

May/June 2025

# Cancer Wellness Newsletter



At Piedmont Oncology, we are committed to supporting patients at every stage of their cancer journey with comprehensive wellness services designed to improve quality of life. We offer educational programs, personalized nutrition guidance, stress management techniques, expressive arts, and supportive group environments to help patients and their loved ones thrive—before, during, and after treatment.



Thanks to generous philanthropic support, we can offer these cancer programs free of charge, bringing a supportive environment close to your home. Visit [piedmont.org/cancerwellness](https://piedmont.org/cancerwellness) to view the class schedule for all of our locations. For more information about programs and services provided at Piedmont Atlanta, please call **404.425.7944**.

**THOMAS F. CHAPMAN FAMILY**  
*cancer wellness*

 **Piedmont**  
ONCOLOGY

*Real change lives here*

# *Comprehensive support* for cancer patients

## **Thomas Chapman Cancer Wellness Center Piedmont Atlanta**

We want to empower you through quality care that extends beyond your treatment. We are here to provide support and resources and ensure you are getting the best comprehensive care, so you can live your best life.

Join us for a tour and check out our calendar of special classes and events. It is our mission to make a positive difference in every life we touch—one class, one tour, one patient at a time.

Our complimentary classes and groups include:

- Art Therapy
- Fitness and Fun
- Knowledge is Your Super Power
- Power of Mind/Spirit to Relax
- The Importance of Nutrition (with cooking demonstrations)

### **Join our in person and virtual community!**

Class options are available Monday – Thursday.

For more information, call **404.425.7944**.

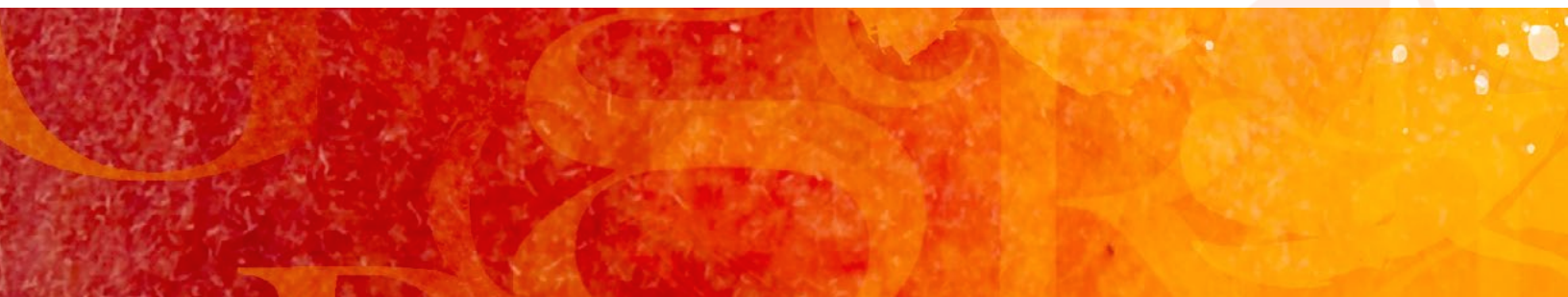
## **Come take a tour**

2nd and 4th Thursday

Every hour between 10 a.m. and 2 p.m.

Suite 700, 7th Floor

Across from Outpatient Infusion







# Programs

Registration is required. Please call 404.425.7944 and leave your name, phone number, e-mail, and the name and date of classes you would like to attend. Center will be closed 5/26 for Memorial Day and 6/19 for Juneteenth.

## CREATIVITY

### **Writing for Recovery and Discovery (Virtual)**

Everyone has so much to express and journaling is a simple but profound path for expression. In this class, facilitator Angela Buttimer, MS, LPC offers prompts and structure to help you get words on the page with ease.

**Fridays, 5/2, 5/16, 5/30, 6/13, 6/27; 10–11 a.m.**

### **Forgiveness Box: Filling the Box (Virtual)**

This session is a continuation of the first class. Further exploration of release methods will be examined. Must have completed prior virtual format classes. If you need art materials, please register at least 9 days before class.

**Tuesday, 5/6; 11 a.m.–1 p.m.**

### **The Thing About Mother (In person)**

Whether you recall your own motherhood experience, or are remembering your own mother, this is a chance to recall personal life lessons. Image-making and writing are the vehicles through memory. A light lunch will be served.

