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 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 Series:**
**The Arts and Crafts Movement** — *a visual presentation only*

The Arts and Crafts Movement, started in the UK and spread in the United States, was a response to the societal changes of the Industrial Revolution. Learn how this type of design and philosophy influenced architecture and the decorative arts and still resonates today. Call to register.

*7/1; 10:30 a.m.-12:15 p.m.*

**Dream Exploration**

Bring a dream or a snippet of one to explore. Using watercolors or whatever art materials you have and guided meditation, you will recall details. Dreamwork is surprising and positive. Join Gayle Torres, ATR-BC, to explore this inner territory! Artistic skill is not required. Call to register.

*7/11, 8/31; 10:30 a.m.-12:15 p.m.*

**Meditative Drawing or Painting to Music**

In this class, we will paint or draw (your choice) to music. Join Gayle Torres, ATR-BC, in this relaxing form of expression with a variety of sounds including Tibetan bells. Call to register.

*7/21; 10:30 a.m.-12:30 p.m.*

**Finding the Pearl Series:**
**The Arts and Crafts Sweden, Carl and Karin Larsson** — *a visual presentation only*

Carl Larsson was a Swedish painter born in 1853. His many paintings include oils, watercolors, and frescoes. At the forefront of the Arts and Crafts in Sweden, Carl and his equally talented wife Karin created joyful art which spilled into their environment. Their art and writings are still relatable today. Call to register.

*8/2; 10:30 a.m.-12:15 p.m.*

**Writing for Recovery and Discovery**

Everyone has so much to express and journaling is a simple but profound path for expression. In this class, facilitator Angela Buttimer, MS, LPC offers prompts and structure to help you get words on the page with ease. Call to register.

*7/15, 7/29, 8/12, 8/26; 11 a.m.-12:30 p.m.*

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**MOVEMENT**

**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 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**

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.

*7/5, 7/19, 8/9, 8/23; 11 a.m.-1 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.
Tuesdays, 12 noon-1:30 p.m. & Thursdays, 11 a.m.-12:30 p.m.

T'ai Chi Advanced Form
Learning the “24 Form” is shown to benefit strength, balance, and flexibility, boost mood, and “brain power”, while reducing stress, tension and pain levels. Instructor permission required. Taught by Cate Morrill, CTCQI, CHC. Call to register.
Tuesdays, 1:30-2 p.m. & Thursdays, 12:30-1 p.m.

PEACE

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. Call to register.
8/3; 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, RYT, LPC as we hear from modern-day experts from around the world on life’s big questions. We will enjoy guided dialogue, writing and reflection, as well as experiential exercises. Call to register.
8/29; 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.
7/15, 8/5; 10:30 a.m.-12:30 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.

Chakras 101: The Life Lessons and Sacred Truths of the Seven Chakras
This program will explore the ancient wisdom of the Chakra system as a means of physical, emotional and spiritual healing. Through didactic teachings and the practice of gentle yoga, chanting and meditation, this experiential workshop will introduce you to the emotional, psychological, physical and spiritual principles of each of the seven Chakras. Upon attending four Chakra programs, you will receive a wonderfully colorful and symbolic Chakra T-Shirt. Facilitated by Angela Buttimer, LPC, RYT, CHC and Jody D. Iodice, Ph.D. Call to register.
7/18; 12-2:30 p.m.

Opening and Balancing the Root Chakra: Igniting Life Force and Kundalini Energy
We invite you to explore paths to open, clear and balance the Root Chakra by examining and reflecting on the psychological, emotional, physical and spiritual implications of the Root Chakra. In addition, we will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the “Chi” energy of the Root Chakra. Please join us for this enlightening opportunity to experience and empower the internal energies of fire and earth for greater vitality and healing opportunities. Facilitated by Angela Buttimer, LPC, CHC, RYT and Jody D. Iodice, Ph.D. Call to Register.
8/8; 12-2:30 p.m.

Breathe In, Breathe Out: The Power of Breathing
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 most 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! Call to register.
8/22, 10:30 a.m.-12:30 p.m.
**Toltec Sacred Wisdom: Living the Third and Fourth Agreements for Greater Contentment, Joy and Peace in Your Life**

Come explore the Third and Fourth Toltec Agreement from the works of don Miguel Ruiz, New York Times bestseller *The Four Agreements and A Toltec Wisdom Book The Fifth Agreement*. We will listen to don Miguel Ruiz himself discuss these two agreements and how incorporating the Third and Fourth Agreement in your daily interactions and experiences will lead you to greater open-mindedness, authenticity, flexibility, patience, and satisfaction and contentment for yourself and with others. Facilitated by Dennis Buttimer, M.Ed., RYT, and Jody D. Iodice, Ph.D. Call to register. 
8/10; 12:30-2:30 p.m.

