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.
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.

........................Creality..........................

ART JOURNALING
Learn a new art technique that will be helpful in adding images and textures to your visual and written journals. There will be an assortment of art materials and journals available. If you have begun your journal, please bring it with you. Facilitated by Gayle Torres, ATR-BC. 7/18, 8/29

DREAM EXPLORATION
Have you ever had a dream that seemed important yet was totally baffling? The sleeping mind communicates in metaphors and visual symbols. Some dreams can be profound while others reflect our daily activities. You are invited to bring a dream or a snippet of one and explore its significance. We will begin by recalling the dream with a simple image, followed by discussion and see where memory takes us. Previous dream work or artistic experience is not necessary. Facilitated by Gayle Torres, ATR-BC. 7/10, 7/24, 8/14 (Note: Class four, Taking Your Journal for a Walk, will be held in September)

........................Knowledge..........................

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.

CULTIVATING CONFIDENCE & COURAGE
“It’s better to be a lion for one day than a sheep all of your life.” – South African saying.
Knowing when and how to access and express confidence and courage is essential. Join Angela Buttimer, MS, RYT, LPC as she explores strategies to help you to become your own best advocate and ally. Chef Beci Falkenberg will prepare a healthy, delicious meal and show you how to have more confidence and courage in the kitchen. Call to register. 7/12

GODDESS WARRIOR WOMEN’S WORKSHOP
Calling All Women: Summer time is a perfect time to connect with your own personal power surge. Join Angela Buttimer, MS, RYT, LPC to explore the depths and breadths of the beauty of YOU. We will celebrate, inquire, and experience the multi-faceted YOU. A feast fit for all goddess warrior women will be served by Healthy Chef Partyologist Nancy Waldeck. Call to register. 7/19

LIVING WELL THROUGH INTEGRATIVE MEDICINE
“The natural healing force within each of us is the greatest force in getting well.” – Hippocrates, via Oncologist Dr. Jeremy Geffen’s book, 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 well as practice the modalities of healing experientially that the research indicates as beneficial to your optimal health. Dress in comfortable clothing. Facilitated by Dennis Buttimer, MEd, CHC, RYT and Angela Buttimer, RYT, LPC. A healthy meal will be served. Call to register. 7/22
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. To register, call 404.425.7944. 7/8

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 7/21

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

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. 7/8

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. 7/9, 7/23, 8/6, 8/13

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 (except 7/4 and 8/15)

HEALING THROUGH DEEP LISTENING SERIES: RELATING MINDFULLY TO OUR EMOTIONS FOR OPTIMAL HEALTH
“We will not find the solution to our problems at the same level of consciousness they were created.” – Albert Einstein
We are not our thoughts, emotions, or bodies, and yet, each of these aspects of self play a powerful role in our lives and in our immune system functioning. Dr. Candace Pert calls the interplay of these aspects “the mobile brain” – ourselves in continuous dialogue. As we learn to respond more skillfully to what arises in our thoughts, emotions, and bodies, using the tools of mindfulness and deep listening practice, we can access our deepest and richest wisdom. We can learn to release painful, habitual reactionary patterns, feeling better and living better.

This workshop will focus on the role and interplay of emotions. Wear comfortable clothing as we will work with some gentle movement. You may choose to attend one or all within the Deep Listening offerings. Facilitated by Dennis Buttimer, MEd, RYT and Angela Buttimer, LPC, RYT. A healthy meal will be served. Call to register. 8/5

MINDFULNESS IN MOTION
As the days begin to cool, putting our mindfulness practice into motion can warm us up. Join Dennis Buttimer, MEd, RYT, CHC as he guides you through practices and principles of taking mindfulness into various movements such as chair yoga, mindful walking and other activities. Wear comfortable clothing. A healthy mindful meal will be provided. Call to register. 7/13

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 (except 7/4)

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 (except 7/4)

