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.
*All programs listed will be offered remotely*
For more information about programs and services, visit piedmont.org/cancerwellness.
To reserve your space for a class, call 404.425.7944.

CREATIVITY

ART JOURNALING:
SEEING YOURSELF AS HEALTHY AND WELL
This session will focus on the ways to promote health and yet this will be done, not with words but with images. Through guided visualization and a variety of materials, participants find ways to connect the body, mind and spirit. Supplies: Journals, boxes, watercolors, miscellaneous materials including quotes, copies of a favorite photo. Visit the supply page for more ideas. Call to register. 5/22, 6/12

THE ARTIST’S WAY
This class will cover Chapters 1-4 of the Julia Cameron classic about ways to bring habits of creativity into our own life. Creativity has an enormous range including gardening, writing, making beautiful spaces. This class is worthwhile if you have “done” it seven times or never. Facilitated by Gayle Torres, ATR-BC. Supplies: Students will be supplied with a PDF of material. Unlined journal for art and Morning Pages. Call to register. 5/5, 5/19, 6/3, 6/23

CONTOUR DRAWING
For any level of experience, contour drawing is an effective method for relaxing the mind while letting the brain and hand connect seamlessly. It is a type of drawing promoted used in Drawing on the Right Side of the Brain and used by artists today. Facilitated by Gayle Torres, ATR-BC. Supplies: Drawing paper, preferably at least 9x12, pencil. Call to register. 5/11, 6/29

DREAM EXPLORATION
This is an opportunity to examine a dream, or snippet of a one. Using watercolor, guided visualization, you will find yourself revisiting a meaningful moment. Dreams often carry messages of insight, healing and hope. Facilitated by Gayle Torres, ATR-BC. Supplies: A journal or watercolor paper and watercolor, a pen. Write your dream ahead of time to read to the group. Bring scratch paper to jot notes from others dreams. Call to register. 5/15, 6/19

FINDING THE PEARL SERIES
You do not have to know how to draw or bring experience to use art as a healing tool. While sheltering in place, take time to explore a new approach to wellness. These classes are somewhat abbreviated in time. Each class is presented remotely. Participants will receive a supply page after registering for optional materials. Call to register.

MEANDERING ZENTANGLES
For those who would like to continue their experience with Zentangles or for newcomers who want to learn a new meditative activity. Facilitated by Gayle Torres, ATR-BC. Supplies: paper, micron pen or pencil, watercolors, scratch paper, brush (if using watercolors). Call to register. 5/1, 6/25

KNOWLEDGE

PAYING ATTENTION TO ANGER AND TENSION
“When a person doesn’t know how to safely express anger (or tension) a person begins to warp, to see through distorted eyes, to torture his own immune system with demons real and imagined.” – Jeanne Norsworthy, artist, breast cancer survivor

Through drawing, painting and discussion we will examine ways to identify anger and tension which can appear in our bodies and behaviors. Using simple materials and guided imagery, this class promotes personal awareness and offers tip which can change behavior. Facilitated by Gayle Torres, ATR-BC. Supplies: Pencil, watercolors, watercolor pad, journal. Call to register. 5/18

SKY CHALLENGE
Participants will engage in a two-week study of the celestial realm outside our windows. Using a variety of materials, observation and imagination, we will depict the changing sky. Led by Gayle Torres, ATR-BC. Supplies: Watercolor paper, watercolors; other supplies will be discussed. Call to register. 5/7, 5/28

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 Buttmer, MS, LPC offers prompts and structure to help you get words on the page with ease. Call to register. 5/8, 5/22, 6/12, 6/26

BLESSINGS ABOUND:
EXPLORING LIFE’S BIG QUESTIONS
What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join Angela Buttmer, MS, RYT, LPC as we hear from modern-day experts from around the world on life’s big questions. We will enjoy guided dialogue, writing and reflection, as well as experiential exercises. Call to register. 6/1

EXCELLING IN EMOTIONAL INTELLIGENCE
Emotional Intelligence is valuable skill to develop whether you are navigating the health journey, dealing with family dynamics, or in the world of work. The good news is that you can strengthen your EI with intentionality and practice. Join Angela Buttmer, MS, LPC as she guides you through principles and practices to develop better emotional intelligence. Call to register. 6/29

THE FIVE LANGUAGES OF LOVE
“I just don’t know how to convince her I love her. She has everything a woman could want – a nice house, a great car, and no financial worries ... just doesn’t seem to be enough. Really all she says she wants is for me to talk to her – and not just small talk either but she says she wants conversation! I’m not a “talker”.

