At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, free services and programs such as yoga, cooking demos, expressive art classes and counseling are also available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient.

Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. To view the class schedule for all of our locations, visit piedmont.org/cancerwellness.

For more information about programs and services provided by Thomas F. Chapman Family Cancer Wellness at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.

Call 404.425.7944 to schedule an appointment or register for a class.
For more information about programs and services, visit piedmont.org/cancerwellness.
To reserve your space for a class, call 404.425.7944 unless otherwise noted. Please register 48 hours in advance for cooking demos or classes where a meal is provided.

ART JOURNALING
“Art journaling is about having a visual conversation with yourself.” – Cathy Malchiodi

Art Journaling is a broad term which moves across boundaries. It incorporates myriad paths constructed from images and words. The journal is a place to play with ideas and perhaps consider emotions. Over time, it becomes a book is filled with small experiments, new configurations and self-care. Each session includes one new art technique, prompt or exercise designed to spark your imagination.

September: Tissue Painting as background or foreground
October: Gessoed journal painting

Art materials and journals are available. If you have begun your journal, please bring it with you. Previous experience is not required. Facilitated by Gayle Torres, ATR-BC. Lunch will be provided, call to register. 9/17, 10/22

DRAWING SERIES:
TAKING YOUR SKETCHBOOK FOR A WALK
Learning how to draw is a skill rather than a talent. This series explores ways to “see” as an artist by concentrating on edges and contours. Neuroscience is proving that drawing: improves eye/hand coordination, boosts learning and can greatly increase memory retention. Whether you have attended previous sessions or not, you may attend. Supplies are provided. Bring your sketchbook if you use one. Taking Your Journal for a Walk will involve drawing from observation within CWC. Future drawing groups may convene in outside locations. Facilitated by Gayle Torres, ATR-BC. Lunch will be provided, call to register. 9/5

DREAM GROUP
Dreaming has been a source of fascination, inner knowing and healing in every culture and age. Freud called the dream “the royal road to the unconscious.” This group will explore how recollection of dreams enriches our daily lives. As we begin our dream group, you are invited to bring a dream or even a piece of one, to explore and acknowledge. No experience is necessary. Each person is invited (not required) to share their dream though each will make a visual impression. Participants witnesses one another’s dream figures and settings though only the dreamer can analyzes its meaning. Tenets of the group workings will be explained. Facilitated by Gayle A. Torres, ATR-BC. Lunch will be provided, call to register. 9/12, 10/25

SOULCOLLAGE
SoulCollage is a method of self-discovery, accessing your intuition by creating collaged cards. Two-dimensional images from sources such as photographs, magazines, old art are chosen and combined to create a beautiful card that gives a voice your inner self. A satisfying, often surprising, experience requires no previous experience. SoulCollage shows how we can appreciate our many assets. Facilitated by Gayle Torres, ATR-BC. Lunch will be provided, call to register. 10/31

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. 9/13, 10/4, 10/18

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.

EXCELLING IN EMOTIONAL INTELLIGENCE
Emotional Intelligence (EI) and emotional courage/emotional fitness is a 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. Chef Nancy Waldeck will deliver a nutritious and delicious feast to feed your EI! Call to register. 9/5

MIND AND MEDICINE
Join Dennis Buttmer, M.Ed., RYT, CHC and Angela Buttmer, LPC, RYT, CHC 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. A healthy meal will be served. Call to register. 10/21
THE MULTI-FACETED QUALITY OF HUMILITY
Join facilitator Angela Buttimer, MS, LPC as she guides you through didactic and experiential exercises to explore the concept of humility as well as how, when, and where to apply. And how, when, and where NOT to. Chef Beci Falkenberg will prepare a feast to be remembered complete with humble pie and forgiving recipes. 10/11

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. 9/16

OUR EMOTIONS, WORDS, THOUGHTS, BELIEFS, AND LAUGHTER MATTER TO THE BODY
“Our thoughts, feelings, and beliefs about our daily experiences of our lives signals our body neurologically and biochemically instructing and changing health. Healing has to do with a collective force of our beliefs and appropriated medical and psychological interventions. Perception and physicality are tightly braided in the body.” – Herbert Benson, MD.

