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

Writing for Recovery and Discovery (Virtual)
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.
11/3, 11/10, 12/8, 12/15; 10–11:30 a.m.

Dream Exploration: Nightmares are not What We Think (Virtual)
This dream work session invites each participant to examine a personal nightmare from another perspective. Bring a recent or recurring dream and, using simple art materials, find a hidden gift.
11/3; 1–3 p.m.

Presentation: Joan Miró and Alexander Calder (Virtual)
Sculptor and painter Joan Miro and inventor of the mobile, Alexander Calder, influenced the landscape of the 20th century through their art, theoretical approaches and friendship. Their work is seen as innovative and whimsical. This is a presentation only.
11/21; 10–11:45 a.m.

Art Journaling (In person)
The journals, works and thoughts of Alexander Calder and Joan Miró, two prominent 20th century artists, will be reviewed to offer inspiration for your own journaling. This class examines and encourages combining words and art to develop ideas and create compositions. Bring your journal if you are keeping one.
11/28; 11a.m.–1 p.m.

Dream Exploration: Dreaming of the Past (Virtual)
This group explores dreams with realistic elements of personal remembrance. Using individually chosen art materials, this class builds images from memories.
12/1; 10:30 a.m.–12:30 p.m.

Holiday Wreaths (In person)
This is the opportunity to construct wreaths from greenery. Participants are welcome to bring a small object of personal significance to incorporate into the circle. Registration is required. Significance of the circular symbol, which applies across belief systems will be explored.
12/8, 12/15; 10:30 a.m.–12:15 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.

Nutrition/Exercise For Survivorship (In Person)
Physical activity and nutrition are some of the important tools in survivorship. Join Shayna Komar, dietitian and certified group fitness Instructor as she discusses and demonstrates how activity and nutrition can improve strength and wellbeing. Light snacks will be provided. There will also be a light activity component of the class, so please wear appropriate clothes and shoes. Call to register.
12/12; 1–2 p.m.

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 Fitness (In person)
Prefer not to get up and down off the floor? This class is for you! Movements draw from dance, cardio, and basic yoga. Class is done seated in chairs as well as standing, using the chair for balance and support. Get breath and body moving in this energizing workout. Taught by Rebecca Keane. Call to register.
Mondays 1–2:00 p.m. No class on 12/25.

Dance Cardio (In person)
Easy-to-follow, uncomplicated steps get you moving. Music favorites keep you going! This class invigorates brain, body, and breath, gradually building core strength and endurance. Come join the fun! Taught by Rebecca Keane. Call to register.
Thursdays, 10–11:00 a.m. No Class on 11/23 or 12/28.

Restorative Yoga (In person)
Tame stress through slow and restful floorwork. We use blankets and bolsters to support the body in poses that stimulate, yet also calm and balance the physical, emotional, and energetic systems. The poses do the work enabling you to relax deeply and arise refreshed. Taught by Rebecca Keane. Call to register.
Thursdays, 11:30 a.m.–12:30 p.m. No class on 11/23 or 12/28.

Chair Yoga: Off the Mat and Into a Chair (Virtual)
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.
11/14, 11/28, 12/12, 12/26; 1–2:30 p.m.

Gentle Yoga (Virtual)
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.
No class on 11/16
Qi Gong for Positive Posturing, Moving Into Joy! (In Person)
We are all aware that we can read the emotions associated with certain postures. If you were asked, right now, to act proud, (yes, do it!) you might stand tall, lift your head to the sky, chin up, etc. or if we asked you to represent sad, you might stoop your shoulders, sink your body, drop your head, for example. A happy posture is considered upright, or extended, and celebratory is often upright, arms open upward in a V (victory!) shape, or what we call in class, a full body smile.

Emotions create postures, then postures create emotions. We know that smiling releases happy chemicals, for example. These positive postures are evident in many qi gong movements sets, and are shown to elevate mood, reduce stress, and encourage deep breathing! Please join us to open up, reach up, and breathe deeply into joy. Taught by Cate Morrill, CTCQI, CHC. Call to register.
11/4; 11 a.m.–1 p.m.

Power Qi Gong (Virtual)
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.
11/6; 11 a.m.–12:30 p.m.