**Thursday, 5/8; 11 a.m.–1:30 p.m.**

### **Dream Exploration: Magic Questions (Virtual)**

We will focus on 2 of the 5 magic questions of dream analysis. Bring a written dream or snippet of one to share. Specify whether art materials should be sent to your house at least 9 days before the session.

**Friday, 5/16; 11 a.m.–12:30 p.m.**

### **SoulCollage: The Council Suit (In person)**

This SoulCollage session emphasizes the Council suit or different archetypal energies, that are universal patterns or themes. Your Council cards may help you identify your unique and personal purpose. One may make a card independent of that theme. No experience is required. You are welcome to bring a lunch.

**Tuesday, 5/20; 11 a.m.–1:15 p.m.**

### **Faith Ringgold, a Life of Expanse (Virtual)**

The life and times of American painter, multimedia artist, and narrative quilt maker will be the subject of this presentation. Ringgold, while not yet a household word, has achieved greatness for the depth, breadth, and joyousness of her work.

**Monday, 6/2; 11 a.m.–1:30 p.m.**

### **Tissue Paper Painting (In person)**

Called painting, tissue paper painting has the characteristics of collage and watercolor and the opacity of stain glass. Paper can be manipulated in several ways, with striking results. A light lunch will be served.

**Friday, 6/6; 11 a.m.–1:30 p.m.**

### **Dream Exploration: Spectral Visitation (Virtual)**

Explore dream visitation of deceased loved ones. Participants are invited to bring with them, a written dream to share. If art supplies are needed, please contact Gayle Torres.

**Tuesday, 6/20; 11 a.m.–12:45 p.m.**

### **Clay Amulets (In person)**

Anything can function as an amulet; items commonly used include statues, coins, drawings, plant parts, and animal parts. Using clay, visiting artist Roberta Charbonneau will conduct this two-part class. The first class will feature carving and sculpting. The second session consists of finishing the piece. Ms. Charbonneau will also present examples of found-art jewelry.

**Tuesday, 6/17; 11 a.m.–1:30 p.m.**

*Part one, light lunch will be served.*

**Tuesday, 6/24; 11 a.m.–1 p.m.**

*Part two, feel free to bring a sandwich.*

## MOVEMENT

### **PINK at Piedmont (In person)**

PINK is a comprehensive, 12-week program for women who are currently undergoing or who have completed treatment for breast cancer within the last eight months. The program includes group exercise, nutrition, support and more and is offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. Call 404.605.1966 to register.

**Wednesday and Friday; 2 p.m.**

### **Cancer WellFit (In person)**

This is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. Participants must be under the care of an oncologist. This class is held at the Piedmont Atlanta Fitness Center. Call 404.605.1966 to register.

**Tuesday, Friday and Sunday; 1 p.m.**

### **Dance Party Fusion (In person)**

Easy-to-follow, uncomplicated steps get you moving. Music favorites keep you going. This class invigorates brain, body, and breath, gradually building core strength and endurance. Come join the fun! Taught by Cooper Friend.

**Mondays, 1–2 p.m. (No class 6/9)**

### **Restorative Yoga (In person)**

Tame stress through slow and restful floorwork. We use blankets and bolsters to support the body in poses that stimulate, yet also calm and balance the physical, emotional, and energetic systems. The poses do the work enabling you to relax deeply and arise refreshed. Taught by Cooper Friend.

**Mondays, 2:15–3:15 p.m. (No class 6/9)**

### **Chair Yoga: Off the Mat and Into a Chair (In person)**

Experience the wonderful, beneficial effects of yoga practice from a chair. Learn practical ways to incorporate seated yoga in many situations. Learn effective breathing, sitting yoga poses and brief meditation. Great for beginners. Wear comfortable clothing. Facilitated by Cooper Friend. *This class continues directly into Gentle Healing Yoga at noon, participation in Gentle Healing Yoga is optional.*

**Thursdays, 11 a.m.–12 p.m.**

### **Gentle Yoga (Virtual)**

Participants are guided through breath, simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions and promotes an improved sense of well-being. Taught by Rebecca Keane.

Tuesdays, 6–7 p.m.

### **Power Qi Gong (Virtual)**

Using the deep focus and flow of easy yet physically powerful Qi Gong sets, the participant may regain physical strength that may have been depleted, or build new power for the goals ahead. There are three parts of the class: stretches for warming up and increasing flexibility; full body-engaging, powerful movements for building strength; and meditative flowing movements for cooling down and settling and calming your qi. Taught by Cate Morrill, CTCQI, CHC.

