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.
**CREATIVITY**

**DREAM EXPLORATION**
If you have had a dream which puzzles or fascinates you, join us to explore inner space! The sleeping mind communicates in metaphors and visual symbols. The group welcomes anyone with a desire to know more. Simple art-making promotes remembrance and produces relaxation. No experience necessary, lunch is provided and registration is required. Facilitated by Gayle Torres, ATR-BC. 3/12, 4/16

**HAÏKU AND WATERCOLOR**
The ways that we experience the natural world can be broadened and made more sensitive. Learn about the Japanese haïku, borne of the desire to be closer to nature. Practice the form and paint a simple watercolor. All are welcome, no experience is needed. Registration is required. Facilitated by Gayle Torres, ATR-BC. 4/15

**HANDICRAFTS CIRCLE**
Activities such as quilting, weaving and felting may be more decorative than utilitarian but they are still practiced today. There will be a round-table discussion focusing on the legacies of these learned traditions. Though no formal instruction will be presented, you are invited to bring your current project or to use our art materials and plan one. Lunch is provided and registration is required. Facilitated by Gayle Torres, ATR-BC. 3/4

**SOULCOLLAGE**
SoulCollage is a method of self-discovery, accessing your intuition by creating collaged cards. Two-dimensional images from sources such as photographs and magazines are chosen and combined to create something that gives a voice your inner self. SoulCollage shows how we can appreciate our many assets. No experience necessary, lunch is provided and registration is required. Facilitated by Gayle Torres, ATR-BC. 3/26, 4/30

**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. 3/6, 3/27, 4/10, 4/24

**ZENTANGLE**
Zentangle is a method of creating beautiful images from repetitive patterns using paper and ink. The patterns are called “tangles.” These tangles are formed using lines, dots and geometric shapes. Zentangles can become a form of artistic meditation. Making Zentangles may relieve stress and improve eye-hand coordination. No experience necessary. Facilitated by Gayle Torres, ATR-BC. 4/1

**KNOWLEDGE**

**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 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. Chef George Skaroulis will explore blessings in the kitchen and serve a healthy, delicious meal. 4/1

**BUILDING RESOURCEFULNESS IN STRESSFUL TIMES**
The cancer journey, unexpected life events, and the stress of modern life present challenges to utilize proven bounce back strategies. In this workshop, Dennis Rueffert will provide both a brief talk on resourcefulness and a delicious dinner. 3/5

**CELTIC WISDOM, SCOTS-IRISH FEAST**
There are seven areas in Northern and Western Europe whose Celtic Languages and cultural traditions have survived, including Ireland. This culture provided a fertile ground for the emergence of storytelling, literature, wit, love of beauty and music for which Ireland, Scotland and the other Celtic nations are so famous. Experience some of the richness of Celtic history and ideas and how they can apply to your own immune-enhancing journey. Enjoy a healthy, contemporary (and delicious) Celtic feast in an atmosphere of music, laughter, pictures, poetry and stories. Facilitated by Dennis Buttmer, M.Ed., CHC, RYT. Chef Beci Falkenberg will provide a healthy Celtic meal. Call to register. 3/14

**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.

**DE-CLUTTER YOUR LIFE: OUT WITH THE OLD, IN WITH THE NEW**
Spring is almost here! It is the traditional time of year to reflect, renew, and step into fresh energy. What in your life needs de-cluttering? Spaces, relationships, old ways of thinking, doing, or being? Join Angela Buttmer, MS, LPC as she teaches you strategies on de-cluttering your life, so that you may enjoy more peace, freedom, and joy. Chef Nancy Waldeck will show you how to throw open your cabinets and see what to toss and innovative ways to use what’s left in the pantry, and she’ll be serving a delicious feast! Call to register. 3/13
CELEBRATING THE NATIVE AMERICAN SPRING EQUINOX

“Spring – the time of renewal to recover from the chills of winter to strengthen and care for our tribe. We greet the arrival of the fertility of Kokopelli with his flute to our land, to our crops, to our people, and to our young Brave and Skaw...this time is for our children to enjoy the pleasanthries of Spring to run and play...” – Chief Bear Claw of the Navaho Nation of Utah