T'ai Chi and Qi Gong (Virtual)
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 (Virtual)
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.

T'ai Chi To Let It Flow and Let It Go! (In Person)
This time of year, whether we celebrate auspicious holidays, gather with distant family and friends, or stay warm and cozy at home with more solitude, we often feel a bit more pressed with stress. With intention and effective action, we employ tools and techniques to strengthen your spirit by learning to let go of negative thoughts, old concerns, or recurring regrets, and look forward to the new possibilities that can arise. Using deep breathing practices, proper stretches, and awareness, you can help yourself handle potential stresses of the upcoming seasons, or at any time! Taught by Cate Morrill, CTCQI, CHC. Call to register.

Blessings Abound in the New Year: Exploring Life’s Big Questions (Virtual)
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.
12/4; 12–2:30 p.m.

Centering Prayer (Virtual)
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 Buttmer, M.Ed, RYT, CHC for this workshop. Call to register.
12/4; 12–2:30 p.m.

Mindfulness 101 (Virtual)
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation, less anxiety and fewer depression symptoms. Facilitated by Angela Buttmer, LPC. Call to register.
12/4; 12–2:30 p.m.

Mindfulness 201 (Virtual)
For those who have completed Mindfulness 101, deepen your practice and continue to enhance your overall quality of life. Facilitated by Angela Buttmer, LPC. Call to register.
12/4; 12–2:30 p.m.

The Mystic’s Journey: A Spiritual Series into the Sacred (Virtual)
Join Angela Buttmer, MS, LPC, RYT for an engaging exploration and discussion on spirituality and the principles of mysticism. We will examine the various aspects of the mystic’s journey, explore the teachings from a variety of different paths and traditions, and practice experiential exercises to cultivate a rich interior life and inquire into your own soul’s wisdom. You may attend one class in the series or all of the classes. Dress comfortably for possible movement. Call to register.
11/27; 12–2:30 p.m.

Centering Prayer (Virtual)
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 Buttmer, M.Ed, RYT, CHC for this workshop. Call to register.
12/4; 12–2:30 p.m.
Chakras 101: The Life Lessons and Sacred Truths of the Seven Chakras (Virtual)
This program will explore the ancient wisdom of the chakra system which contributes to our 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. Please join us for this illuminating program. Facilitated by Angela Buttmer, LPC, RYT, CHC and Dr. Jody D. Iodice, Ph.D. Call to register.
12/11; 12–2:30 p.m.

KNOWLEDGE

Who’s Pushing Your Holiday Buttons? Dealing with Difficult People This Season (Virtual)
Just in time for the holidays! What types of personalities trigger unease and even distress when you encounter them? Is there a pattern in how you cope with difficult people? Join Dennis Buttmer, M.Ed, CHC, RYT for a refreshing workshop on how to shift your perception to have more personal power. Techniques and ideas will be presented to help you better handle those challenging encounters! Call to register.
11/1; 12–2:30 p.m.

Illuminate! (Virtual)
Explore the light within you and its power to positively affect your health and your relationship with others. As external darkness descends earlier each day, it is helpful to connect with your internal light. Also, learn ways to cope with Seasonal Affective Disorder (SAD) externally and internally. Various experiential activities will empower you to ignite your inner light for greater health and happiness. Facilitated by Dennis Buttmer, M.Ed, RYT, CHC. Call to register.
11/6; 10:00am–12 p.m.

Managing Stress Through The Holidays and Beyond (Virtual)
Stress impairs your mental and physical health. It’s a part of life that everyone must navigate. Join Angela Buttmer, MS, RYT, LPC to learn the science of stress and some strategies to help you navigate it successfully. Whether your stress is around people, health, career or simply a behavioral pattern, this workshop will provide you with the tools you need. Call to register.
11/8; 10 a.m.–12:30 p.m.

Mind and Medicine (Virtual)
Join Dennis Buttmer, M.Ed., RYT and Angela Buttmer, 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. Dress comfortably for various experiential exercises for integration of these ideas and concepts. Call to register.
11/13; 12–2:30 p.m.

Breathe In, Breathe Out (Virtual)
In this workshop, Dennis Buttmer, 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.
11/15; 10:30 a.m.–12:30 p.m.