In this workshop, we will explore the intriguing field of PNI – Psychoneuroimmunology – and its’ relationship to our health, wellness, or to our experience of illness. For the last 40 years, the research of PNI has explored the interrelationship of our every thought, feeling, and belief, sense of joy and laughter and the consequences of the whole of these energies on our body-wide system. PNI is so esteemed and valued now as a unique field of science to the contribution of our health and wellness, it is now taught in over 40 medical schools and Psychology departments across the country – the likes of Harvard, Yale, Emory, Stanford, William and Mary, Duke, and numerous others. Lunch will be served at noon. Facilitated by Dennis Buttimer, MEd, CHC, RYT, and Dr. Jody D. Iodice, Ph.D. Call to register. 10/24

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 10/27

BRAINIAC MANIACS: THE NEUROSCIENCE OF BETTER BRAIN FUNCTION
Learn how to improve the health of your brain. With aging, there can be decline in memory functions, learning ability, concentration levels, and sensory processing. Learn how to not only preserve these vital functions, but also to improve them. Enjoy learning how the skull brain works and its role in health. Practice fun exercises to boost its functioning and learn approaches to stabilize any negative issues. Facilitated by Dennis Buttimer, MEd, RYT, CHC. Chef Beci Falkenberg will prepare a healthy meal. Call to register. 10/28

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 Buttimer, MEd, RYT, CHC. A healthy meal be provided. Registration required. 9/10, 9/24, 10/15, 10/29

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 FOR AWAKENING IN AUTUMN
Wake up, open up, and s-t-r-e-t-c-h...and shake a little, too! Let’s fill your body with the fresh energy of autumn using moves designed to grow from small to large and back again, within your comfort zone, of course! Using breathing techniques as well, this set is for seated or standing, or moving between the two. “Breathe in Sweet Aroma” and fill up with joy and vigor! Taught by Cate Morrill, CTCQI, CHC and assistant. Call to register. 10/21

T’AI CHI AND QI GONG FOR NO FALLS THIS FALL!
September is National Falls Awareness Month, so let’s be aware! Movements and concepts selected to help create, regain, and improve balance and mobility. Stretches and warm-ups for the whole body, lead into focus on weight shifting and stepping moves to practice momentum control, balance techniques, and to help strengthen and create flexibility. These flowing and beautifully gentle moves, such as “Wind Blows the Willow Branch”, may be practiced seated or standing, with a chair available if desired to use as balance support. Set lists will be provided. Taught by Cate Morrill, CTCQI, CHC and assistant. Call to register. 9/9

THE BALANCE OF HEAVEN AND EARTH:
THE CROWN CHAKRA
When “Chi” is balanced in the Crown Chakra, we live in a profound state of Peacefulness, Love and Grace for ourselves, those around us, and the circumstances that affect our daily lives. In the midst of challenges, an open Crown Chakra allows us to experience peace in the chaos, joy in the sadness, and exhibit faith in spite of fear. In this workshop, we will offer an interpretation of the interrelationship of the physical, psychological, and emotional areas of the Crown Chakra, and through gentle yoga, silent reflection, and dialogue balance the Chi” of the Crown Chakra. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be provided promptly at 12:00 p.m. Facilitated by: Angela Buttimer, RYT, CHC, LPC and Dr. Jody Iodice, Ph.D. Registration Required. 10/18

BLESSINGS ABOUND:
EXPLORING LIFE’S BIG QUESTIONS
What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning?
Join Angela Buttimer, MS, RYT, LPC as we hear from modern-day experts from around the world on life’s big questions. We will enjoy guided dialogue, writing and reflection, as well as experiential exercises. Chef George Skaroulis will explore blessings in the kitchen and serve a healthy, delicious meal. Call to register. 10/25

CHAKRAS 101: THE LIFE LESSONS AND SACRED TRUTHS OF THE SEVEN CHAKRAS
This program will explore the ancient wisdom of the Chakra system as a means of physical, emotional and spiritual healing. Through didactic teachings and the practice of gentle yoga, chanting, and meditation, this experiential workshop will introduce you to the emotional, psychological, physical, and spiritual principles of each of the seven Chakras. Please wear comfortable clothing as we will be on yoga mats throughout the entire program. Upon attending four chakra programs, you will receive a wonderfully colorful and symbolic Chakra T-Shirt. Lunch provided promptly at 12:00 p.m. This workshop is facilitated by Angela Buttimer, LPC, RYT, CHC and Dr. Jody D. Iodice, Ph.D. Registration Required. 10/14

