I love being a part of Cancer Wellness at Piedmont Atlanta.

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 at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.
This is an opportunity to work on any idea or with yourself or another. Supplies: an Irish blessing (samples are available if you need one), watercolors and paper, micron type pen, any other materials such as oil pastels. Call to register. 3/23, 4/20; 10:30 a.m.-12:30 p.m.

Dream Exploration
Using simple guided imagery, watercolors, focusing on a dream is a chance to quietly listen to our inner self. No experience or art "talent" is necessary. Just bring a written dream to share and explore this health enhancing activity. Supplies: watercolors and a medium size brush, watercolor paper or an unlined journal. Call to register. 3/17, 4/16; 10:30 a.m.-12:30 p.m.

Finding the Pearl Series
Make your own Irish Blessing. No need to be Celtic by name, claim and show a multi-media Irish blessing for yourself or another. Supplies: an Irish blessing (samples will be available if you need one), watercolors and paper, micron type pen, any other materials such as oil pastels. Led by Gayle Torres, ATR-BC. Call to register. 3/17, 2-4 p.m.

Abstract Watercolor Flower Cards
Make at least three beautiful cards featuring an easy, exciting technique. You may have recipients in mind to give these cards to. Participants are guided through simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions and promotes an improved sense of well-being. Call to register. Tuesdays, Thursdays

T’ai Chi 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, CTQCI, THC. Call to register. Tuesdays, Thursdays

T’ai Chi Advanced Form
Learning the “24 Form” is shown to benefit strength, balance, and flexibility, boost mood, and “brain power”, while reducing stress at pain levels. Instructor permission required. Taught by Cate Morrill, CTQCI, THC. Call to register. Tuesdays, Thursdays

Good Morning Energy, T’ai Chi and Qi Gong to Begin the Day with Joy!
Presented are T’ai Chi and Qi Gong sets to help adjust to the upcoming time change and shake off the winter grays. These easy yet powerful moves are based on the head, body, heart, and energy of animals emerging from their winter habitats, and on the new growth of the blooming trees in the meadows! With stretching, deep breathing, focus and attention we learn to open and “awaken” your energy! This set includes movements for seated or standing work. Registration ends the Thursday before class. Taught by Cate Morrill, CTQCI, THC. Call to register. 3/8, 11 a.m.-1 p.m.

T’ai Chi and Qi Gong for Meditative Restoration, Shen Dan Review
This deeply meditative Wu Dang Qi Gong set is used to restore vital physical energy and to relax the mind, release built up stress and tension, and to let go of less positive thoughts. With the movements of the entire body, the energy flow is opened, stimulated and settled. We will review and practice the entire set that we began in January. Suitable for seated or standing work, for the beginner or long term practitioner, this set is one of the most basic and important, and through traditional teachings is said to balance and enhance metabolism, speed recovery, and promote a peaceful mind. Taught by Cate Morrill, CTQCI, THC. Registration ends the Thursday before class. Call to register. 3/22, 11 a.m.-1 p.m.

T’ai Chi and Qi Gong to Welcome Springtime
T’ai Chi and Qi Gong for opening up your body, mind, and spirit to the brighter days ahead! Gentle, yet powerful moves and stretching sets to help you breathe deeply and get ready for the new growth of the spring! Taught by Cate Morrill, CTQCI, THC. Call to register. 3/22, 11 a.m.-1 p.m.

T’ai Chi and Qi Gong to Bring Back Strength for Spring and Beyond!
Gentle but very effective strengthening sets and stretching sets to build your strength back, and to build strength in your balance. This is the full set and prepares you for the more advanced, so strengthening both brings balance of power! Performed at your own level, these selected easy, powerful movements can help create a strong core of support for your springtime activities and help re-energize your strength and flexibility. Registration ends the Thursday before class. Taught by Cate Morrill, Certified T’ai Chi Instructor, and her assistants. Call to register. 4/19, 11 a.m.-1 p.m.

Shinrin-Yoku: Forest Bathing
The Japanese practice of Shinrin Yoku, or Forest Bathing, is proven to reduce stress, improve immune system function, improve feelings of happiness and free up creativity, lower heart rate and blood pressure, boost the immune system and accelerate recovery from illness through various mental and physical experimental exercises. Facilitated by Dennis Buttimer, M.ED, RYT, THC. Call to register. 4/14, 1:30-4 p.m.

The Mystic’s Journey: A Spiritual Series into the Sacred
Join Angela Buttimer, MS, LPC, RYT for an exploration and celebration of spirituality and the spiritual journey. In this mystic’s journey, we will examine the various aspects of the mystic’s journey, explore the teachings from a variety of different traditions, practice meditation and generative exercises to cultivate a rich interior life and inquire into your own soul’s wisdom. Dress comfortably for possible movement. Call to register. 4/26, 10:30-1 p.m.

Chair Yoga: Off the Mat and Into a Chair
This class is designed to reinvigorate! Registration ends the Thursday before class. Taught by Cate Morrill, CTCQI, CHC. Call to register. 3/22; 11 a.m.-1 p.m.

Opening and Balancing the Root Chakra: Igniting Life Force and Kundalini Energy
We invite you to open, clear and balance the ROOT CHAKRA by examining and reflecting on the emotional, physical, and spiritual implications of the Root Chakra. In addition, we will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the “Chi” energy of our body. Join facilitator Angela Buttimer, MS, LPC as we begin this journey by focusing on the physical, emotional, and spiritual aspects of the root chakra. We will use a combination of gentle yoga, meditation, breathing exercises, chanting, and a combination of active and passive whole body movements. Taught by Angela Buttimer, LPC, RYT, THC and Dr. Jody D. Iodice, Ph.D. Call to register. 3/8, 12-2:30 p.m.