T’AI CHI AND QI GONG FOR YOUR ORGAN SYSTEMS
We will engage with exercises and concepts to focus on the health of your major organ pairs, based on meridian theory. The meridians are pathways for the qi to flow through your body. Opening and clearing them helps the energy to move more easily, and helps you to focus your intention for healing or enhancing on a particular organ. In the Taoist Healing Theory, the organs support each other, so all systems functioning optimally is important to overall health. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Limited to 12 students. A healthy lunch will be served promptly at 1:15. Call to register.
7/9 QI FOR YOUR LIVER AND GALL BLADDER
7/16 QI FOR YOUR HEART AND SMALL INTESTINE
7/23 QI FOR YOUR STOMACH AND SPLEEN
7/30 QI FOR YOUR LUNGS AND LARGE INTESTINE
8/6 QI FOR YOUR KIDNEYS AND URINARY BLADDER

T’AI CHI AND QI GONG TO BRING THE JOY!
It is said, “Joy is the doorway to the Tao”. With movement and theory selections, we will build and celebrate joy, while releasing tension and gaining tools to focus on the joy in challenging situations. This set is designed to help create an internal base for concentration every day or in more trying circumstances, and to help enliven and relax your spirit. Taught by Cate Morrill, CTCQI, CHC, and her assistant. Limited to 12 students. Registration ends the Thursday prior to class. A healthy lunch will be served. Call to register. 8/19

VAGUS VACATION 2.0: ACCESSING THE 10TH CRANIAL NERVE FOR RELAXATION
This “wandering nerve” plays a vital role in the restorative functions of the body in concert with the parasympathetic nervous system. Learn what a vital role it is and how to activate it for a greater sense of relaxation. Practice ideas techniques and practices to utilize and “tone” this nerve. Facilitated by Dennis Buttimer, MEd, RYT, CHC Enjoy a calming, scrumptious meal prepared by Chef Beci Falkenberg. Leave this workshop feeling renewed, renewed and relaxed. Call to register. 8/9

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 Nancy Waldeck will explore blessings in the kitchen and serve a healthy, delicious meal. Registration is required. 8/2

THE HEART CHAKRA: OPENING THE LIFE FORCE OF LOVE
“Love is all there is. It is an energy that is ever constant. We are made up of its’ majesty on a cellular molecular level! And outwardly, Love manifests in many different ways and forms in our lives. Love just is, and it is a force that can guide and direct our path for our greater good, if we allow it to be so. Be open to receive it when Love shows up in your life – because it will.”
– Dr. Jody Iodice, Sit Up In Your Truck And Smile
In this workshop, we will balance and open the “Chi” of the Heart Chakra. When the life force energy of “Chi” flows freely, we awaken the gentle Grace-filled energies of the Heart Chakra, have a greater capacity for giving and receiving love, offering forgiveness freely, and experiencing compassion to self and others. We transform conflict and obstacles with balance and peacefulness, we seek resolution without resentment, and experience pain as a creative growth force that
provides us a deepening of self-love. In this workshop, we will examine the physical, emotional, psychological, and spiritual components of the Heart Chakra and through gentle yoga practices, writing exercises, self-reflection and dialogue. Please wear comfortable clothing as we will be on yoga mats for the entire program. Lunch provided promptly at 12:00pm. Facilitated by Angela Buttmer, LPC, RYT, CHC & Dr. Jody D. Iodice. Call to register. 7/15

THE MASTERY OF LOVE: A PRACTICAL GUIDE TO THE ART OF RELATIONSHIP

“Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy, and that happiness is the result of your love, this becomes the greatest mystery of the Toltec – the Art of Relationship”. – Don Miguel Ruiz