The Powerful Immunoenhancing Effect of Viewing Whimsical Movies (Virtual)
Norman Cousins defied medical convention and despite a life-threatening illness with a very poor prognosis and against all medical advice, he checked himself out of the hospital and checked himself into a hotel room. There Cousins spent weeks in his hotel room watching countless comic movies making a surprising and remarkable recovery. Come join us to examine Cousins experience and also take a brief look at Charles Schultz’s classic movie: A Charlie Brown Thanksgiving. This heartwarming movie has several lessons worth repeating in our own lives but more importantly this is one of many movies that hold for us immunoenhancing effects. Facilitated by Dennis Buttmer, MED, CHC, RYT and Dr. Jody D. Iodice, Ph.D. Call to register.
11/29; 12–2:30 p.m.

Living Your Best Life Today: A Journey Through Recovery to Wholeness™ (Virtual)
Deepen your survivorship experience with the tools of Living Your Best Life Today. In this experience you will find ways of 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’ll examine activities that are immunoenhancing and what circumstances research considers immunosuppressant for those 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. Begin a renewed life commitment to Live Your Best Life Today! Facilitated by Dr. Jody Iodice, Ph.D. Call to register.
11/30; 12:30–2:30pm

The Cultural Gifts of the Holiday Season (Virtual)
Many cultures from around the world celebrate the Holiday Season in vast and different ways with their own unique secular and sacred traditions. We will explore these unique cultural traditions that enrich all our lives despite country of origin. We look at some of these cultural rituals through the lens of O’Henry’s 1905 Pulitzer’s Prize short story, Gift of the Magi; the gifts of the Jewish culture’s Festive of Lights; the African and African American Seasonal celebration of Kwanzaa — the first fruits of the harvest, and lastly, we will explore the unique celebrations and traditions that the Scandinavian countries bring to this Holiday Season. We hope you’ll join us for this special and meaningful program. Facilitated by Dennis Buttmer, M.Ed., CHC, RYT, and Dr. Jody D. Iodice, Ph.D. Call to register.
12/13; 12–2:30 p.m.

The Native American Traditions and Celebrations of Winter Solstice and the Holiday Season (Virtual)
For the Native American peoples, Winter Solstice begins December 21 or the 22 depending on the year. From the various tribes across the country to the Pueblo peoples of the Southwest celebrations to the ancestors, the Great Spirit, the bounty of the winter harvest, and the bond of family, extended family and the tribe occur over a period of days at the beginning of Winter Solstice. Join me to explore the rituals that the Native American peoples have incorporated
in the traditional holiday season while honoring their unique festivals and celebrations of the Winter Solstice. Facilitated by Dr. Jody D. Iodice, Ph.D. Call to register.
12/14; 12:30–2:30 p.m.

Mantras, Mudras, and Mindfulness To Manage Your Mood (Virtual)
Learn how to integrate the ancient practices of mantras (repeated words or sounds), mudras (hand positions), and mindfulness (present moment awareness) to transform your mood! Join Angela Buttimer, MS, CHC, RYT, LPC and Dennis Buttimer, M.Ed, RYT, CHC for a pleasant didactic and experiential workshop! Call to register.
12/18; 12–2:30 p.m.

Boosting Your Brain: Preventing Cognitive Decline and Memory (Virtual)
In this workshop, Dennis Buttimer, M.Ed, CHC, RYT will present research and current integrative strategies to sharpen your focus and improve your memory. Learn how to prevent cognitive decline and deepen your mental abilities! Call to register.
12/20, 12–2:30 p.m.

SUPPORT

Caregivers Connection (Virtual)
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.
11/13, 12/11; 10:30 a.m.–12 p.m.

Community for Guys Only (Virtual)
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.
11/13, 12/11; 6–8 p.m.

Community Coffee Chat (Virtual)
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.
11/1, 12/13; 10–11 a.m.

Couples Enrichment Support Group (Virtual)
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.
12/27, 12/18; 6–8 p.m.

Prostate Support Group (In person)
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.
11/16, 12/21; 6:30–8:30 p.m.

The Road We Share: Women Managing Cancer (Virtual)
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.
11/8, 11/22, 12/13, 12/27; 5–6:30 p.m.