For centuries, the Native American peoples have marked the Spring Equinox as a time of celebrating the dawning of the warmth of springtime. It is the time to plant and harvest crops and for all of the tribe to celebrate the fertility of Mother Earth and enjoy the bountiful experience the joys of Spring bring through renewal of body and spirit. It is importantly a time to welcome dancing Kokopelli playing his flute as he brings fertility on to the reservation. The tribe shows appreciation to Mother Earth and Brother Sun for the emergence of Spring time and the all the gifts of Spring. Please join me in this workshop as we explore ways for you to celebrate the emergence of Spring in your own life; find renewed “fertility” in your own life; and celebrate Mother Earth as she shows you the arrival of Spring time each day during this colorful time of year.

Lunch will be served promptly at noon. Facilitated by Dr. Jody D. Iodice, Ph.D. Call to register. 4/23

GET GROUNDING AND CELEBRATE EARTH DAY: WELLNESS MIND, BODY, HEART & SPIRIT

Join Angela Buttmer, MS, LPC as she guides you through dialogue, reflection and activities to honor the earth and help ground your energy when you're feeling anxious or scattered. Chef Hans will provide a healthy and delicious meal that represents eating close to the earth, greatly benefitting your health and well-being. Call to register. 4/22

HUMOR THERAPY: HELPING YOUR MIND BODY WITH LAUGHTER

Join Dennis Buttmer for a workshop of fun, laughs, and light-heartedness! Enjoy comedy and amusing laughter yoga experiences. Laughter has been shown to boost the immune system, improve circulation, lubricate joints, increase serotonin and more. Chef George Skaroulis will provide a yummy dinner to further increase your good feelings. Call to register. 4/13

LIVING WELL THROUGH INTEGRATIVE MEDICINE

Join us to learn about the most recent research on neurobiology, applied psycho-neuro-immunology and wellness. We will discuss the implications around staying well with a cancer diagnosis, review the latest research as well as practice the modalities of healing experientially that the research indicates as beneficial to your optimal health. Dress in comfortable clothing. Facilitated by Dennis Buttmer, MEd, RYT and Angela Buttmer, RYT, LPC. A healthy meal will be served. Call to register. 3/9

MBTI: WHAT’S YOUR TYPE?

The Myers-Briggs Type Indicator (MBTI) is a test that offers feedback on your approach to life: how you gain energy, how you process information, How you make decisions, and your general style. Join Angela Buttmer, MS, RYT, LPC and Dennis Buttmer M.Ed, RYT, CHC for an informative workshop on how to utilize the information to improve your health and relationships. Take the short version of the test at http://www.humanmetrics.com/personality/type Bring your 4-letter code and numbers to the workshop. A healthy meal will be included and registration is required. 4/6

MINDFUL MOJO: RELEASING ATTACHMENT, REDUCING SUFFERING

Join Angela Buttmer, MS, CHC, LPC to get your Mindful Mojo on! Find ways to be release attachment and reduce suffering, yours and others, so you can focus on feeling and being your best! Chef George Skaroulis will serve a healthful, delicious feast. Call to register. 3/18

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

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. A healthy meal will be served. Call to register. 3/30

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 5/10

SHINRIN-YOKU: FOREST BATHING AND MINDFUL HIKE

The Japanese practice of shinrin yoku, or Forest Bathing, is proven to reduce stress hormone production, improve feelings of happiness and free up creativity, lower heart rate and blood pressure, boost the immune system and accelerate recovery from illness. Join Mindfulness expert Dennis Buttmer, M.ED, RYT, CHC for a mindful hike at a local forest. Dress casually and layered. This will be an easy hike and the majority of the experience will be held in silence. Chef Hans Rueffert will provide a delicious picnic lunch. A limited number of participants will be able to register. Call to register. 4/27