Wednesdays, 10:30–11:30 a.m.

### **T'ai Chi and Qi Gong Opening Stretches and Forms (Virtual)**

These well studied motions are known to help gently open up all the major muscle groups and provide a full-range of motion for the joints as well. Performed at each participant's level of comfort, these sets will help wake-up, invigorate, and encourage a day of easy movement, deep breathing, a calm spirit, relaxed mobility, and more. For seated or standing work, this class is suitable for all levels of physical engagement. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 10:30–11:15 a.m.

### **T'ai Chi Forms Introduction and Practice (In person)**

T'ai Chi is a system of movements that help create strength, flexibility, focus and attention, reduce stress and anxiety, promote deep breathing, and help build bones, muscular endurance and cognitive function, all with gentle motions and steps that are easy on the joints. We will practice individual movements and concepts, great for beginners and advanced practitioners. This class can stand alone but is enhanced combined with the other Tuesday T'ai Chi classes. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 12–12:30 p.m.

### **T'ai Chi and Qi Gong for All Levels (In person)**

This class will work further on T'ai Chi for mobility and balance, by use of movements which are practiced together in a specific stepping sequence. Qi Gong is a varied set of motions and stretches which focus on certain body areas, or on concepts, such as for heart chi, "letting go", or boosting energy. These two arts go hand in hand for a complete full-body, gentle engagement of body, mind, and spirit, all performed at the practitioner's chosen pace and level of work. These traditional sets of motions have been used for hundreds of years for health and wellness. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 12:30–1:30 p.m.

### **Advanced T'ai Chi and Qi Gong (In person)**

This class is for individuals who wish to take their practice of these two healing arts deeper and with more internal focus, more understanding, and more attention to the details and meditative practices of each. Previous experience with T'ai Chi and Qi Gong is important, and instructor permission is required. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 1:30–2 p.m.

### **T'ai Chi and Qi Gong Combination, Forms and Concepts for Health and Wellness (Virtual)**

T'ai Chi is a well known, researched, and practiced set of movements and concepts that use the entire body, encourage focus and attention, help create strength and flexibility, reduce stress and anxiety, promote deep breathing, and all with gentle motions and stretches. Qi Gong is a varied set of motions and stretches which focus on certain body areas, or on concepts, such as "letting go", or boosting energy. These two arts work together to create balance, mobility, and a general well-being. Designed with evidence-based movements and theories, this class begins with a Qi Gong opening, a warm-up set, and moves to the focused flow of the modified T'ai Chi 24 form. The end of the class will bring in advanced concepts and information, a short meditation, as well as review certain Qi Gong sets from previous study. Taught by Cate Morrill, CTCQG, CHC.

Thursdays, 11 a.m.–1 p.m.

### **NEW: Meditation & Movement (In person)**

Gather in the main area to enjoy fellowship, then move to the studio where we will sit comfortably and begin with affirmation meditation—a transformative series designed to support individuals navigating recovery, health, and spiritual wellness through the power of affirmation. Participants are guided using breathwork and healing language to invoke a sense of self-awareness, resilience, and the body's own natural ability to heal. Light refreshments and journals are provided. Facilitated by Cooper Friend. Registration is required.

Thursdays, 12–2 p.m.

### **NEW EVENING PROGRAM: Healing & Renewal: A Gentle Yoga Workshop for Wellness (In person)**

Cooper Friend will guide you through this special 2-hour monthly yoga workshop that is designed to support individuals through positive affirmation. Whether in treatment, recovery, or survivorship, through gentle movement, mindfulness, and deep relaxation. Together, we will cultivate a sense of peace, self-compassion, and inner strength in a safe and nurturing space. Light refreshments will be served.

Mondays, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10 & 12/8; 6–8 p.m.

### **8 Pieces of Brocade Qi Gong (Virtual) & (In person)**

Performed at each student's level of comfort, this is for anyone who wishes to strengthen the body, mind, and spirit. This set is appropriate for seated or standing work, with attention to revitalization. Light lunch will be provided for the in-person workshop. Registration sign-up for the in person workshop ends the Thursday, 5/15. Taught by Cate Morrill, CTCQI, CHC.