Georgia Neuroendocrine Tumor Support (GANETS) (In person)
Our Atlanta group is here to support all patients and caregivers that are going through a Neuroendocrine Tumor/ Carcinoma diagnosis. The group has been in Atlanta for over 20 years and we continue to grow. We meet every other month on Saturdays at Piedmont West. We are here to listen and to guide you to the best care which includes seeing Neuroendocrine specialists. If you’d like to join us please contact Susan at 609.731.0322 or susan@netsmission.org.
12/2; 11 a.m.–1:30 p.m.

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

These are a few of my favorite things (In person)
Do you wonder how chefs make their food taste so good? Learn some of the easy tips, tricks, and kitchen tools that make healthy food taste great! Chef Nancy Waldeck and Dietitian Shayna Komar will share their “favorite kitchen secrets” to make food taste good and be great for your body. Call to register.
11/8; 11:30 a.m.–1:30 p.m.

Thanksgiving Blessings (In person)
Join Chef Hans Rueffert and Dietitian Shayna Komar as they help you create a lovely Thanksgiving spread with foods that will continue to support your overall wellness. Call to register.
11/15; 11:30a.m.–1:30 p.m.

Warm Winter Dishes (In person)
Join Chef Sue Snape and Dietitian Shayna Komar as they unpack many winter recipes to keep you warm this season. The demo will have multiple dishes that you can cook once and freeze so you have a healthy dish ready to go when you do not feel like cooking. Call to register.
12/6; 11:30 a.m.–1:30 p.m.