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 are and/or learning to speak the five languages of love will enliven and enrich
A life-threatening illness [can be] a spiritual awakening, an adventure, an ordeal, or an initiation. Any way you look at it, it is a journey that must be taken”. – Dr. Jean Bolen

LIVING YOUR BEST LIFE TODAY – PART III: A JOURNEY THROUGH RECOVERY TO WHOLENESS™

“Life-threatening illness [can be] a spiritual awakening, an adventure, an ordeal, or an initiation. Any way you look at it, it is a journey that must be taken” – Dr. Jean Bolen

This is PART III of the LYBT program. In this final program, you will deepen and broaden your experience of Living Your Best Life Today through learning the concepts of the power of INTENTION and developing and writing your own Living Your Best Life Today INTENTION. By expanding your tools to approach Living Your Best Life Today through your own unique LYBL INTENTION, it is a way you open energetic portals to living in wholeness despite diagnosis. Creating your own LYBL INTENTION is a life-enhancing experience and most importantly, becomes a daily Immunoenhancing experience. I hope you’ll join me to create out of illness new beginnings, a new course heading, and a renewed life commitment by materializing your own LYBT INTENTION so that each day you Live Your Best Life Today! It is not necessary to have attended PARTS I and II of LYBT workshops, however, there is a LYBT Manual that was provided in previous workshops that we will be using for this workshop. But don’t let that stop you from signing up! Facilitated by Dr. Jody Iodice, Ph.D. Call to register. 5/15

THE IMPACT OF THE ENERGY OF THOUGHT ON OUR EVERYDAY LIVES

Remember the saying “Be careful what you wish for, you just might get it”? Ever thought about a dear friend or relative and then seemingly all of a sudden you get a call from them or you run into them at the store? Or you run thoughts over and over in your mind about doubting yourself and you suddenly feel less confident in that interview or asking for a raise? How does this happen? Energy and Thought have an intimate relationship. The seedling of our thoughts can manifest in an instant and what’s more we don’t even have to have an emotional charge to the thought, idea, or wish! This churning of energetic alchemy is happening within us all the time and our original thoughts and ideas become matter. The astounding thing is that this energetic alchemy can be for our betterment or for our detriment. Come experience the tenets of this intriguing phenomenon and learn how to navigate it for better outcomes in your daily experiences. Facilitators: Dennis Buttimer, M.ED., CHC, RYT and Dr. Jody D. Iodice, Ph.D. Call to register. 6/19

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 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. Call to register. 5/6

MONEY MATTERS: THE PSYCHOLOGY OF FINANCES

Finances often become a key issue on the cancer journey and beyond. Join Angela Buttimer, MS, LPC to explore your psychology around money and how you can improve your relationship with it. Call to register. 6/15

MOTHER’S DAY & THE SACRED FEMININE PRINCIPLE

The sacred feminine principle is embodied in every human being, and there is often no greater example of this than our own mothers. Join Angela Buttimer, MS, LPC as we explore the relationships with mothers and other maternal presences in our lives as well as being mother. We will also examine how the sacred feminine principle shows us in our lives in various facets. This is open to women and men. Call to register. 5/11

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. 5/18

TRAIN YOUR BRAIN TO AVOID THE DRAIN

Energy drains can be avoided by understanding and altering the parts of the brain impacted by stress. Learn how to positively impact your brain to feel less stress and improve your health and relationships. Join facilitator Dennis Buttimer, M.Ed., RYT, CHC for this workshop. Call to register. 5/20

THE MASCULINE PRINCIPLE: A NOD TO FATHER’S DAY

Join Dennis Buttimer, M.Ed., RYT, CHC for an exploratory workshop in light of Father’s Day. Learn how to both lean into and balance the principle of masculine energy. This is an opportunity to honor the Father figures who have impacted us throughout our lives. Discussions will also include the meaning of Father’s Day to you personally. This workshop is open to both women and men. Call to register. 6/19

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 Buttimer, MEd, RYT, CHC. Registration is required. 5/12, 5/26, 6/9, 6/23
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, Thursdays

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. 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. Call to register. Tuesdays, Thursdays