Monday, 5/12; 11 a.m.–1 p.m. (Virtual)

Monday, 5/19; 11 a.m.–1 p.m. (In person)

### **At the Heart of Joy, T'ai Chi AND Qi Gong For Heart Energy (Virtual) & (In-person)**

The season of summer is associated with the heart in traditional meridian theory. We will work to boost good, strong energy, and use deep breaths and soft motions to help relieve any stress. Suitable for seated or standing work, we will let the joy and peacefulness flow easily. Light lunch will be provided for the in-person workshop. Registration sign-up for the in person workshop ends Thursday, 6/19. Taught by Cate Morrill, CTCQI, CHC. Call to register.

Monday, 6/16; 11 a.m.–1 p.m. (Virtual)

Monday, 6/23; 11 a.m.–1 p.m. (In Person)

## PEACE

### **Somatic Healing for Emotional Energy Blocks (Virtual)**

Thoughts are the language of the mind while emotions are the language of the body. For various reasons, emotions can become lodged in parts of the body forming energy blocks. These blocks can keep the body from healing in a more holistic way. Join psychotherapist Dennis Buttimer, M.Ed., RYT, CHC for an innovative program on transforming energetic holds in the body for greater health. Give yourself an opportunity to integrate more of who you are and to feel better. Wear comfortable clothes.

Monday, 5/5; 12:30–3 p.m.

### **Cultivating Calm, Confidence, and Courage During the Cancer Journey (Virtual)**

Knowing when and how to access and express confidence and courage in a calm way is essential to your health and well-being. Join psychotherapist Angela Buttimer, MS, LPC as she explores psychological and behavioral strategies to help you to become your own best advocate and ally, during the cancer journey and beyond. Call to register.

Monday, 6/2; 12:30–3 p.m.

### **Emotional Freedom Technique for Better Mental & Physical Health (Virtual)**

Emotional freedom technique (a.k.a., tapping) has been shown to reduce stress, eliminate limiting beliefs, as well as help with negative physical mental and emotional symptoms and much more. Join psychotherapist Angela Buttimer, MS, RYT, LPC as she guides you through how to cope with tough mental and physical symptoms during the cancer journey and beyond. You'll leave with tapping tools that will support you in feeling your best. Call to register.

Monday, 6/9; 12:30–3 p.m.

### **ALICE IN WONDERLAND: Field Trip to the Atlanta Botanical Gardens (In person)**

Come explore and stroll through the gardens where you will find the breathtaking 38 life-size garden statues from Lewis Carroll's Alice's Wonderland. LIMIT to 10 participants. **Registration closes after June 2 or when registration is full.** Lunch on your own. Facilitated by Dr. Jody D. Iodice. **Must call to register. Piedmont Avenue entrance. Covered parking is available for \$10.**

Wednesday, 6/25; 11 a.m.–12:45 p.m.

### **Mindfulness Training (Virtual)**

Learn to meditate and deepen your practice to 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.

Tuesdays, 11 a.m.–12:30 p.m.

### **NEW: The Heartful Readers Collective (In person)**

Join the Piedmont Women's Heart program for an exploration of some of our favorite heartfelt books. We will discuss inspirational selections with open-ended questions and have opportunities to share and make suggestions for employing the recommended teachings. All selections are available on Amazon and audiobooks on Audible. We recommend reading the entire book before attending the discussion. There is only one discussion per book. Please make sure to register for each talk separately at [piedmont.org/HeartfulReaders](https://piedmont.org/HeartfulReaders)

Thursday, 6/5, 6 p.m. - "Radical Acceptance" by Tara Brach  
8/7, 6 p.m. - "When Things Fall Apart" by Pema Chodron

Chapman Cancer Wellness, 1800 Howell Mill Road, Suite 700

## KNOWLEDGE

### **Blessings Abound: Exploring Life's Big Questions (Virtual)**

What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join psychotherapist Angela Buttimer, MS, RYT, LPC as we hear from modern-day experts from around the world on life's big questions, as well as a rich discussion on how this wisdom applies to you and your life. We will enjoy poignant presentations from the facilitator and other experts on a wide array of topics to enhance your health and well-being. Call to register.

Monday, 5/12; 12:30–3 p.m.