GAMES PEOPLE PLAY: HUMOR, IMPROV, AND FUN
Humor and play activities have been shown to be helpful in the healing process. Enjoy laughter exercises, improv scenes, and fun games. Dennis Buttimer, M.Ed., RYT, CHC will facilitate this workshop. Chef Nancy Waldeck will be serving a yummy, healthy meal. Call to register. 9/9

HAPPY TAILS
In this program, get ready to pet some canine “tails” and experience the unfretted and ever present experience of true “unconditional love and appreciation” through the dogs of Happy Tails. Happy Tails is nonprofit organization established in 1991 with a group of volunteers and their dogs providing animal-assisted activities (AAA) and structured visits of Animal Assisted Therapy (AAT). Countless canine research tells us that just by virtue of their presence in our lives,dogs provide a myriad of immune enhancing experiences by increasing all aspects of our immune system and endocrine system – that is – their presence alone in our life increases our joy, happiness, contentment, courage, and calm in all situations. Dogs are just good medicine! Lunch will be served at noon. Facilitated by Dr. Jody Iodice, Ph.D. Call to register. 10/18

MANTRAS, MUDRAS, AND MINDFULNESS TO MANAGE YOUR MOOD
Join Angela Buttimer, MS, RYT, CHC, LPC and Dennis Buttimer, M.Ed, RYT, CHC, owners of Atlanta Center for Mindfulness & Well-Being, to learn how to manage your mood during the holidays and beyond with ancient, proven practices. A healthy meal will be served. Call to register. 9/23

MINDFUL MOJO: COMPASSION & LOVING-KINDNESS
Join Angela Buttimer, MS, CHC, LPC to get your Mindful Mojo on! Your capacity for compassion and loving-kindness is vast! Learn to strengthen it towards yourself and others. Chef George Skaroulis will serve a healthful, delicious feast. Call to register. 9/18

MINDFULNESS 101/PRACTICE
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation, less anxiety and fewer depression symptoms. Facilitated by Angela Buttimer, LPC. Tuesdays (except 10/8)

MINDFULNESS 201
For those who have completed Mindfulness 101, deepen your practice and continue to enhance your overall quality of life. Facilitated by Angela Buttimer, LPC. Thursdays (except 9/26)
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.

RESILIENCE: BOUNCEBACK FROM SETBACKS!
Join Dennis Buttimer, M.Ed., RYT, CHC for a workshop on the momentous day of 9/11. Learn what characteristics allowed survivors to thrive beyond the horror and challenges of that day and how to become even more resilient. Chef George Skaroulis will provide a delicious and healthy, comfort meal. Call to register. 9/11

TOLTEC SACRED WISDOM: ENRICHING YOUR DAILY LIVING WITH THE FIRST AND SECOND AGREEMENTS: “BE IMPECCABLE WITH YOUR WORD” AND “DON’T TAKE THINGS PERSONALLY”
“Imagine living a whole new way of life – a life where you are free to be who you really are. You no longer rule your life according to what other people may think of about you.” – don Miguel Ruiz
Based on the New York Times bestseller, The Four Agreements and A Toltec Wisdom Book The Fifth Agreement by don Miguel Ruiz, in this workshop, we will examine more closely the Toltec Sacred wisdom of the first two agreements: the First Agreement: “Be Impeccable with Your Word” and the Second Agreement: “Don’t Take Things Personally” and how living these two agreements will enhance our daily life and the relationships around us. In this workshop, participants will engage in writing, dialogue, meditation, and experiential exercise. Lunch will be provided at noon. Facilitated by Dennis Buttimer, M.Ed, CHC, RYT, and Dr. Jody D. Iodice, Ph.D. Call to register. 10/11

TOLTEC SACRED WISDOM AND THE THREE MASTERIES: AWARENESS, TRANSFORMATION AND LOVE, INTENT AND FAITH
In this workshop, we explore the work of don Miguel Ruiz, The Four Agreements, and The Fifth Agreement and the richness of this ancient sacred wisdom. Embedded in the deepest of Toltec wisdom from thousands of years ago is something known as The Three Masteries of the Toltecs. In coming to understand, practice, and master these three masteries – the Mastery of Awareness, the Mastery of Transformation, and the Mastery of Love, Intent, and Faith, the the spiritual Masters of the Toltec traditions – the Nagels – instruct us by using The Three Masteries, we can be guided out of any type of suffering, disappointment, and confusion and return to our true nature, that of happiness, freedom and loving intent. Come join us as we uncover through the ancient wisdom of the Toltec Masters how to employ these Three Masteries. IMPORTANT: it is not necessary to have read the Four Agreements and/or the Fifth Agreement to attend this workshop, however, although both of these books are a “short” read, they are guide books that will change how you view yourself, the way you deal with others, and offer you a life of deeper awareness, transformation, love, intent, and faith. Lunch will be provided promptly at noon. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC and Dr. Jody Iodice, Ph.D. Call to register. 9/6