SPRING FORWARD: GET UNSTUCK AND OUT OF RUTS

Staying in your comfort zone can be holding you back from living the life you desire for yourself. Join Angela Buttmer, MS, LPC as she guides you through dialogue, reflective exercises, and tools you can apply to get unstuck and out of any ruts you may be in. Learn how to bring fresh, new energy to your life and patterns and move ahead confidently towards your goals and dreams. Chef Beci Falkenberg will show you how to move forward with plant-forward cooking tips and serve a delicious, healthy meal. Call to register. 3/20
TAPING (EFT) AND SPRING TAPAS
Emotional Freedom Technique (aka Tapping) has been shown to reduce stress, eliminate limiting beliefs, help with negative physical, mental and emotional symptoms and more! Join Angela Buttmer, MS, LPC as she guides you through tapping tools to feel you best! Chef Nancy Waldeck will serve a healthy, delicious feast. Call to register. 4/17

WALGREENS FEEL MORE LIKE YOU BEAUTY SESSIONS
All About Brows - Have you had questions about brows? Well here’s the session for you! Our Walgreens Beauty Consultants will discuss and demo ways to fill, define and shape your brows. Call to register. 3/18
Ask your Walgreens Team - During this panel discussion your Walgreens Beauty Consultants and Pharmacists will chat with you about any beauty and pharmacy questions that you have and BCs will offer demonstrations of some quick 5 minute makeup looks. Call to register. 4/15

.......................... Movement..........................

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. To register, call 404.605.1966. Sundays, Tuesdays, Fridays

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 Buttmer, MEd, RYT, CHC. A healthy meal be included. Registration is required. 3/10, 3/31, 4/14, 4/28

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. Tuesdays, Thursdays

PINK WELLFIT
PINK WellFit is a safe, customized exercise class designed for women who have received treatment for breast cancer. Participants must be under the care of an oncologist. *This class is held at the Piedmont Atlanta Fitness Center. To register, call 404.605.1966. Wednesdays

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. 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. Tuesdays, Thursdays

T’AI CHI AND QI GONG: TIME FOR A CHANGE
T’ai Chi and Qi Gong sets help to adjust to the upcoming time change and shake off the winter blues are offered for your revitalization! Easy, yet powerful, moves based on the steady, sure, and clear energy of animals emerging from their winter habitats, with stretching, deep breathing, focus and attention, these sets are designed to open and “awaken” the energy. This set includes movements suitable for seated or standing work. This is a new chance to move forward with a goal to reinvigorate! Taught by Cate Morrill, CTCQI, CHC, and her assistant. Registration ends February 27. A healthy lunch will be provided at noon. Call to register. 3/2

T’AI CHI ORIGINAL POSTURES FOR ENERGY FLOW
This is an introduction to the “13 Forms” set which encourages long, slow, even breathing, while giving muscles, bones, and the spirit a gentle experience. The connection of these basic movements of T’ai Chi creates an easy to learn, flowing set that can be performed in a small space by beginners or advanced students. These are the basic postures and associated concepts from which all standard T’ai Chi movements were created. Engaging the mind, body, and spirit to help build energy and health, this set is a favorite for a short, purposeful, and effective practice. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Registration ends March 19. Call to register. A healthy lunch will be provided at noon. 3/23

T’AI CHI ORIGINAL POSTURES AND THE T’AI CHI 24 MOVEMENT SET
With a warm-up set including stretching, breathing, and joy, this class will apply the original basic postures of T’ai Chi to the standard T’ai Chi 24 Form, the form most widely used across the U. S. and the form taught here at CCWP in our regular classes. Using the concepts and basic structure of these easy to understand 13 movements, we will see how the postures have built the 24 set, and how they can help generate energy flow for the student. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Registration ends April 2. Call to register. A healthy lunch will be provided at noon. 4/6

T’AI CHI ORIGINAL POSTURES APPLICATIONS
This workshop will deepen practice for the more experienced T’ai Chi student, though beginners would also benefit. These are the 13 basic postures and associated concepts from which standard T’ai Chi movements were created. The applications and use of these postures in the 24 set will be deeply explored and practiced with emphasis on structure and application. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Call to register. Lunch provided at 1:15 p.m. 4/14
T’ai Chi and Qi Gong for opening up your body, mind, and spirit to these brighter, longer days can help you lift your energy! Gentle, yet powerful stretches and moves to help you breathe deeply and get ready for more activity are combined in a simple set. We will focus inward to prepare to express outward, with movements from small to large and back again, but always at your own level. The Jade Phoenix and the Golden Dragon await you! Standing or seated, this work is designed to reinvigorate!. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Registration ends April 16. Call to register. A healthy lunch will be provided at noon. 4/20

..............................Peace..............................