### **The Caroline Myss Model of the Family Archetypes (Virtual)**

In this program, we will explore the Archetypes of The Creative Family: the entrepreneur, the athlete, the visionary, the poet, the dilettante, and the engineer. We will explore whether any of these archetype patterns from the Creative Family have influenced your life. When we understand how our archetypal patterns have governed and affected our life choices, we can harness our present-day life circumstances for greater positive outcomes. Facilitated by Dr. Jody Iodice, Ph.D.

Wednesday, 5/21; 12–3 p.m.

### **Mental Health Mojo for Men (Virtual)**

May is Mental Health Awareness Month and an opportune time to address this fundamental aspect holistically for men. This program will include didactic pieces, sharing experiences, some movement, guided meditation, and reflective writing. Join Dennis Buttimer, M.Ed, RYT CHC and other men will share concepts of integrating mind-body ideas and practices to safeguard and boost your mental health. This program is specifically for men.

Wednesday, 5/28; 12–2:30 p.m.

### **Native American Traditions for Celebrating Summer Solstice: The Arrival of a New Season of Life (Virtual)**

For the Native American peoples, the mark of Summer Solstice is the profound awareness of the arrival of warm weather, arrival of a new season of life, and potential for new beginnings. The Native American believe Summer Solstice is a time to propel us forward and manifest spiritual transformations guided by Mother Earth. Come join in connecting with the Native American peoples' traditions for Summer Solstice. Facilitated by Dr. Jody D. Iodice, Ph.D.

Wednesday, 6/4; 12:30–3:30 p.m.

### **Boosting Your Brain and Body (Virtual)**

In this workshop, Dennis Buttimer, M.Ed, CHC, RYT will present brain research and current integrative strategies to sharpen your focus, improve your memory, and boost your overall health. These practice techniques will sharpen your mind. Learn how to expand your mental abilities, retain your memory, and feel better.

Wednesday, 6/11; 10 a.m.–12 noon

### **Father's Day: Reflections and Lessons Learned (Virtual)**

Regardless of the kind of childhood you had, there were lessons learned from your father figure. Perhaps you recall fun times, tough times, or both. You likely gained valuable guidance about what to do and/or what not to do. The presence or absence of a father plays strongly into present-day thinking, behaving, and health. Join Dennis Buttimer, M.Ed., RYT, CHC for a morning of transformational exercises. This workshop is open to both men and women.

Friday, 6/13; 12:30–2:30 p.m.



## SUPPORT

### Caregivers Connection (Virtual)

Caregivers are often significantly affected by a cancer diagnosis and may need assistance with their feelings, experiences, and self-care. In this support group, caregivers will share with other caregivers while learning coping skills and tools. This support meeting is ONLY for caregivers. Facilitated by Dennis Buttmer, M.Ed., CHC, RYT.

Monday, 5/5; 10 a.m.–12 p.m.

### Dinner and Community for Guys Only (Virtual)

This is an opportunity for men with cancer to connect in an informal way. Join us in fellowship as we eat dinner, have drinks, and share discussion with other men who are also 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 Buttmer, M.Ed., RYT, CHC.

Mondays, 5/19 & 6/16; 6–8 p.m.

### Couples Enrichment Support Group (Virtual)

Learn enriching ideas to improve the quality of your relationship. Connect with other couples who are also on the cancer journey. Practice proven ideas to boost your connection with your significant other. Join facilitator Dennis Buttmer, M.Ed., RYT, CHC for this workshop.

Monday, 6/30; 12–3 p.m.

### The Road We Share: Women Managing Cancer (Virtual)

This women's support group is devoted to exploring concerns faced from the time of receiving a cancer diagnosis through active treatment and into survivorship. Facilitated by Dr. Gwen Davies, clinical psychologist and Camber Dougher, LCSW, oncology social worker. Pre-registration and screening are required.

Wednesdays, 5/7, 5/21, 6/11, 6/25; 5–6:30 p.m.

## SUSTENANCE

### Nutrition Counseling (Via phone or In person)

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

### Cooking with Chef Elina – Summer sizzle (Virtual)

Join Chef Elina Furhman for a virtual cooking demo as she gets us excited for summer produce. She always has a new twist on soups and salads to help support your immune system. Sign up and watch in the comfort of your own home at your convenience. Call with your name and e-mail address before 5/12 to register. Virtual demo and all recipes/nutrition information will be sent to your email from Shayna Komar.