TRANSITIONS AND CHANGE
Join Dennis Buttimer, M.Ed., RYT, CHC for a workshop on coping with life transitions and unexpected change. Learn skills to effectively deal with the shifting sands of life more skillfully. Chef Beci Falkenberg will provide a delicious, grounding lunch. Call to register. 10/14

.............................. 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. 9/12

COPING WITH CANCER 101
Sponsored by Barber Breast Cancer Fund
Is there a correct way to cope with cancer? Is the sadness and worry I feel normal? How do I figure out what type of support I need? These questions and more will be answered in this support seminar for those newly diagnosed with cancer. Participants will learn about different styles of coping with cancer, acquire valuable coping skills, and learn how to access valuable support resources. This group is geared towards those diagnosed with cancer in the last three months and their loved ones. Group is repeated monthly; participants can attend one time. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. 9/18, 10/30

COPING WITH DEPRESSION AND ANXIETY
Are you struggling to cope with life with cancer? Are you looking to develop skills for managing sadness, isolation, worry, and stress? Are you interested in connecting with others impacted by cancer and its treatment? Join us for a new group focused on teaching practical tools for managing the ups and downs of life with cancer in a warm and supportive environment. Light dinner will be provided. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. Second and fourth Wednesdays
COUPLES ENRICHMENT SUPPORT GROUP
This group is for participants and their partners. The cancer journey can adversely affect a couple’s relationship and present challenges for growth. Join us for some enriching activities around communication, intimacy and support while connecting with other couples. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC. A healthy meal will be provided. Call to register. 10/24

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, RYT, CHC. Registration required. 9/16, 10/21

HALLOWEEN BALL & GALA
Join Angela Buttimer, MS, LPC and Chef Nancy Waldeck for an evening of festivity, feasting and fun! Wear a costume if you’d like or just come as you are. Enjoy and evening of community and celebration. A nutritious and delicious meal will be provided. Call to register. 10/28

MEANING-CENTERED THERAPY GROUP
It can be an ongoing struggle to stay connected to a sense of meaning and identity in the face of cancer. In this 8-session group geared towards those with stage 3 and stage 4 cancer, we will delve into various sources of meaning through discussion and writing exercises. Participants will explore how meaning can be achieved through our life stories, the attitude we take towards life’s challenges, the ways we contribute to the world around us, and how we take in the beauty of life. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. Group meeting time will be decided when enough participants have registered. Please call to find out more.

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

FEEL MORE LIKE YOU GROUP SESSIONS
When you are going through treatment for any type of cancer, the side effects can impact not only how you feel inside, but how you see yourself in the mirror. When you look more like yourself, it can boost your mood and confidence. Specially trained beauty consultants and pharmacists are available to offer guidance and support. Registration required.

Skin Care 9/11 • All Things Glam 10/9

Sustenance

NUTRITION COUNSELING
Shayna Komar, RD, LD provides nutrition counseling for cancer patients during and post treatment. She provides customized consults to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. Call for appointment.

INSANE RECIPES WITH THE INSTANT POT
Are you wondering if you should buy an instant pot to cook with at home? Well, this class will help you become a pro at understanding and using this kitchen appliance. Chef Nancy Waldeck and Dietitian Shayna Komar will collaborate for a fun and educational cooking demo. Space is limited and registration is required. 10/16

MACRONUTRIENTS 101
Macronutrients (also known as macros) are nutrients that the body uses in relatively large amounts daily. Join Chef Nancy Waldeck and Dietitian Shayna Komar as they unpack how to balance your macro intake in your daily food plan and what role each of these play on your path to wellness. Space is limited and registration is required. 9/4

MEDITERRANEAN CUISINE
When you think about Mediterranean food, your mind may go to the regions healthy, colorful foods. In this cooking demo, learn more about the research behind why this food is so good for you with Dietitian Shayna Komar. And learn how to cook the wonderful, mouth-watering cuisine with Chef George Skaroulis. Space is limited. Registration is required. 9/25

