs. Philip Trickey
Ms. Judy Valor
Mrs. Elizabeth D. Wickland
Mr. and Mrs. William A. Wood
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<th>Sun</th>
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<td><strong>Mindfulness 201, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>A Nudge for Greater Outcomes, 10:30 a.m. to 1:30 p.m.</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong></td>
<td><strong>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>1</strong></td>
<td><strong>Happy New Year</strong></td>
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<td><strong>Gentle Yoga, 1 to 2:30 p.m.</strong></td>
<td><strong>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>5</strong></td>
<td>*<em>Cancer Wellfit™, 1 to 2 p.m.</em> *<em>PINK Exercise, 2 to 3 p.m.</em></td>
<td><strong>Finding Your Passion in the Creativity and Wisdom of the Sacral Chakra, Noon to 3 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td>*<em>PINK Wellfit™, 1 to 2 p.m.</em> *<em>PINK Exercise, 2 to 3 p.m.</em></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Habit Forming, 10 a.m. to 1:30 p.m.</strong></td>
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<td><strong>6</strong></td>
<td><strong>Chair Yoga, 10 a.m. to noon</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Romare Bearden Workshop, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>PINK Exercise, 2 to 3 p.m.</strong>*</td>
<td><strong>Men’s Retreat, 10:30 a.m. to 2:30 p.m.</strong></td>
</tr>
<tr>
<td><strong>8</strong></td>
<td><strong>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>PINK Exercise, 2 to 3 p.m.</strong>*</td>
<td><strong>PINK Support, 3 to 4 p.m.</strong>*</td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
<td><strong>Men’s Retreat, 10:30 a.m. to 2:30 p.m.</strong></td>
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<td><strong>9</strong></td>
<td><strong>Art Journaling, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td>*<em>PINK Wellfit™, 1 to 2 p.m.</em> *<em>PINK Exercise, 2 to 3 p.m.</em></td>
<td><strong>PINK Support, 3 to 4 p.m.</strong>*</td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
<td><strong>Men’s Retreat, 10:30 a.m. to 2:30 p.m.</strong></td>
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<tr>
<td><strong>10</strong></td>
<td><strong>Romare Bearden Workshop, 10 a.m. to 1 p.m.</strong></td>
<td>*<em>PINK Wellfit™, 1 to 2 p.m.</em> *<em>PINK Exercise, 2 to 3 p.m.</em></td>
<td><strong>PINK Support, 3 to 4 p.m.</strong>*</td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
<td><strong>Men’s Retreat, 10:30 a.m. to 2:30 p.m.</strong></td>
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<td><strong>11</strong></td>
<td>*<em>Cancer Wellfit™, 1 to 2 p.m.</em> *<em>PINK Exercise, 2 to 3 p.m.</em></td>
<td><strong>The Mystic’s Journey, Noon to 3 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Habit Forming, 10 a.m. to 1:30 p.m.</strong></td>
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<td><strong>12</strong></td>
<td>*<em>Cancer Wellfit™, 1 to 2 p.m.</em> *<em>PINK Exercise, 2 to 3 p.m.</em></td>
<td><strong>Cancercare Connection, 8 to 8 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td>*<em>PINK Wellfit™, 1 to 2 p.m.</em> *<em>PINK Exercise, 2 to 3 p.m.</em></td>
<td><strong>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>13</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>14</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>15</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>16</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>17</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>18</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>19</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>20</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>21</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>22</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>23</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>24</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
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<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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<td><strong>25</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Meditation, 10 a.m. to noon</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Dream Exploration, 10 a.m. to 1 p.m.</strong></td>
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* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.
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<tr>
<th>Sun</th>
<th>Monday</th>
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<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>Blessings Abound, 10:30 a.m. to 1:30 p.m.</td>
<td>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.</td>
<td>Food and Your Mood, 11:30 a.m. to 1:30 p.m. T’ai Chi and Qi Gong, 10:30 to 11:45 a.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Survivorship: Exercise, 5:30 to 7:30 p.m.</td>
<td>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 2:30 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>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.</td>
<td>Art Journaling, 10 a.m. to 1 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Coping with Cancer 101, 4 to 5:30 p.m. Coping with Depression and Anxiety, 4 to 5:30 p.m. Survivorship: Spirituality, 5:30 to 7:30 p.m.</td>
<td>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 2:30 p.m.</td>
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<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>Creating the Life You Want, Noon to 3 p.m. Dinner and Community for Guys, 6 to 8 p.m.</td>
<td>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.</td>
<td>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.</td>
<td>Couples Valentine’s Day Program, 10:30 a.m. to 1:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
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<td></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>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.</td>
<td>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.</td>
<td>PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Survivorship: Stress Management, 5:30 to 7:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Survivorship: Stress Management II, 5:30 to 7:30 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td>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.</td>
<td>PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Survivorship: Stress Management, 5:30 to 7:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Survivorship: Stress Management II, 5:30 to 7:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Survivorship: Stress Management II, 5:30 to 7:30 p.m.</td>
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<td>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.</td>
<td>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 2:30 p.m.</td>
<td>Change Your Mind, Change Your Body, 10:30 a.m. to 1:30 p.m. Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
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<td>African Fusion, 11:30 a.m. to 1:30 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Coping with Depression and Anxiety, 4 to 5:30 p.m. Survivorship: Stress Management II, 5:30 to 7:30 p.m.</td>
<td>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. Living Your Best Life (Part 2), Noon to 3 p.m. Gentle Yoga, 1 to 2:30 p.m.</td>
<td>Change Your Mind, Change Your Body, 10:30 a.m. to 1:30 p.m. Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
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