T’AI CHI AND QI GONG 8 PIECES OF BROCADE, PART 1
This set of easy to follow movements is a traditional set practiced for hundreds of years by those who wish to clear organ channels, stretch muscles, and focus energy for healing. Deep breathing and releasing of tension are added benefits of this work. This is a focused set which is performed at each student’s level of comfort, and is suitable for anyone who wishes to strengthen the body, mind, and spirit. Seated or standing work, with attention to revitalization. Taught by Cate Morrill, Certified Wu Dang Qi Gong Instructor, and her assistants. Registration ends the Thursday prior to class. Call to register. 5/4

T’AI CHI AND QI GONG 8 PIECES OF BROCADE, PART 2
This class provides a deeper look and more detail for this set of easy to follow movements is a traditional set practiced for hundreds of years by those who wish to clear organ channels, stretch muscles, and focus energy for healing. Deep breathing and releasing of tension are added benefits of this work. This is a focused set which is performed at each student’s level of comfort, and is suitable for anyone who wishes to strengthen the body, mind, and spirit. Seated or standing work, with attention to revitalization. Taught by Cate Morrill, Certified Wu Dang Qi Gong Instructor, and her assistants. Registration ends the Thursday prior to class. Call to register. 5/18

T’AI CHI AND QI GONG TO UNITE WITH ORIGINAL QI, WU DANG PRIMORDIAL QI GONG, SET TWO (OF TWO)
Participants should also register for SET TWO, offered one week from this date, in order to cover the full program of work. Primordial means united with the cosmos as one, and this set will bring your attention to your inner-qi, your own powerful energy base, and help you open and connect with the universal energy around you. This set provides focus and clarity for the mind while engaging the body with gentle, flowing movements, and allows the spirit to settle and relax. A handout is provided for continued personal practice. Taught by Cate Morrill, Certified Wu Dang Qi Gong Instructor and assistants. Registration ends the Thursday prior to class. Call to register. 6/1

T’AI CHI AND QI GONG TO UNITE WITH ORIGINAL QI, WU DANG PRIMORDIAL QI GONG, SET TWO (OF TWO)
This class completes the set of Primordial Qi Gong begun the previous week. Primordial means united with the cosmos as one, and this set will bring your attention to your inner-qi, your own powerful energy base, and help you open and connect with the universal energy around you. This set provides focus and clarity for the mind while engaging the body with gentle, flowing movements, and allows the spirit to settle and relax. A handout is provided for continued personal practice. Taught by Cate Morrill, Certified Wu Dang Qi Gong Instructor and assistants. Registration ends the Thursday prior to class. Call to register. 6/8

THE BALANCE OF HEAVEN AND EARTH: THE CROWN CHAKRA
When “Chi” is balanced in the Crown Chakra, our connection with Spirit or God (whatever you may refer to as your Higher Power) is centered and balanced, and we live in a profound state of peacefulness, and we experience love and Grace for ourselves, those around us, and the circumstances that affect our lives. Even in the midst of challenges, an open Crown Chakra allows us to know both peace and chaos, sadness and joy, faith and fear. In this workshop, awaken the inherent Spiritual energy within and find that greater balance of living both Heaven and Earth through a greater understanding of the physical, psychological-emotional components of the Crown Chakra, the Sacred and Life lessons of the Crown Chakra, and through gentle yoga, writing exercises, silent reflection and dialogue. Facilitated by: Angela Buttimer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. Call to register. 6/8

CENTERING PRAYER
Learn more about this meditative practice which focuses on spiritual words and themes. This sacred form of meditation encourages contemplation in a way that promotes connection with the sacred. 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. 5/1

HEALING THROUGH DEEP LISTENING
“We will not find the solution to our problems at the same level of consciousness they were created.” – Albert Einstein
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. Wear comfortable clothing as we will work with some gentle movement. You may choose to attend one or all within the Deep Listening offerings. Facilitated by Dennis Buttimer, M.Ed, RYT and Angela Buttimer, LPC, RYT. Call to register. 6/22

**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

**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

**OPENING AND BALANCING THE BROW CHAKRA: UNLEASING THE POWER OF IMAGINATION, ENVISIONING AND DIVINE INTUITION**
We invite you to join us for this expanding opportunity to move beyond linear time in our physical world to the limitless possibilities of envisioning and manifesting from the higher realms of our internal wisdom and divine intuition. We will explore what keeps the energies ("Chi") of the Brow Chakra open and what closes the energies of the Brow chakra. The psychological, emotional, physical, and spiritual implications of the Brow chakra will be examined through writing and dialogue. In addition, we will be practicing gentle yoga, meditation, breath work and chanting to balance the energies of the Brow chakra. Please wear comfortable clothing as we will be on yoga mats for the entire program. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice, Ph.D. Call to register. 5/4