Wednesday, 5/14

### Summer Power Snacks (In person)

Join Chef Sue Snape and Dietitian Shayna Komar as they help you make a few healthy summer snacks. Learn some new light, easy, fresh flavors when you need a “little something” but not a whole meal. Call to register.

Wednesday, 5/21; 11:30 a.m.–1:30 p.m.

### Gut Health (In person)

Join Chef Hans Rueffert, the chef “without a stomach” for his take on gut health. Dietitian Shayna Komar will educate you on pre and probiotics and the best foods to fuel a healthy gut. Be ready to taste test drinks, snacks, and foods that will help support your immune system. Call to register.

Wednesday, 6/11; 11:30 a.m.–1:30 p.m.

### Anti-Inflammatory Foods (In person)

Anti-Inflammatory foods can help reduce risk of chronic diseases and help ease symptoms of current ones. There are many easy ways to incorporate anti-inflammatory foods, herbs, spices, and drinks that you are already familiar with. Chef Nancy Waldeck and Dietitian Shayna Komar will help you with some great food choices in this cooking demo. Call to register.

Wednesday, 6/18; 11:30 a.m.–1:30 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) <b>NEW:</b> Meditation & Movement, 12–2 p.m. (IP)	<b>2</b> Writing for Recovery and Discovery, 10–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP)	<b>3</b>
				<b>8</b> Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) The Thing About Mother, 11 a.m.–1:30 p.m. (IP) <b>NEW:</b> Meditation & Movement, 12–2 p.m. (IP)	<b>9</b> PINK Exercise, 2–3 p.m. (IP)	<b>10</b>
<b>4</b>	<b>5</b> Caregiver Connection, 10 a.m.–12 p.m. (V) Somatic Healing for Emotional Energy Blocks 12:30–3 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	<b>6</b> Forgiveness Box: Filling the Box (V) T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced Tai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	<b>7</b> Power Qi Gong, 10:30–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP) The Road We Share: Women Managing Cancer, 5–6:30 p.m. (V)	<b>15</b> Chair Yoga, 11 a.m.–12 p.m. (IP) Dream Exploration, 11 a.m.–12:30 p.m. (V) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) <b>NEW:</b> Meditation & Movement, 12–2 p.m. (IP)	<b>16</b> Writing for Recovery and Discovery, 10–11:30 a.m. (V) Dream Exploration Magi Questions, 11 a.m.–1 p.m. (V) PINK Exercise, 2–3 p.m. (IP)	<b>17</b>
<b>11</b>	<b>12</b> 8 Pieces of Brocade Qi-Gong, 11 a.m.–1 p.m. (V) Blessings Abound: Exploring Life's Big Questions, 12:30–3 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	<b>13</b> T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	<b>14</b> Virtual Cooking Day with Chef Elina (V) Power Qi Gong, 10:30–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP)	<b>22</b> Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) <b>NEW:</b> Meditation & Movement, 12–2 p.m. (IP)	<b>23</b> Dreams, 10 a.m.–12:30 p.m. (V) PINK Exercise, 2–3 p.m. (IP)	<b>24</b>
<b>18</b>	<b>19</b> 8 Pieces of Brocade Qi-Gong, 11 a.m.–1 p.m. (IP) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP) Dinner & Community for Guys, 6–8 p.m. (V)	<b>20</b> T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) SoulCollage: The Council Suit, 11 a.m.–1:15 p.m. (IP) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	<b>21</b> Power Qi Gong, 10:30–11:30 a.m. (V) Summer Power Snacks – 11:30 a.m.–1:30 p.m. (IP) The Caroline Myss Model of Family Archetypes, 12–3 p.m. PINK Exercise, 2–3 p.m. (IP) The Road We Share: Women Managing Cancer, 5–6:30 p.m. (V)	<b>29</b> Chair Yoga, 11 a.m.–12:30 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) <b>NEW:</b> Meditation & Movement, 12–2 p.m. (IP)	<b>30</b> Writing for Recovery and Discovery, 10–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP)	<b>31</b>