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. 

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. 

Tuesdays

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.

OPENING AND BALANCING THE HEART CHAKRA: IGNITING OPPORTUNITIES FOR MORE LOVE, FORGIVENESS, AND COMPASSION FOR SELF AND OTHERS
We invite you to explore the physical, psychological and spiritual lessons of the Heart Chakra through didactic experiences, self-reflection, writing, and dialogue. We will balance and energize the “Chi” energy of the Heart Chakra through practices of gentle yoga, meditation, breathwork, chanting and metta practice (loving-kindness practice). Join us for this empowering and warm experience to open your Heart to more opportunities of love, joy, inspiration, and compassion. Please wear comfortable clothing as we will be on yoga mats for this program. Lunch will be served promptly at 12:00 p.m. in the Café. Facilitated by: Angela Buttimer, RYT, LPC and Dr. Jody Iodice, Ph.D. Call to register. 3/16

OPENING AND BALANCING THE THROAT CHAKRA: FINDING YOUR VOICE AND SPEAKING WITH PURPOSE AND CLARITY
We invite you to explore paths to open, clear and balance the throat chakra. We will examine and reflect on the psychological, emotional, physical and spiritual implications of the throat chakra through writing and dialogue. We will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the “Chi” energy of the Throat chakra. Join us for this enlightening opportunity to experience and empower yourself and take responsibility for your personal needs through finding your voice and speaking your truths with clarity and purpose. Please wear comfortable clothing as we will be on yoga mats for this program. Lunch provided promptly at 12:00 p.m. Facilitated by: Angela Buttimer, CHC, RYT, LPC and Dr. Jody Iodice, Ph.D. Registration is required. 4/13

TOLTEC SACRED TRADITIONS: WRITING A NEW BOOK OF LAW
We invite you in this workshop to be guided by the ancient sacred truths of Toltec wisdom in order to write your NEW BOOK of LAW. This workshop will be a wonderful way to launch the NEW YEAR if you’ve been a little slow on writing your NEW YEAR’S goals and resolutions. We will assist you discover and learn how to write your own unique BOOK OF LAW and begin to live by your authentic and true self rather than living from generations of the ancestral “chain of training” and “domestication” of ancestral agreements you have unknowingly contracted with that may have been governing your life up to this point! Isn’t time to free yourself and discover your NEW BOOK OF LAW? Come join us to explore how to unleash yourself and find the freedom to “transform” your life and live your “new dream” today through your own NEW BOOK OF LAW. Based on the work of New York Times Best Seller don Miguel Ruiz, it is not necessary to have attended any of the Toltec Workshops in order to attend this workshop; however, we do encourage you to read the Four Agreements and Fifth Agreement by don Miguel Ruiz. These books are short reads but profoundly life changing and life enhancing. Lunch served promptly at 12:00 p.m. Facilitated by Dennis Buttimer, M.Ed., RYT and Dr. Jody Iodice, Ph.D. Registration is required. 3/20

THE MASTERY OF LOVE: A PRACTICAL GUIDE TO THE ART OF RELATIONSHIP
“Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy, and that happiness is the result of your love, this becomes the greatest mystery of the Toltec – the Art of Relationship”. – Don Miguel Ruiz

In exploring the work of don Miguel Ruiz, we will find how our fear-based belief systems and assumptions have led us to the “suffering and drama” in our relationships. We will examine Ruiz’s ideas of “domestication” and our “image of perfection” that has lead us to “self-rejection”, which sabotages our relationships; how “the war of control” destroys relationships; how we “hunt for love”
in others and by doing so, we suffocate others who are in relationship with us; and most importantly, we will discover how we “capture the love in ourselves”, thereby leading to successful relationships. Finally, Ruiz tells us how to accept and forgive ourselves and others leading to restore our spirit of playfulness that is vital to loving relationships. Lunch will be served promptly at 12:00 pm. Facilitated by Dennis Buttimer, CHC, MED, RYT and Dr. Jody D. Iodice, Ph.D. Registration is required. 4/17