**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. 6/8

**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. Registration is required. Facilitated by Henry Oat and Brady Radford, LPC. Every Third Thursday

**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.

**COOKING WITH FRESH HERBS**
June is the peak season to use fresh herbs to make your food pop! Join Chef Hans Rueffert and Dietitian Shayna Komar on a pre-recorded cooking demo as they explore the cooking ideas and health benefits of using fresh herbs in your cooking. Registration is required. 6/10

**KITCHEN STAPLES**
During this season of life, it is important to have the right staples in your cabinet and fridge to eat well. It may be hard to get some of them regularly, but Chef Nancy Waldeck and Dietitian Shayna Komar will be doing a pre-recorded cooking demo on how to prepare your kitchen so you can always make nutritious meals for your family. You will learn a few great recipes and a ton of ideas on how to stock your kitchen well. Registration is required. 5/27

**SPRING SALADS ON A BUDGET**
Join Chef Sue and Dietitian Shayna Komar virtually as they teach you how to make super great salads with fresh, inexpensive ingredients. This will be a short-pre-recorded cooking demo that you can watch at your convenience any day of the week. You can also go back and reference the recipes and ideas anytime you want! May is a great time of year to add new budget friendly produce to your home meals. Registration is required. 5/13
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<td>Centering Prayer, 10:30 a.m. to 12:30 p.m.</td>
<td>Meandering Zentangles, 1 to 2:30 p.m.</td>
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<td>T’ai Chi and Qi Gong 8 Pieces of Brocade: Part One, 11 a.m. to 1 p.m.</td>
<td>Opening and Balancing the Brow Chakra, Noon to 2:30 p.m.</td>
<td>Caregivers Connection, 3 to 5 p.m.</td>
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<td>Mind and Medicine, Noon to 3 p.m.</td>
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<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
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<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>Contour Drawing, 10 to 11:30 a.m.</td>
<td>Mother’s Day &amp; the Sacred Feminine Principle, Noon to 3 p.m.</td>
<td>Community for Guys Only, 6 to 8 p.m.</td>
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<td>Chair Yoga, 10 to 11:30 a.m.</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Spring Salads on a Budget, 11:30 a.m. to 1:30 p.m.</td>
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<td>Dream Exploration, 10 a.m. to noon</td>
<td>The Impact of the Energy of Thought, 12:30 to 3 p.m.</td>
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<td>T’ai Chi and Qi Gong 8 Pieces of Brocade: Part Two, 11 a.m. to 1 p.m.</td>
<td>Mystic’s Journey, Noon to 3 p.m.</td>
<td>Paying Attention to Anger and Tension, 1 to 2:30 p.m.</td>
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<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>Train Your Brain to Avoid the Drain, 10:30 a.m. to 1 p.m.</td>
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<td>Art Journaling, 10 a.m. to noon</td>
<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>Chair Yoga, 10 to 11:30 a.m.</td>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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<td>Kitchen Staples, 11:30 a.m. to 1:30 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>Gentle Yoga, 1 to 2:30 p.m.</td>
<td>Sky Challenge, 1 to 2:30 p.m.</td>
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<td>T'ai Chi and Qi Gong to Unite with Original Qi: Set One, 11 a.m. to 1 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>Gentle Yoga, 1 to 2:30 p.m.</td>
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<td>The Artist’s Way, 1 to 2:30 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>Blessings Abound, Noon to 3 p.m.</td>
<td>Caregivers Connection, 3 to 5 p.m.</td>
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<td>Gentlemen Support Group, 6 to 8 p.m.</td>
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<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Art Journaling, 10 a.m. to noon</td>
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<td>8</td>
<td>The Balance of Heaven and Earth: The Crown Chakra, Noon to 2:30 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>10</td>
<td>Cooking with Fresh Herbs, 11:30 a.m. to 1:30 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
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<td>12</td>
<td>Dream Exploration, 10 a.m. to noon</td>
<td>The Masculine Principle: A Nod to Father's Day, 10:30 a.m. to 1 p.m.</td>
<td>The Five Languages of Love, 12:30 to 3 p.m.</td>
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<td>14</td>
<td>Money Matters, Noon to 3 p.m.</td>
<td>Community for Guys Only, 6 to 8 p.m.</td>
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<td>Money Matters, Noon to 3 p.m.</td>
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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.

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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

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