In exploring the work of don Miguel Ruiz, we will find how our fear-based belief systems and assumptions have lead us to the “suffering and drama” in our relationships. We will examine Ruiz’s ideas of “domestication” and our “image of perfection” that has lead us to “self-rejection”, which sabotages our relationships; how “the war of control” destroys relationships; how we “hunt for love” in others and by doing so, we suffocate others who are in relationship with us; and most importantly, we will discover how we “capture the love in ourselves”, thereby leading to successful relationships. Finally, Ruiz tells us how to accept and forgive ourselves and others leading to restore our spirit of playfulness that is vital to loving relationships. Lunch will be served promptly at noon. Facilitated by Dennis Buttmer, CHC, MED, RYT and Dr. Jody D. Iodice, Ph.D. Registration is required. 7/11

MINDFUL MOJO: TODAY IS A NEW DAY!

Join Angela Buttmer, MS, CHC, LPC to get your Mindful Mojo on! Enjoy some hope, optimism, and positivity to feel better as you move through the world. Chef George Skaroulis will serve a healthful, delicious feast. Call to register. 7/17

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 Buttmer, LPC. Tuesdays (except 7/30, 8/20, and 8/27)

MINDFULNESS 201

For those who have completed Mindfulness 101, deepen your practice and continue to enhance your overall quality of life. Facilitated by Angela Buttmer, LPC. Thursdays (except 7/4, 8/15, 8/22, and 8/29)

ONCOLOGY MASSAGE

Being diagnosed with cancer can be stressful and anxiety provoking. Cancer treatment can be invasive and affect your quality of life. There to support you while you are on treatment (chemotherapy, radiation, surgery) is our caring licensed massage therapists who are specialty trained in oncology massage. We offer 30 minute chair massage with scheduled appointment and hand, foot or scalp reflexology at our infusion suites. Participants will provide a release for massage therapy before their first session. Call to schedule an appointment.

OPENING AND BALANCING THE THROAT CHAKRA: FINDING YOUR VOICE AND SPEAKING WITH PURPOSE AND CLARITY

We invite you to explore paths to open, clear and balance the throat chakra. We will examine and reflect on the psychological, emotional, physical and spiritual implications of the throat chakra through writing and dialogue. We will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the “Chi” energy of the Throat chakra. Join us for this enlightening opportunity to experience and empower yourself and take responsibility for your personal needs through finding your voice and speaking your truths with clarity and purpose. Please wear comfortable clothing as we will be on yoga mats for this program. Lunch provided promptly at 12:00 p.m. Facilitated by Angela Buttmer, CHC, RYT, LPC and Dr. Jody Iodice, Ph.D. Registration Required. 8/12

THE PATHS OF TRUTH OF THE NATIVE AMERICAN ELDERS, MEDICINE WOMEN AND MEDICINE MEN: LIVING THE GUIDEPOSTS FOR INNER PEACE, FULFILLMENT, AND ENLIGHTENMENT

Applying the rich knowledge of the Elders, Medicine Women and Medicine Men of the Native American tradition takes learning “the way” through our own footsteps by “walking into the desert alone”. We will explore the practices of “walking into the desert alone” to hear the voice of the “Great Spirit” and “facing the winds alone of the Great Spirit” and the truths they bore for us. These healing practices were established by the countless tribes of the Native American peoples centuries ago and yet, still are practiced today. By exploring theses various “guiding” Custom-Bound values of the Native American peoples that they live by and die by, we find greater peace, fulfillment, and enlightenment. Lunch will be promptly served at noon. Facilitated by Dr. Jody Iodice, Ph.D. Space is limited. Call to register. 8/22
USING THE ALCHEMY OF ENERGY IN OUR EVERYDAY EXPERIENCES
Ever wonder how things you have been seeking just seem to “out of the blue” present themselves to you, or the very moment you are thinking about someone – they “all of a sudden” call you, or you notice the car in front of you just seems to have the license plate of the state you are planning to go for work, or the person in front of you at a check line just seems to be talking about the very location you are planning a vacation to? How does this happen? This churning energetic alchemy is happening around us at all times even when we are not tuned into it. We can move this energetic alchemy for our betterment or for our detriment. Come experience the tenets of this intriguing phenomenon and learn how to navigate it for better outcomes in your daily experiences. Lunch provided promptly at 12:00 p.m. Facilitators: Dennis Buttimer, M.Ed., CHC, RYT and Dr. Jody D. Iodice, Ph.D. Registration required. 8/8