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 Buttimer, M.Ed, CHC, RYT. Registration is required. 3/23

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 and Mary Lynn Hemphill, LCSW. Registration is required. Second and Fourth Wednesdays

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 Buttimer, M.Ed, CHC, RYT. A delicious dinner will be provided by Chef Hans Rueffert on 3/9 and Chef George Skaroulis on 4/6. Call to register. 3/9, 4/6

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

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.

 buford farmer’s market tour
Join Shayna Komar, RD and Chef Nancy Waldeck as they tour you around Buford Farmer’s Market. It is an international grocery store with many exciting foods. After the tour, Chef Nancy will prepare a healthy lunch at the market with many of the items from the tour. Wear comfortable shoes and bring a jacket. Please meet inside the store in the produce area. Address: 5600 Buford Hwy NE, Doraville, GA 30340. Space is limited, please register. 4/1

Burger Madness
Everyone talks about a good burger but how do you make them taste good and be healthy? Back by popular demand, Chef Nancy Waldeck and Dietitian Shayna Komar will unpack homemade meatless burgers and side dishes that will make your mouth water. Space is limited and registration is required. 4/29

Come Taste the Authentic!
Join owner Suzanne Davidson and Dietitian Shayna Komar at Oli+Ve boutique for a fun, interactive, and educational evening of tasting! They specialize in the highest Quality EVOO (Extra Virgin Olive Oil), flavored olive oils and aged Balsamics. Please meet at the boutique. Light appetizers will be served. Address: 1003 Canton Street, Roswell, GA 30075. Space is limited and registration is required. 4/23

Fresh Food and New Ideas
Are you getting bored with your same old food choices? Join Chef Sue Snape and Dietitian Shayna Komar as they inspire you with healthy eating tips and brand new recipes for 2020. Space is limited and registration is required. 3/25

Spring into Spring
Join Chef Mitchell Anderson, owner and chef of Metro Fresh, as he and Shayna Komar, RD LD inspire you with new spring food ideas. The beautiful flavors will abound as Chef Mitchell shows you how to use in season produce in many different dishes. Registration is required. Space is limited. 3/11
Atlanta Survivorship Wellness Classes
A series for those on the post-treatment journey

The goal of this program is to provide education and useful resources that you take advantage of during the first year after completing treatment. These classes meet on Wednesdays from 5:30 to 7:30 p.m. with dinner at 5:30 and class from 6 to 7:30 p.m. There are eight Survivorship Wellness classes. This series will be held on a continuous basis throughout the year.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>3/11</td>
<td>Coping with Side Effects</td>
<td>Many cancer survivors find that some side effects can linger even after treatment. Join Mary Lynn Hemphill, LCSW, for a discussion of the latest research on common post-treatment side effects including pain, fatigue, “chemo brain,” and more.</td>
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<tr>
<td>3/18</td>
<td>Nutrition</td>
<td>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.</td>
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<tr>
<td>3/25</td>
<td>Sexuality</td>
<td>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.</td>
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<tr>
<td>4/1</td>
<td>Emotional Functioning and Fear of Recurrence</td>
<td>You’ve finished your cancer treatment; now what? Come hear from Mary Lynn Hemphill, LCSW, as she discusses the emotional side of cancer survivorship, including how to manage uncertainty and adjust to life post-cancer.</td>
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<tr>
<td>4/8</td>
<td>Exercise</td>
<td>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.</td>
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<td>4/15</td>
<td>Stress Management</td>
<td>In this program, Angela Buttmer, 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.</td>
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<td>4/22</td>
<td>Stress Management II</td>
<td>In this program, Dennis Buttmer, 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.</td>
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<tr>
<td>4/29</td>
<td>Spirituality</td>
<td>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.</td>
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</tbody>
</table>
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.

Thank you to our donors!