<b>25</b>	<b>26</b> Center closed in memory & honor of <i>Memorial Day</i>	<b>27</b> T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	<b>28</b> Power Qi Gong, 10:30–11:30 a.m. (V) Mental Health Mojo for Men, 12–2:30 p.m. (V) PINK Exercise, 2–3 p.m. (IP)	<b>29</b> Chair Yoga, 11 a.m.–12:30 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) <b>NEW:</b> Meditation & Movement, 12–2 p.m. (IP)	<b>30</b> Writing for Recovery and Discovery, 10–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP)	<b>31</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Faith Ringgold, A Life of Expanse, 11 a.m.–1:30 p.m. (V) Cultivating Calm Confidence & Courage 12:30–3 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	2 Faith Ringgold, A Life of Expanse, 11 a.m.–1:30 p.m. (V) Cultivating Calm Confidence & Courage 12:30–3 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	3 T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced Tai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	4 Power Qi Gong, 10:30–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP) Native American Traditions for Celebrating Summer Solstice, 12:30–3:30 p.m. (V)	5 Chair Yoga, 11 a.m.–12:30 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) NEW: Meditation & Movement, 12–2 p.m. (IP) NEW: The Heartful Readers Collective, 6 p.m. (IP)	6 Writing for Recovery and Discovery, 10–11:30 a.m. (V) Tissue Paper Painting, 11 a.m.–1:30 p.m. (IP) PINK Exercise, 2–3 p.m. (IP)	7
8	9 Emotional Freedom Technique for Better Mental & Physical Health, 12:30–3 p.m. (V) NEW: Monthly Healing & Renewal Class, 6–8 p.m. (IP)	10 T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced Tai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	11 Boosting Your Brain and Body, 10 a.m.–12:30 p.m. (V) Power Qi Gong, 10:30–11:30 a.m. (V) Gut Health, 11:30 a.m.–1:30 p.m. (IP) PINK Exercise, 2–3 p.m. (IP) The Road We Share: Women Managing Cancer, 5–6:30 p.m. (V)	12 Chair Yoga, 11 a.m.–12:30 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) NEW: Meditation & Movement, 12–2 p.m. (IP)	13 Writing for Recovery and Discovery, 10–11:30 a.m. (V) Father's Day: Reflections and Lessons Learned, 12:30–2 p.m. (V) PINK Exercise, 2–3 p.m. (IP)	14
15	16 At the Heart of Joy T'ai Chi and Qi Gong, 11 a.m.–1 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP) Dinner & Community for Guys, 6–8 p.m. (V)	17 T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) Clay Amulets – Part 1, 11 a.m.–1 p.m. (IP) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	18 Power Qi Gong, 10:30–11:30 a.m. (V) Anti-Inflammatory Foods, 11:30 a.m.–1:30 p.m. (IP) PINK Exercise, 2–3 p.m. (IP)	19 Center closed in observance of <i>Juneteenth</i>	20 Dream Exploration: Spectral Visitation, 11 a.m.–12:45 p.m. (V) PINK Exercise, 2–3 p.m. (IP)	21
22	23 At the Heart of Joy T'ai Chi and Qi Gong, 11 a.m.–1 p.m. (IP) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	24 T'ai Chi and Qi Gong Opening Stretches and Forms, 10:30–11:15 a.m. (V) Mindfulness Training, 11 a.m.–12:30 p.m. (V) Clay Amulets – Part 2, 11 a.m.–1:30 p.m. (IP) Tai Chi Forms Intro and Practice, 12–12:30 p.m. (IP) Tai Chi and Qi Gong for All Levels, 12:30–1:30 p.m. (IP) Advanced T'ai Chi and Qi Gong, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	25 Power Qi Gong, 10:30–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP) Alice In Wonderland: Field Trip to the Atlanta Botanical Gardens, 11 a.m.–12:45 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m. (V)	26 Chair Yoga, 11 a.m.–12:30 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) NEW: Meditation & Movement, 12–2 p.m. (IP)	27 Writing for Recovery and Discovery, 10–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP)	28
29	30 Couples Enrichment, 12–1:30 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)					





## Important Dates:

---

---

---

---

---

---

---

---

---

---

---

---

## Classes to Sign Up for:

---

---

---

---

---

---

---

---

---

---

---

---

## Important Numbers:

Dr. Office: \_\_\_\_\_

Infusion Center: \_\_\_\_\_

Class Registration: 404.425.7944

---

---

---

---

---

---

---

---

---

---

## Celebrate spring with us!

Atlanta's own creator of the Atlanta Beltline Lantern Parade, Chantelle Ryder, and Rising Phoenix Shoulders Down, Cate Morrill, hosted a fabulous combination of Stretching for Spring and Creating Butterfly Lanterns to get outside and light up the night sky for Hapeville and Decatur Butterfly Parades.