Healthy Indian Food (In person)
Chef Naina will wow you with her global roots and interesting cooking style. It is her passion to demystify the food of India, Persia and the Near East, making flavors more accessible to everyone. Dietitian Shayna Komar will share health benefits of each recipe and spice that Chef Naina cooks. Bring home the flavors of India and beyond in this demo! Call to register.
12/13; 11:30 a.m.–1:30 p.m.
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<th>Sunday</th>
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<td>September 1st</td>
<td>Community Coffee Chat, 10–11 a.m.</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>Who's Pushing Your Holiday Buttons, 12–2:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 2nd</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>September 3rd</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>September 4th</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>September 5th</td>
<td>The Crown Chakra, 12–2:30 p.m.</td>
<td>Illuminate! 10 a.m.–12 p.m.</td>
<td>Chair Fitness, 1–2 p.m.</td>
<td>Community for Guys, 6–8 p.m.</td>
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<td>September 6th</td>
<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>T'ai Chi Advanced Form, 1:30–2 p.m.</td>
<td>Gentle Yoga, 6–7:30 p.m.</td>
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<td>September 7th</td>
<td>Managing Stress Through the Holidays and Beyond 10 a.m.–12:30 p.m.</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>These are a Few of My Favorite Things Demo, 11:30 a.m.–1:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 8th</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>September 9th</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>September 10th</td>
<td>Writing for Recovery and Discovery, 10–11:30 a.m.</td>
<td>Centering Prayer, 10:30–12 p.m.</td>
<td>Dream Exploration, 1–3 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 11th</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 12th</td>
<td>The Crown Chakra, 12–2:30 p.m.</td>
<td>Illuminate! 10 a.m.–12 p.m.</td>
<td>Chair Fitness, 1–2 p.m.</td>
<td>Community for Guys, 6–8 p.m.</td>
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<td>September 13th</td>
<td>Caregivers Connection, 10:30 a.m.–12 p.m.</td>
<td>T'ai Chi To Let It Flow and Let It Go, 11 a.m.–1 p.m.</td>
<td>Mind and Medicine, 12–2:30 p.m.</td>
<td>Chair Fitness, 1–2 p.m.</td>
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<td>September 14th</td>
<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>Chair Yoga, 1–2:30 p.m.</td>
<td>T'ai Chi Advanced Form, 1:30–2 p.m.</td>
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<td>September 15th</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>Breathe In, Breathe Out, 10:30 a.m–2:30 p.m.</td>
<td>Thanksgiving Blessings Cooking Demo, 11:30 a.m.–1:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 16th</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>September 17th</td>
<td>Writing for Recovery and Discovery, 10–11:30 a.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 18th</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 19th</td>
<td>Chair Fitness, 1–2 p.m.</td>
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<td>September 20th</td>
<td>Gentle Yoga, 6–7:30 p.m.</td>
<td>Presentation: Joan Miró and Alexander Calder, 10–11:45 a.m.</td>
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<td>September 21st</td>
<td>PINK Exercise, 2–3 p.m.</td>
<td>The Road We Share: Women Managing Cancer, 5–6:30 p.m.</td>
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<td>September 22nd</td>
<td>Happy Thanksgiving!</td>
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<td>September 23rd</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 24th</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 25th</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 26th</td>
<td>The Mystics Journey, 12–2:30 p.m.</td>
<td>Chair Fitness, 1–2 p.m.</td>
<td>Couples Enrichment, 6–8 p.m.</td>
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<td>September 27th</td>
<td>Mindfulness 101, 11 a.m.–12:30 p.m.</td>
<td>Art Journaling, 11 a.m.–1 p.m.</td>
<td>T'ai Chi and Qi Gong, 12–1:30 p.m.</td>
<td>Chair Yoga, 1–2:30 p.m.</td>
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<td>September 28th</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>The Powerful Immunoenhancing Effect, 12–2:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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<td>September 29th</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>September 30th</td>
<td>Dance Cardio, 10–11 a.m.</td>
<td>Mindfulness 201, 11 a.m.–12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m.</td>
<td>Restorative Yoga, 11:30 a.m.–12:30 p.m.</td>
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<td>Centering Prayer, 10:30 a.m.–12 p.m.</td>
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<td>Dream Exploration: Dreaming of the Past 10:30 a.m.–12:30 p.m.</td>
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<td>PINK Exercise, 2–3 p.m.</td>
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<td>Qi Gong for Positive Posturing, Moving Into Joy! 11 a.m.–1 p.m.</td>
<td>Blessings Abound, 12–2:30 p.m.</td>
<td>Chair Fitness, 1–2 p.m.</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>Warm Winter Dishes Demo, 11:30–1:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
<td>Writing for Recovery and Discovery, 10–11:30 a.m.</td>
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<td>Caregivers Support, 10:30 a.m.–12 p.m.</td>
<td>Chakra 101, 12–2:30 p.m.</td>
<td>Chair Fitness, 1–2 p.m.</td>
<td>Community Coffee Chat, 10–11 a.m.</td>
<td>Power Qi Gong, 10:30–11:30 a.m.</td>
<td>Healthy Indian Food Demo, 11:30 a.m.—1:30 p.m.</td>
<td>Writing for Recovery and Discovery, 10–11:30 a.m.</td>
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<td>Mantras, Mudras and Mindfulness, 12–2:30 p.m.</td>
<td>Chair Fitness, 1–2 p.m.</td>
<td>Couples Enrichment, 6–8 p.m.</td>
<td>Mindfulness 101, 11 a.m.—12:30 p.m.</td>
<td>Boosting Your Brain: Preventing Cognitive Decline, 12–2:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
<td>Happy Holidays!</td>
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<td>Mindfulness 101, 11 a.m.—12:30 p.m.</td>
<td>Chair Yoga, 1–2:30 p.m.</td>
<td>Gentle Yoga, 6–7:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
<td>The Road We Share: Women Managing Cancer, 5–6:30 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
<td>PINK Exercise, 2–3 p.m.</td>
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Thursday, February 29, 2024

All proceeds support the Thomas F. Chapman Family Cancer Wellness Center at Piedmont Atlanta

To learn more about sponsorship opportunities, Cancer Wellness and Angels on Earth, or to make a gift, please visit: give.piedmont.org/angels

Cancer Wellness at Piedmont Locations

Piedmont Atlanta Hospital
1800 Howell Mill Road
Suite 700
Atlanta, Georgia 30318
404.425.7944

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

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 give.piedmont.org or call 404.605.2130.

Recognizing annual contributors to oncology programming at Piedmont Healthcare from October 1, 2022 to September 30, 2023. We have made every attempt to accurately reflect annual giving levels as well as listing preferences. If you have any question or notice a discrepancy, please contact Jeanine Osborne, Donor Relations Officer, at 404.605.2772 or jeanine.osborne@piedmont.org