..............................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. 8/8

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. 7/17, 8/28

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 (except 8/14)

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. 7/11

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. 7/15, 8/12

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

SURVIVORSHIP GROUP
Come connect with other cancer survivors who are on the post-treatment journey, asking “what now?” Explore themes related to adjusting to life after treatment, the impact of cancer on identity, managing fear of the future, maintaining a healthy lifestyle, and more. This ongoing group is open to anyone who has received a cancer diagnosis. Light dinner will be provided. Group facilitated by Dr. Emma Stein, Clinical Psychologist. Registration is required. First and Third Wednesdays (except 7/3)
HEALTHY MEXICAN
When you are craving a Mexican meal but still want to eat healthy, what do you choose? Join Chef Nancy Waldeck and Dietitian Shayna Komar as they educate you on a collection of colorful, healthy Mexican dishes to make at home. Space is limited and registration is required. 7/17

LAZY DAYS OF SUMMER
Join Chef Sue Snape and Dietitian Shayna Komar as they help you find easy non cook dishes to eat during the hot summer days in Georgia. Easy, healthy, and yummy will be the focus at this cooking demo. Space is limited and registration is required. 7/31

SOUPER JENNY FARM TOUR
Join Dietitian Shayna Komar and Farmer Jeff Collins at Souper Jenny Restaurant’s own organic garden! The event will offer a grow bag to take home and a tasting tour of their garden. It will focus on growing herbs and vegetables in small spaces. Please wear light, comfortable clothing and shoes. Meet at Souper Jenny Restaurant. 1082 Huff Rd NW, Atlanta, GA 30318. Space is limited and registration is required. 7/10

SUMMER SIZZLE
James Beard award-winning chef Steven Satterfield and the executive chef and co-owner of Miller Union will team up with Dietitian Shayna Komar in Cancer Wellness’ healthy kitchen. Satterfield remains deeply committed to Atlanta’s progressive culinary community and holds leadership positions with Chef’s Collaborative and Slow Food Atlanta. He is also a proud and active member of the Southern Foodways Alliance and Georgia Organics. He will tantalize your taste buds with lots of fresh Georgia produce. Chef Steven will also have his cookbook, Root to Leaf, available to sign and purchase. Space is limited and registration is required. 8/21

SHAVED RAW SQUASH AND FENNEL SALAD

(6 servings) From ROOT TO LEAF by Steven Satterfield

1 large or 2 small fennel bulbs
2 medium or 3 small yellow squashes and/or zucchini, washed
1 cup cherry or grape tomatoes, halved
Kosher salt
Freshly ground pepper
2 to 3 tablespoons Lemon Vinaigrette or more as needed
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh parsley

Halve the fennel bulb lengthwise and cut away the hard core at the base. Using a mandolin, slice the fennel crosswise into very thin ribbons.

Place the squash and the fennel in a nonreactive bowl and gently toss to combine. Add the cherry tomatoes and season with salt and pepper. Drizzle in 2 to 3 tablespoons of the vinaigrette and toss lightly to dress. Add the basil and parsley, and taste for seasoning. If the salad seems dry, add more dressing as needed.

Lemon Vinaigrette

1 ½ cups
Zest of 1 lemon
½ cup freshly squeezed lemon juice (from approximately 2 lemons)
1 garlic clove
1 tablespoon Dijon mustard
1 teaspoon Champagne vinegar
2 teaspoons kosher salt
½ teaspoon finely ground black pepper
1 cup extra virgin olive oil

In a blender, combine the lemon zest, lemon juice, garlic, mustard, vinegar, salt and pepper. Cover and blend at medium speed until the ingredients are smooth. With the motor running, slowly add the olive oil in a steady stream until the dressing emulsifies—it will be lemony yellow and a little creamy. Taste for seasoning.
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!