SOUPER JENNY FARM TOUR
Back by popular demand! Join Farmer Jeff at Souper Jenny Restaurants own organic garden and Dietitian Shayna Komar as they tour you through an organic garden that will make your mouth water. Learn the “ins and outs” of gardening in the fall and winter. Wear comfortable clothes and shoes. Please meet at Souper Jenny location: 1082 Huff Rd NW, Atlanta, GA 30318. Space is limited and registration is required. 10/9
# Atlanta Survivorship Wellness Classes

Introducing a new 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>9/11</td>
<td>Emotional Wellbeing and Managing Fear of Recurrence</td>
<td>Emma Stein, PhD</td>
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<tr>
<td>9/18</td>
<td>Managing Stress</td>
<td>Dennis Buttmer, MED, RYT, CHC</td>
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<td>9/25</td>
<td>Managing Side Effects</td>
<td>Emma Stein, PhD</td>
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<td>10/2</td>
<td>Nutrition</td>
<td>Shayna Komar, RD LD</td>
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<td>10/16</td>
<td>Wellness Goal Setting (The Wellness Wheel)</td>
<td>Angela Buttmer, LPC, RYT, CHC</td>
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<tr>
<td>10/23</td>
<td>Physical Exercise</td>
<td>Shayna Komar, RD LD</td>
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<td>10/30</td>
<td>Spirituality</td>
<td>Brady Radford, LPC and Emma Stein, PhD</td>
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<td>11/6</td>
<td>Sexual Wellness and Body Image</td>
<td>Dr. Lillian Schapiro</td>
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You've finished your cancer treatment; now what? Come hear from Dr. Emma Stein, clinical psychologist, as she discusses the emotional side of cancer survivorship, including how to manage uncertainty and adjust to life post-cancer.

Dennis Buttmer, M.Ed. RYT, CHC will discuss how to manage stress more effectively on the cancer journey. Learn physical and mental tools to reduce emotional hijacking in the brain in order to feel better and improve your well-being. These techniques and approaches are applicable to situational as well as long-term stress issues.

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

Now that your cancer treatment is finished, it is a good time to focus on eating healthy foods. There is strong evidence that achieving and maintaining a healthy weight, following a healthy diet, and staying physically active can improve your overall health and quality of life. Join Shayna Komar RD LD as she unpacks what a healthy food plan looks like for you.

In the Wellness Wheel session facilitated by Angela Buttmer, MS, RYT, CHC, LPC, we will explore the breadths and depths of health and well-being. Participants will leave with a plan and actionable strategies they can apply right away to make progress towards their wellness goals.

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

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.

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 surely make life better. Dr. Lillian Schapiro, a breast cancer survivor and gynecologist, will share simple, useful and inexpensive tips.

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**REGISTRATION IS REQUIRED.**

**CALL 404.425.7944**

1800 Howell Mill Road • Suite 700 • Atlanta, Georgia 30318
piedmont.org/cancerwellness
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](http://piedmont.org/champions) or call 404.605.2130.

**Thank you to our donors!**

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**Cancer Wellness at Piedmont Locations**

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

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

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

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

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

**PEACHTREE CHAMPIONS**
- Mrs. Adele D. Andrews
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- Mrs. Sarah B. Brown
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- Mr. and Mrs. James A. Carlos Andrew and Eula Carlos Foundation, Inc.
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- David R. Clare & Margaret C. Clare Foundation
- Coweta-Fayette EMC
- It’s the Journey, Inc.
- Jaspers Way Inc.
- Mr. and Mrs. Douglas F. Reid
- The Patty Hertz Reid Foundation, Inc. of the JFGA
- Mr. Caleb C. Ruffin
- Mr. and Mrs. Shouky Shaheen
- Mr. and Mrs. Herbert J. Short, Jr.
- Short Shootout Breast Cancer Fund
- The Woman’s Auxiliary of Piedmont Hospital
- Marguerite Dyar Veach Trust
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- Mr. and Mrs. Stephen M. Davis
- Deloitte Employee Giving Program
- John and Mary Franklin Foundation, Inc.
- Metro Atlanta Ambulance Service
- Mr. and Mrs. Clarence B. Stowe

**HEALTH AND WELLNESS CHAMPIONS**
- Anonymous
- Barber Breast Cancer Fund
- Mr. and Mrs. Walter K. Canipe
- Mr. and Mrs. John A. Carlos