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Dr. and Mrs. Frank N. Cole
Dr. Maria Teresa Coleman and Mr. Bill Coleman
Mr. and Mrs. Ralph W. Connell
Mr. and Mrs. Harry A. Cook, Jr.
Dr. and Mrs. William Davis Jr.
Dillard’s Ashley Park
Mr. Floyd M. Dukes
Mr. and Mrs. Jeremy A. Ellis
Georgia Power Company, Metro South Region
Georgia Power Foundation, Inc.
Ms. Brenda M. Goin
Mr. Mark Gray
Heritage Bank
Howell Rusk Dodson
Mr. and Mrs. Thomas M. Hughes, Jr.
J. P. Morgan
Mr. and Mrs. Boland T. Jones
Jonesboro Pediatrics Clinic
Mr. and Mrs. Robert L. Lenox
MetroPower, Inc.
Pace Lynch Realty
Ms. Rebekka Kuntschik and Mr. Yong Pak
Mr. Michael J. Pelt
Penco Restoration LLC
Diana A. Santiago, MD
Smith Seckman Reid, Inc.
Southern Refreshment Services
Southside Cycling Club
Structor Group, Inc.
Susan G. Komen Greater Atlanta
Marie and Steve Swope
The Tree Foundation
Mr. and Mrs. Philip Trickey
Mrs. and Mr. Elizabeth D. Wickland
Mr. and Mrs. William A. Wood
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<th>Sunday</th>
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<td>1</td>
<td>Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
<td>2: T'ai Chi and Qi Gong: Time for a Change, 10:30 a.m. to 1:30 p.m.</td>
<td>3: Mindfulness 101, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi and Qi Gong, Noon to 1:15 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.*&lt;br&gt;Gentle Yoga, 6 to 7:30 p.m.</td>
<td>4: Handicrafts Circle, 10 a.m. to 1 p.m.&lt;br&gt;PINK Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em>&lt;br&gt;PINK Support, 3 to 4 p.m.*</td>
<td>5: T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.&lt;br&gt;Mindfulness 201, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.&lt;br&gt;Gentle Yoga, 1 to 2:30 p.m.&lt;br&gt;Building Resourcefulness, 6 to 8:45 p.m.</td>
<td>6: Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
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<td>8</td>
<td>Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
<td>9: Living Well Through Integrative Medicine, Noon to 3 p.m.&lt;br&gt;Dinner and Community for Guys Only, 6 to 8 p.m.</td>
<td>10: Chair Yoga, 10 a.m. to noon&lt;br&gt;Mindfulness 101, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi and Qi Gong, Noon to 1:15 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.*&lt;br&gt;Gentle Yoga, 6 to 7:30 p.m.</td>
<td>11: Spring Into Spring, 10:30 a.m. to 1:30 p.m.&lt;br&gt;PINK Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em>&lt;br&gt;PINK Support, 3 to 4 p.m.*&lt;br&gt;Coping with Depression and Anxiety, 4 to 5:30 p.m.&lt;br&gt;Survivorship: Coping with Side Effects, 5:30 to 7:30 p.m.</td>
<td>12: Dream Exploration, 10 a.m. to 1 p.m.&lt;br&gt;T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.&lt;br&gt;Mindfulness 201, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.&lt;br&gt;Gentle Yoga, 1 to 2:30 p.m.</td>
<td>13: Declutter Your Life, 10:30 a.m. to 1:30 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
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<td>15</td>
<td>Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
<td>16: Opening and Balancing the Heart Chakra, Noon to 3 p.m.</td>
<td>17: Mindfulness 101, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi and Qi Gong, Noon to 1:15 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.*&lt;br&gt;Gentle Yoga, 6 to 7:30 p.m.</td>
<td>18: PINK Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;Walgreens Feel More Like You: Brows, 1 to 3 p.m.&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em>&lt;br&gt;PINK Support, 3 to 4 p.m.*&lt;br&gt;Mindful Mojo, 6 to 8:45 p.m.&lt;br&gt;Survivorship: Nutrition, 5:30 to 7:30 p.m.</td>
<td>19: T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.&lt;br&gt;Mindfulness 201, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.&lt;br&gt;Gentle Yoga, 1 to 2:30 p.m.&lt;br&gt;Prostate Support Group, 6:30 to 8:30 p.m.</td>
<td>20: Spring Forward, 10:30 a.m. to 1:30 p.m.&lt;br&gt;Toltec Sacred Traditions: Writing a New Book of Law, Noon to 3 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
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<td>22</td>
<td>Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
<td>23: T'ai Chi Original Postures: Energy Flow, 10:30 a.m. to 1:30 p.m.&lt;br&gt;Caregivers Connection, 6 to 8 p.m.</td>
<td>24: Mindfulness 101, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi and Qi Gong, Noon to 1:15 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.*&lt;br&gt;Gentle Yoga, 6 to 7:30 p.m.</td>
<td>25: Fresh Food and New Ideas, 10:30 a.m. to 1:30 p.m.&lt;br&gt;PINK Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em>&lt;br&gt;PINK Support, 3 to 4 p.m.*&lt;br&gt;Coping with Depression and Anxiety, 4 to 5:30 p.m.&lt;br&gt;Survivorship: Sexuality, 5:30 to 7:30 p.m.</td>
<td>26: Soul Collage, 10 a.m. to 1 p.m.&lt;br&gt;T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.&lt;br&gt;Mindfulness 201, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.&lt;br&gt;Gentle Yoga, 1 to 2:30 p.m.</td>
<td>27: Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
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<td>29</td>
<td>Cancer Wellfit™, 1 to 2 p.m.<em>&lt;br&gt;PINK Exercise, 2 to 3 p.m.</em></td>
<td>30: Mystic’s Journey, Noon to 3 p.m.</td>
<td>31: Chair Yoga, 10 a.m. to noon&lt;br&gt;Mindfulness 101, 11 a.m. to 12:30 p.m.&lt;br&gt;T'ai Chi and Qi Gong, Noon to 1:15 p.m.&lt;br&gt;Cancer Wellfit™, 1 to 2 p.m.*&lt;br&gt;Gentle Yoga, 6 to 7:30 p.m.</td>
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* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.
**THOMAS E CHAPMAN FAMILY cancer wellness**