**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

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

**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).

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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>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>Happy Independence Day</td>
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<td>5</td>
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<td>The Mystic’s Journey, Noon to 3 p.m.</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>T’ai Chi and Qi Gong For Your Liver and Gall Bladder, 1:15 to 3 p.m.</td>
<td>Gentle Yoga, 6 to 7:30 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>PINK Wellfit™, 1 to 2 p.m.*</td>
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<td>7</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Brainiac Mania, 6 to 8:30 p.m.</td>
<td>Drawing Series, 10 a.m. to 12:30 p.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>Art Journaling, 10 a.m. to 12:30 p.m.</td>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>PINK Support, 3 to 4 p.m.*</td>
<td>PINK Exercise, 10 a.m. to 12:30 p.m.</td>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong For Your Heart and Small Intestine, 1:15 to 3 p.m.</td>
<td>T’ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Meditation and Community for Guys, 6 to 8 p.m.</td>
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<td>10</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Mental and Physical Wellbeing, Noon to 1:15 p.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>PINK Support, 3 to 4 p.m.*</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong For Your Heart and Small Intestine, 1:15 to 3 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>T’ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
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<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>PINK Support, 3 to 4 p.m.*</td>
<td>Gentle Yoga, 1 to 2:30 p.m.</td>
<td>Couples Enrichment, 6 to 8 p.m.</td>
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<td>14</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Dinner and Community for Guys, 6 to 8 p.m.</td>
<td>Healthy Mexican, 11:30 a.m. to 1:30 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
<td>PINK Support, 3 to 4 p.m.*</td>
<td>Writing for Recovery and Discovery, 11 a.m. to 12:30 p.m.</td>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>PINK Support, 3 to 4 p.m.*</td>
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<td>The Heart Chakra, Noon to 3 p.m.</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>PINK Support, 3 to 4 p.m.*</td>
<td>PINK Exercise, 10 a.m. to 12:30 p.m.</td>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong For Your Heart and Small Intestine, 1:15 to 3 p.m.</td>
<td>Healthy Mexican, 11:30 a.m. to 1:30 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>Drawing Series, 10 a.m. to 12:30 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>PINK Exercise, 10 a.m. to 12:30 p.m.</td>
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<td>23</td>
<td>Living Well Through Integrated Medicine, Noon to 3 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>PINK Wellfit™, 1 to 2 p.m.*</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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<td>T’ai Chi and Qi Gong For Your Stomach and Spleen, 1:15 to 3 p.m.</td>
<td>T’ai Chi and Qi Gong For Your Heart and Small Intestine, 1:15 to 3 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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<td>Gentle Yoga, 6 to 7:30 p.m.</td>
<td>T’ai Chi and Qi Gong For Your Stomach and Spleen, 1:15 to 3 p.m.</td>
<td>T’ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
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* This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.
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<td>1</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
<td>T'ai Chi, Advanced Form, 11:45 a.m. to 12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, 10:30 to 11:45 a.m.</td>
<td>Mindfulness 201, 11 a.m. to 12:30 p.m.</td>
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<td>Blessings Abound, 10:30 a.m. to 1:30 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>PINK Exercise, 2 to 3 p.m.*</td>
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<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
<td>Healing Through Deep Listening, Noon to 3 p.m.</td>
<td>Chair Yoga, 10 a.m. to noon</td>
<td>Mindfulness 101, 11 a.m. to 12:30 p.m.</td>
<td>T'ai Chi and Qi Gong, Noon to 1:15 p.m.</td>
<td>Cancer Wellfit™, 1 to 2 p.m.*</td>
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<td>The Throat Chakra, Noon to 3 p.m.</td>
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