**The Seven Spiritual Laws of Success**

Based on the best-selling book by Deepak Chopra, M.D., this workshop will explain the relationship between Dr. Chopra’s seven spiritual laws of success and health. Join Dennis Buttimer, M.Ed., CHC, RYT, and Angela Buttimer, RYT, LPC, for this informative workshop! Call to register. 
8/15; 12:30-2:30 p.m.

**Your Healthy Happy Brain: Preventing Cognitive Decline and Memory Loss**

In this workshop, Dennis Buttimer, M.Ed, CHC, RYT will present research and current integrative strategies to sharpen your focus and improve your memory. New, emerging techniques for immediate application will be experienced. Learn how to prevent cognitive decline and deepen your mental abilities. Call to register. 
8/31; 12-2:30 p.m.

**Summer Time Good Reads: Wanted - Fiction, Non-Fiction, or Even Cookbooks**

The lazy days of summer are upon us and whether you have a beach trip, mountain retreat, or “staycation” planned, what good reads are you taking with you to escape into summer time bliss? Share with each other your favorite summertime read. What is it about this book or cook book that makes it so special to you, and are you reading by Kindle or hard back? If you’re looking forward to hearing about some good tips for reading during the lazy days of summer 2022, then I hope you’ll join us. Facilitated by Jody Iodice, Ph.D. Call to register. 
7/21; 12:30-3 p.m.

**Summer Vacation: Plane, Train, Car or Camper—Where Did Your Travels Take You?**

Share with us your summer vacation travel; whether you hit the road by car or camper, plane or train take us there with you. Maybe you explored something right at home or you buckled up and took to the skies to visit family or a new destination, or maybe it was a train ride through mountain passes, where ever it was, we want to hear about your summer time adventures – and share those pictures too! Travel and even vicarious travel is immunoenhancing, so take us on your travels and boost all of our immune systems in the process! Facilitated by Jody Iodice, Ph.D. Call to register. 
8/11; 12:30-3 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 Buttimer, M.Ed, CHC, RYT. Call to register.
7/18, 8/1; 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 Buttimer, M.Ed, RYT, CHC. Call to register.
7/18, 8/15; 6-8 p.m.

**Community Coffee Chat**
Join Angela Buttimer, MS, CHC, LPC and Dennis Buttimer, M.Ed, CHC for a biweekly one-hour program to better connect with those in the community. There will be a simple structure and idea each time with an opportunity to converse with other participants. Bring your coffee, tea or other morning beverage and enjoy an hour of updates, sharing and invigorating conversation. Call to register.
7/13, 8/10; 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 Buttimer, M.Ed., RYT, CHC for this workshop. Call to register.
7/25, 8/29; 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. We often welcome local health care providers and speakers who share the latest information on research and treatments. Emotional and social support is offered for all attendees including caregivers, spouses, and partners. Facilitated by Henry Oat and Brady Radford, LPC. Registration is required.
7/21, 8/18; 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.
7/13, 7/27, 8/10, 8/24; 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)**
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.

**Virtual Taped Demos:**

**Fill Up with Fiber**
Join Chef Nancy Waldeck and Dietitian Shayna Komar for a taped virtual cooking demo on “all things fiber.” Eating fiber gives your body a slew of health benefits. Learn what foods and what recipes support a healthy fiber food plan.
7/20

**Summer’s Great Bounty**
Join Chef Hans Rueffert and Dietitian Shayna Komar in a taped virtual cooking demo based on the local, in season produce Georgia has to offer. Chef Hans will share simple and creative ideas based on what he is growing in his garden and purchasing at local farmers markets.
7/27

**Gorgeous Greens**
Green + Green + Green is the topic of today’s virtual taped cooking demo with Chef Sue Snape and Dietitian Shayna Komar. Greens are leafy, tasty, versatile and nutritious. Chef Sue will demonstrate a variety of greens that you can quickly and easily use in any meal.
8/10

**Wonderful Breakfast Foods**
If your body does not get the fuel it needs, it will be zapped of energy all day long. Learn simple tips and recipes from Chef Nancy and Dietitian Shayna Komar as they talk about breakfast ideas. Spoiler alert . . . you do not have to eat breakfast just in the a.m.! They will share lots of ideas on how to eat a healthy breakfast meal anytime of the day.
8/24
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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
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

Cancer Wellness Online - a virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.

Thank you to our donors!

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