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<th>Sunday</th>
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<td><strong>1</strong></td>
<td>Zentangle, 10 a.m. to noon Buford Farmers Market, 10 a.m. to 12:30 p.m. Blessings, Noon to 3 p.m. PINK Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Survivorship: Emotional Functioning, 5:30 to 7:30 p.m.</td>
<td><strong>2</strong></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><strong>3</strong></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
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<td><strong>5</strong></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td><strong>6</strong></td>
<td>T’ai Chi Original Postures: 24 Movement Set, 10:30 a.m. to 12:30 p.m. MBTI, Noon to 3 p.m. Dinner and Community for Guys Only, 6 to 8 p.m.</td>
<td><strong>7</strong></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>
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<td><strong>10</strong></td>
<td>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>
<td><strong>11</strong></td>
<td>Tapping (EFT) and Spring Equinox, Noon to 3 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td><strong>12</strong></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td><strong>13</strong></td>
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<td><strong>14</strong></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, 1:15 to 3 p.m. Cancer Wellfit™, 1 to 2 p.m.* T’ai Chi Original Postures: Applications, 10:30 a.m. to 1:30 p.m. Gentle Yoga, 6 to 7:30 p.m.</td>
<td><strong>15</strong></td>
<td>Haiku and Watercolor, 10 a.m. to noon PINK Wellfit™, 1 to 2 p.m.* Walgreens Feel More Like You: Q&amp;A, 1 to 3 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><strong>16</strong></td>
<td>Dream Exploration, 10 a.m. to 1 p.m. 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. Prostate Support Group, 6:30 to 8:30 p.m.</td>
<td><strong>17</strong></td>
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<td><strong>19</strong></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td><strong>20</strong></td>
<td>T’ai Chi and Qi Gong for Enjoying Springtime, 10:30 a.m. to 1:30 p.m.</td>
<td><strong>21</strong></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>
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<td><strong>26</strong></td>
<td>Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*</td>
<td><strong>27</strong></td>
<td>Shinrin-Yoku: Forest Bathing and Mindful Hike, 10:30 a.m. to 2:30 p.m.</td>
<td><strong>28</strong></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>
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