

July/August 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*

*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

*Light refreshments will be served.*



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, 7/11, 7/25, 8/8, 8/22; 10–11:30 a.m.

### Claude Monet Presentation (In person)

The life and works of the artist known as the originator of Impressionism will be examined. Taught by Gayle Torres.

Wednesday, 7/2; 11 a.m.–12:30 p.m.

### Water Color Painting: Influences by Monet (In person)

Paint in the fluid and dreamlike style of Claude Monet at Giverny, the group will start with a short presentation of Monet's waterlily works. Participants will emphasize the fluid aspects of the medium. Taught by Gayle Torres.

Wednesday, 7/2; 12:30–2:30 p.m.

### SoulCollage (In person)

This expressive collage technique draws from the insights of spirituality from every religious tradition. No experience is necessary. All experience levels welcome. Will include an explanation of the Community Suit. Taught by Gayle Torres.

Monday, 7/14 & 8/11; 1–3 p.m. (Light lunch provided)

### Postcards of Hope (In person)

A return of the popular class! This project supports individuals and our cancer wellness community. We create 5x7" postcards that emphasize personal vitality and resilience found on the cancer journey. Taught by Gayle Torres.

Wednesday, 8/6; 11 a.m.–1 p.m.

### Tour of High Museum: Faith Ringgold (Meet on-site)

This features the most comprehensive collection of her paintings and drawing. Award winning multi-media artist, writer and educator, Faith Ringgold's creative contributions in the 20th century, will be examined. Taught by Gayle Torres. *When registering, please state whether you are a member of the museum. Registration required before Aug. 8 to participate.*

Tuesday, 8/19; 11 a.m.–1:30 p.m.

### Dream Exploration (Virtual)

Exploring dreams for improved health and personal understanding is a time-honored tradition. Now, neuroscience is making links between dream recall, brain processing, consolidation of memories, and cognition. We dream in images more than words. In this group, participants use simple art materials to recall an image of their dream. Giving attention in this way often provides valuable insights and "aha" moments. Art materials, including a journal, can be sent to your home. To receive supplies on time, it is necessary to register at least 7 days prior to the class. Taught by Gayle Torres.

Friday, 8/22; 11 a.m.–12:30 p.m.

## 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 7/14 & 8/11)

### 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 7/14 & 8/11)

### 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 Meditation & Movement at noon, participation in Gentle Meditation & Movement 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.

### **NEW: Introduction to Mindfulness-Based Stress Reduction (MBSR): An Easy Meditative Practice for the Whole of Us (Virtual) & (In-person)**

According to significant research, Mindfulness-Based Stress Reduction (MBSR) practice offers important benefits for cancer patients, addressing both psychological distress and physical symptoms associated with the disease and its treatments. MBSR programs can substantially reduce anxiety, depression, and stress. By cultivating present-moment awareness and non-judgmental observation, MBSR helps us to develop a greater capacity to focus, to cope with fear, improve mood, and enhance overall emotional well-being, leading to a better quality of life during a challenging period, and beyond. Participants in MBSR programs report reductions in cancer-related fatigue, improved sleep quality, and better coping abilities with physical discomfort. MBSR may positively influence immune function and reduce inflammation, potentially contributing to a better physiological state. This approach may empower patients with self-management techniques that may complement standard medical treatments, fostering a sense of control and resilience. And it can be practiced almost anywhere. These sessions will begin with information and opening stretches, move into a short, guided practice, and will end with individual reflection and gentle qi gong to compliment the meditation. Lunch will be provided for the in-person workshops. *Registration for the in-person workshops ends the Thursday before.* Taught by Cate Morrill, CTCQI, CHC.

**Monday, 7/7 & 8/4; 11 a.m.–1 p.m. (Virtual)**

**Monday, 7/14 & 8/11; 11 a.m.–12:30 p.m. (In person)**

### **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.**

### **NEW: Mindfulness & T'ai Chi/QiGong Based Programming Mindfulness-Based Stress Reduction (MBSR): An Easy Practice for the Whole of Us! (In person)**

Mindfulness-Based Stress Reduction (MBSR) practice offers significant benefits, addressing both psychological distress and physical symptoms associated with cancer and its treatments. We use guided meditation to assist with this focusing practice. This centering effect helps practitioners to be present in the moment, any moment, and does not require tools or difficult techniques. MBSR programs can substantially reduce anxiety, depression, and stress. By cultivating present-moment awareness and non-judgmental observation, MBSR helps us to develop a greater capacity to cope with general distress and improve mood and enhance overall emotional well-being, leading to a better quality of life during a challenging period, and every day! These classes will begin with instruction, discussion, and gentle stretches and breathwork for about 30 minutes, then will move into a 20 minute guided set, and will end with individual reflection and a short set of movements for "reawakening." Participants are highly encouraged, but not required, to attend the complimentary Qi Gong class which immediately follows. *Light refreshments will be provided.* Taught by Cate Morrill, CTCQI, CHC.