**CANCER WELLNESS CHAMPIONS**
- DPR Hardin Construction
- Epic Charitable Fund
- Rebekah and Christopher Kern
- Mr. and Mrs. Sidney Kirschner
- Thomas H. Lanier Family Foundation
- Mr. and Mrs. Mark S. Marani
- Dr. Andrew Page
- Mrs. Mark P. Pentecost, Jr.
- Piedmont Cancer Institute, PC
- Mr. and Mrs. Brett M. Samsky
- Titan Electric Georgia LLC

**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

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

**Thank you to our donors!**

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**PEACHTREE CHAMPIONS**
- Mrs. Adele D. Andrews
- Dr. W. Perry Ballard III
- Mrs. Sarah B. Brown
- The John and Rosemary Brown Family Foundation
- Mr. and Mrs. James A. Carlos Andrew and Eula Carlos Foundation, Inc.
- Mr. and Mrs. Thomas F. Chapman
- David R. Clare & Margaret C. Clare Foundation
- Coweta-Fayette EMC
- It’s the Journey, Inc.
- Jaspers Way Inc.
- Mr. and Mrs. Douglas F. Reid
- The Patty Hertz Reid Foundation, Inc. of the JFGA
- Mr. Caleb C. Ruffin
- Mr. and Mrs. Shouky Shaheen
- Mr. and Mrs. Herbert J. Short, Jr.
- Short Shootout Breast Cancer Fund
- The Woman’s Auxiliary of Piedmont Hospital
- Marguerite Dyar Veach Trust
- Mr. Holland M. Ware and Ms. Faye Hendrix-Ware

**PIEDMONT CHAMPIONS**
- Cargill, Inc.
- Clothes Less Traveled Thrift Shop
- Ms. Helen A. Carlos and Mr. Ron Hillard
- Mr. and Mrs. Stephen M. Davis
- Deloitte Employee Giving Program
- John and Mary Franklin Foundation, Inc.
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<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</table>
| 1   | Cancer Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.* | 2 | Mindfulness 101, 11 a.m. to 12:30 p.m.
T’ai Chi and Qi Gong, Noon to 1:15 p.m.
Gentle Yoga, 6 to 7:30 p.m. | 4 | Macronutrients 101, 11:30 a.m. to 1:30 p.m.
PINK Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.*
PINK Support, 3 to 4 p.m.* | 5 | Drawing Series, 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.
Excelling in Emotional Intelligence, 10:30 a.m. to 1:30 p.m.
Gentle Yoga, 1 to 2:30 p.m. | 6 | Toltec Sacred Wisdom: Three Masteries, Noon to 3 p.m. |
| 8   | Cancer Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.* | 9 | T’ai Chi and Qi Gong: No Falls this Fall!, 10:30 a.m. to 12:30 p.m.
Balance of Heaven and Earth: The Crown Chakra, Noon to 3 p.m.
Games People Play, 6 to 8:45 p.m. | 10 | 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.
Gentle Yoga, 6 to 7:30 p.m. | 11 | Resilience: Bounceback from Setbacks!, Noon to 1 p.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.
Excelling in Emotional Intelligence, 10:30 a.m. to 1:30 p.m.
Gentle Yoga, 1 to 2:30 p.m. | 12 | Dream Group, 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.
Caregivers Connection, 6 to 8 p.m. |
| 15  | Cancer Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.* | 16 | The Mystic’s Journey, Noon to 3 p.m.
Dinner and Community for Guys, 6 to 8 p.m. | 17 | Art Journaling, 10 a.m. to 12:30 p.m.
Mindfulness 101, 11 a.m. to 12:30 p.m.
T’ai Chi and Qi Gong, Noon to 1:15 p.m.
Gentle Yoga, 6 to 7:30 p.m. | 18 | PINK Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.*
PINK Support, 3 to 4 p.m.*
Coping with Cancer 101, 4 to 5:30 p.m.
Survivorship: Managing Stress, 5:30 to 7:30 p.m.
Mindful Mojo, 6 to 8:45 p.m. | 19 | 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. |
| 22  | Cancer Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.* | 23 | Mantras, Mudras, and Mindfulness, Noon to 3 p.m. | 24 | 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.
Gentle Yoga, 6 to 7:30 p.m. | 25 | Mediterranean Cuisine, 11:30 a.m. to 1:30 p.m.
PINK Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.*
PINK Support, 3 to 4 p.m.*
Coping with Depression and Anxiety, 4 to 5:30 p.m.
Survivorship: Managing Side Effects, 5:30 to 7:30 p.m. | 26 | T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.
T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.
Gentle Yoga, 1 to 2:30 p.m. |
| 29  | Cancer Wellfit™, 1 to 2 p.m.*
PINK Exercise, 2 to 3 p.m.* | 30 | | | | |

* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.
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<th>Sun</th>
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<tr>
<td><strong>1</strong></td>
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<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m. T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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<td>2</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
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<td>3</td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>PINK Support, 3 to 4 p.m.*</td>
<td>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
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<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</strong></td>
<td><strong>Gentle Yoga, 6 to 7:30 p.m.</strong></td>
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<td><strong>6</strong></td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td><strong>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</strong></td>
<td><strong>Gentle Yoga, 6 to 7:30 p.m.</strong></td>
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<td><strong>7</strong></td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
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<td><strong>8</strong></td>
<td><strong>Mindfulness 201, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</strong></td>
<td><strong>Gentle Yoga, 6 to 7:30 p.m.</strong></td>
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<td><strong>9</strong></td>
<td><strong>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>Survivorship: Nutrition, 5:30 to 7:30 p.m.</strong></td>
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<td><strong>10</strong></td>
<td><strong>Gentle Yoga, 6 to 7:30 p.m.</strong></td>
<td><strong>PINK Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>PINK Exercise, 2 to 3 p.m.</strong>*</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m. T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
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<td><strong>11</strong></td>
<td><strong>PINK Support, 3 to 4 p.m.</strong>*</td>
<td><strong>Survivorship: Nutrition, 5:30 to 7:30 p.m.</strong></td>
<td><strong>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</strong></td>
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<td><strong>12</strong></td>
<td><strong>Gentle Yoga, 1 to 2:30 p.m.</strong></td>
<td><strong>Survivorship: Wellness Goal Setting, 5:30 to 7:30 p.m.</strong></td>
<td><strong>Gentle Yoga, 1 to 2:30 p.m.</strong></td>
<td><strong>Prostate Support Group, 6:30 to 8:30 p.m.</strong></td>
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<td><strong>13</strong></td>
<td><strong>Cancer Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
<td><strong>T’ai Chi and Qi Gong: Awakening in Autumn, 10:30 a.m. to 12:30 p.m.</strong></td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
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<td><strong>14</strong></td>
<td><strong>Mindfulness 101, Noon to 3 p.m.</strong></td>
<td><strong>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</strong></td>
<td><strong>Survivorship: Physical Exercise, 5:30 to 7:30 p.m.</strong></td>
<td><strong>Survivorship: Physical Exercise, 5:30 to 7:30 p.m.</strong></td>
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<td><strong>15</strong></td>
<td><strong>Transitions and Change, 6 to 8:45 p.m.</strong></td>
<td><strong>Gentle Yoga, 6 to 7:30 p.m.</strong></td>
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<td><strong>16</strong></td>
<td><strong>Chair Yoga, 10 a.m. to noon</strong></td>
<td><strong>Instant Pot Recipes, 11:30 a.m. to 1:30 p.m.</strong></td>
<td><strong>Coping with Depression and Anxiety, 4 to 5:30 p.m.</strong></td>
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<td><strong>17</strong></td>
<td><strong>Mindfulness 101, 11 a.m. to 12:30 p.m.</strong></td>
<td><strong>PINK Wellfit™, 1 to 2 p.m.</strong>*</td>
<td><strong>Survivorship: Wellness Goal Setting, 5:30 to 7:30 p.m.</strong></td>
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<td><strong>18</strong></td>
<td><strong>PINK Exercise, 2 to 3 p.m.</strong>*</td>
<td><strong>PINK Exercise, 2 to 3 p.m.</strong>*</td>
<td><strong>Survivorship: Physical Exercise, 5:30 to 7:30 p.m.</strong></td>
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<td><strong>19</strong></td>
<td><strong>PINK Support, 3 to 4 p.m.</strong>*</td>
<td><strong>Survivorship: Wellness Goal Setting, 5:30 to 7:30 p.m.</strong></td>
<td><strong>Survivorship: Physical Exercise, 5:30 to 7:30 p.m.</strong></td>
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<td><strong>20</strong></td>
<td><strong>Survivorship: Physical Exercise, 5:30 to 7:30 p.m.</strong></td>
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