Chef Megan McCarthy, Dietician Shayna Komar and Chef, and Katheryn Vitucci Woida, demonstrated how to move into spring with great fresh seasonal produce, cooking demonstrations, and tastings. Come join the community! Our complimentary in-person and virtual classes are available to ALL oncology clients and their caregivers at all stages of treatment and survivorship.

# 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  
First Floor • Suite 1100  
Fayetteville, Georgia 30214  
770.719.5860

## **Piedmont Newnan Hospital**

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

## **Piedmont Athens Regional**

Loran Smith Center  
for Cancer Support  
1199 Prince Ave  
Athens, Georgia 30606  
706.475.4900



## Thomas F. Chapman Cancer Wellness Champions

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](https://give.piedmont.org) or call **404.605.2130**.

### **CHAMPION SOCIETY**

EPIC  
The John and Rosemary Brown  
Foundation  
Mr. and Mrs. James A. Carlos

### **PEACHTREE CHAMPIONS**

The Women's Auxiliary of  
Piedmont Hospital  
Marguerite Dyar Veach Trust  
Brasfield & Gorrie LLC  
Remedy Medical Properties  
Georgia Alliance for Breast Cancer

### **PIEDMONT CHAMPIONS**

Coweta-Fayette EMC  
McCarthy Building Companies, Inc.  
Thomas and Catherine Fleetwood  
Mr. and Mrs. Michael E. Winslett  
Central Community Church  
Summit Radiology Services, P.C.  
Amwins Brokerage of Georgia, LLC  
BMW/MINI of South Atlanta  
Cargill, Inc.  
King & Spalding, LLP  
OTF Ladies Golf Association  
JE Dunn Construction  
Mr. and Mrs. Michael D'Antignac  
Linda and Hank Harris

The Asher Family Foundation  
Brent Scarbrough & Company, Inc.  
Moran Family Foundation  
Town at Trilith  
The Swope Family Fund

### **CANCER WELLNESS CHAMPIONS**

Vicki and Tommy Turner  
Mr. and Mrs. Mark S. Marani  
Tomco Construction, Inc.  
Georgia Heart Specialists LLC  
Piedmont South Imaging  
Diana A. Santiago MD  
Rona and Neil Ashe  
Mr. and Mrs. Walt Gutierrez  
Mrs. Rand G. Hagen  
Steve and Nancy Mader  
Mrs. Mark P. Pentecost, Jr.  
1electric, LLC  
Athens Radiology Associates, P.C.  
Batchelor & Kimball, Inc.  
Georgia Bone and Joint, LLC  
Lillibridge Healthcare Services, Inc.  
Metro Atlanta Ambulance Service  
Newnan Utilities  
The Patty & Doug Reid Family  
Foundation, Inc.  
Trilith Studios

### **HEALTH AND WELLNESS CHAMPIONS**

Mr. Richard B. Weeks  
SouthTree Commercial  
Jan and John Hunter  
Inglett & Stubbs  
Mr. and Mrs. Boland T. Jones  
Summer and Phil Trickey  
Tim Lacny  
Home2 Suites by Hilton  
Mr. and Mrs. Ryan S. Brooks  
Dr. and Mrs. Michael P. Cecil  
Dr. and Mrs. Frank N. Cole  
Walter J. Curran, MD  
Cindy and John Ferguson  
Mr. and Mrs. Alton L. Godbold, Jr.  
Mr. and Mrs. Robert L. Lenox  
Mrs. Harriett W. Palmer  
Lisa and Herbert Short  
Mr. and Mrs. Howard D. Steinberg  
Linda M. Winn  
Batson-Cook Construction  
Chick-fil-A at Poplar Road FSU  
Georgia Urology Piedmont LLC  
Meadows & Ohly  
Pace Lynch Realty  
Penco Restoration LLC  
Piedmont Cancer Institute PC  
Piedmont Walton Hospital Auxiliary Inc.  
Rotary Club of Loganville  
Southern Cleaning Services  
Traditional Care Physicians of America





Visit [piedmont.org/cancerwellness](https://piedmont.org/cancerwellness) to view the class schedule for all of our locations.  
For more information about programs and services provided at Piedmont Atlanta, please call **404.425.7944**.

**THOMAS F. CHAPMAN FAMILY**  
*cancer wellness*



*Real change lives here*