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Living Well Through Integrative Medicine
“The natural healing force within each of us is the greatest force in getting well.”
- Hippocrates

The Journey through Cancer
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 it relates to the modalities of healing. We will also explore how the research indicates as beneficial to your overall health. Dress in comfortable clothing. Facilitated by Dennis Buttimer, M.ED, RYT, THC. Call to register. 4/19, 12-3:30 p.m.
Laughing Even in Uncertain Times: Humor for Health
Join Dennis Buttner, M.Ed, CHC, RYT for a workshop of fun, laughter, and light-hearted comedy and amusing laughter yoga experiences. Laughter has been shown to boost the immune system, improve circulation, lubricate joints, increase salivation and more. Call to register.
3/7; 12:30-2:30 p.m.

Minding Your Mindset for Better Results
The Toltec Masters have said that for many people over the past year this has resulted in deficits of goals/dreams, physical symptoms, and relationship struggles. In this workshop, we will share three (3) proven mental focusing techniques to help you gain greater results in all areas. Join the discussion and expand your toolbox! Call to register.
3/24; 10:30 a.m.-12:30 p.m.

Celtic Wisdom
“We are the music makers, And we are the dreamers of dreams, Wandering by lone sea-breakers, And sitting by desolate streams; Yet we are the movers and shakers of the world, forever, it seems.” – Arthur O’Shaughnessy
There are seven areas in Northern and Western Europe whose Celts’ 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. In this workshop, we will share some of the richness of Celtic history and ideas and how they can apply to your own inner-encouraging journey. Facilitated in an atmosphere of music, laughter, pictures, poetry and stories. Led by Dennis Buttner, M.Ed., CHC, RYT. Call to register. 3/19; 10:30 a.m.-12:30 p.m.

Get More ZZZs: Sleep Better, Feel Better
Do you know that insomnia medications have nearly quadrupled over the past year? Learn strategies and tactics to sleep more soundly and restfully regardless of your circumstances. Call to register.
3/22; 12:30-2:30 p.m.

The Mystery and the Magic – Part I: Lessons from Native American Sacred Teachings
This program is a continuation of Part I of this series. You must have attended Part I in order to attend Part II. In Part II, we explore the Lesson of Using Your Potential and the Lesson of Responsible Relations. In the Lesson of Using Your Potential, we will examine the Mysteries and Magic of the natural world that is open to us. It is in understanding and opening to our natural abilities and innate abilities that we know who we are, and once we “be” who we are, then we must daily do what is necessary to be true to ourselves! By doing so, we will always have what we need in life! To honor, have reverence for and appreciation for all life and living things we come to “know” we are related to all others. This is the most sacred lesson of all – the Lesson of Responsible Relations. By living this lesson, we come to have our true success unfolded before us. Accompanied by exercises, we will practice means to expand these last two lessons and open to the mystery and magic of life before us. Call to register. 4/22; 12:30-3:30 p.m.

Community for Guys Only
This is an opportunity for men with cancer to connect in an informal way. Share discussion with other guys on the cancer journey. Lean into the strength of other men and learn tools and the art of listening. Call to register. 3/7; 10:30 a.m.-12:30 p.m.

Coping with Cancer
Is it an urgent matter with cancer? Is it the sadness and worry I feel normal? How do I cope with my cancer? Join facilitator Dennis Buttner, M.Ed, RYT, CHC for this workshop. Call to register. 3/7; 4/12; 6-8 p.m.

Couples Enrichment Support Group
Learn enriching ideas to improve the quality of your relationship. Connect with other couples who are also on the cancer journey. Practice proven ideas to boost your connection with your partner. Join facilitator Dennis Buttner, M.Ed., RYT, CHC for this workshop. Call to register. 3/29; 4/22; 6-8 p.m.

Spring Fling
Eating your spring vegetables is more than just having a salad with dinner. This class will show you ways to incorporate some of our spring favorites into satisfying meals. You are sure to leave you feeling cheery! Call for registration. 3/17; 11:30 a.m.-1:30 p.m.

National Nutrition Month
Join Chef Megan McCarthy and Dietitian Shayna Komar for a taped cooking demo as you “personalize your plate” this season. No one eats the same food plan but everyone is involved in making informed food choices and developing healthy eating habits for themselves. The demo will walk you through how to incorporate an individual food plan with lots of power foods from your home kitchen! Call to register. 3/30, 10:30 a.m.-1:30 p.m.

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

Virtual Taped Demos

National Nutrition Month
Join Chef Megan McCarthy and Dietitian Shayna Komar for a taped cooking demo as you “personalize your plate” this season. No one eats the same food plan but everyone is involved in making informed food choices and developing healthy eating habits for themselves. The demo will walk you through how to incorporate an individual food plan with lots of power foods from your home kitchen! Call to register. 3/30, 10:30 a.m.-1:30 p.m.

St. Patrick’s Day Celebration
Put on some green and try a few of these healthy St. Patrick’s Day recipes! Join Chef Nancy Waldeck and Dietitian Shayna Komar. These festive, Irish-themed dishes will be better for you but still enjoy the festive flavors. We are sure to leave you feeling cheery! Call for registration. 3/17; 11:30 a.m.-1:30 p.m.

Prostate Support Group
Recently diagnosed with prostate cancer, considering surgical options or adjusting to side effects? Whether you are considering surgery or living with metastatic prostate cancer, you will find answers to common questions at the Piedmont and Prostate Men’s Prostate Cancer support group. Additionally, you will have the opportunity to connect with other men, 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. Presented by Mary Lynn Hemphill, RN, MSN, OCN, and Dr. Jody Iodice, Ph.D. Call to register. 3/29, 4/26; 10:30 a.m.-12:30 p.m.
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As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont, visit give.piedmont.org or call 404.605.2130.

Thank you to our donors!

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