**Tuesdays, 12–1 p.m.**

### **Qi Gong for Health and Wellness (In person)**

Qi Gong is a thousands-year-old practice that uses varied sets of motions and stretches which focus on stress reduction, strength, flexibility, and "opening" of the energy channels throughout the body. Qi Gong can also focus on certain body areas, or on concepts, such as energy for heart chi, "letting go" of anxiety, or building resilience. These movements and stretches provide proven benefits for the vascular system, lymph drainage, help to release tension, and much more. This a complete, gentle engagement of body, mind, and spirit, all performed at the practitioner's chosen pace and level of work. Standing or seated, benefits are wide ranging and well documented. Joy of spirit, ease of movement, and relaxation of mind are benefits for those who practice. It is recommended, but not required, that the participant also take the T'ai Chi class which follows. Taught by Cate Morrill, CTCQI, CHC.

**Tuesdays, 1–1:30 p.m.**

### **T'ai Chi Forms 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. This class will teach and practice individual T'ai Chi movements and supporting concepts, and will be great for beginners as well as for the advanced practitioner. Taught at a pace all can follow, this class can stand alone but is enhanced when combined with the Tuesday Qi Gong and MBSR classes which precede it. *Light refreshments will be provided.*

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

## PEACE

### **The Mystics Journey:**

#### **A Spiritual Series into the Sacred (Virtual)**

Join Angela Buttner, 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.

**Monday, 7/14; 12:30–3 p.m.**

#### **Grounded & Glowing: Finding Grace & Grit Through the Cancer Journey and Beyond (Virtual)**

Healing requires both softness and strength. Whether you're in the midst of treatment or moving through survivorship, cancer is not just a physical journey, it's a deeply emotional and psychological one as well. This restorative workshop offers a space to reconnect with your inner resilience, reflect, and recalibrate. Grace allows you to meet yourself with compassion during the hardest moments, and grit empowers you to keep going when the path feels uncertain. Join psychotherapist Angela Buttner, MS, LPC as she guides you through didactic teachings, empowering and grounding practices, and facilitated group dialogue to build tools to stay steady in the struggle.

**Monday, 7/28; 12:30–3 p.m.**

#### **Reclaiming You: A Body Positive Workshop for Healing Inside and Out (Virtual)**

Your relationship to your body can be a complicated one – it's not just about mirrors but also about beliefs, emotions, and lived experiences. This transformative workshop, led by psychotherapist Angela Buttner, MS, LPC, offers a psychologically safe and empowering space to rewrite your relationship with your body. Through guided reflection, gentle mindfulness, and mind-body practices, you'll explore the emotional, psychological, and physical layers of body image with compassion and curiosity. You'll learn to quiet the inner critic, challenge toxic narratives, and reclaim confidence from the inside out.

**Monday, 8/4; 12:30–3 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 Buttner.

**Tuesdays, 11 a.m.–12:30 p.m.**

### **NEW: The Heartful Readers Collective (Virtual)**

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. Please make sure to register at [piedmont.org/HeartfulReaders](http://piedmont.org/HeartfulReaders)

**"When Things Fall Apart" by Pema Chodron**

**Thursday, 8/7, 6 p.m.**

## KNOWLEDGE

### **A Trifecta of Health:**

#### **Breathing, Sleeping, Hydration (Virtual)**

The essentials of breathing, sleeping, and hydration can have a profound effect on your health-for better or worse. Learn how to more skillfully utilize each of these basic building blocks for better health and well-being. Join Dennis Buttner, M.Ed, RYT, CHC for this educational and tactical workshop.

**Wednesday, 7/9; 12–3 p.m.**

#### **How to Be a Proactive Patient (Virtual)**

Have you ever left your doctor's appointment feeling as if you didn't receive the information to help you understand your physical symptoms? Or felt like your doctor was rushing through your appointment and didn't acknowledge you and even "dismissed" your concerns? Most often we must "teach" our physicians how to "partner" with us in our own physical care. In this workshop, we will discuss effective ways to be a "proactive" patient and how to take control of your time during your doctor's appointment. Facilitated by Jody D. Iodice, Ph.D.

**Thursday, 7/10; 12–3 p.m.**

#### **Minding Your Mental Health on the Cancer Journey (Virtual)**

Stress, anxiety, and depression are now at an all-time high in general. These can be exacerbated by a cancer diagnosis, treatment, and existential issues. Join psychotherapist and health coach Dennis Buttner, M.Ed, RYT, CHC for an informative workshop on tools, tactics, and timely guidance on how to better balance any mental health issue or diagnosis.

**Wednesday, 8/13; 12–3 p.m.**

#### **So, You Think You Have Met a Narcissist? (Virtual)**

We hear the word "narcissist" a lot today. In this workshop, we will look at the unique characteristics and behaviors associated with narcissism, the most effective ways to deal with a "narcissist", and the continuum of profiles of the narcissist personality. Facilitated by Jody D. Iodice, Ph.D.

**Thursday, 8/21; 12–3 p.m.**

#### **Harnessing and Balancing Your Hypothalamus (Virtual)**

The hypothalamus is an integral guidance system in your brain, playing a huge role in the endocrine system, body temperature, sleep, and so much more. So, what happens when this organ is dysregulated? Join psychotherapist and health coach Dennis Buttner, M.Ed, RYT, CHC for a didactic and experiential workshop on how to more effectively bring this key structure into regulation.

**Wednesday, 8/27; 12–3 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 Buttimer, M.Ed., CHC, RYT.

Monday, 7/14; 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 Buttimer, M.Ed., RYT, CHC.

Mondays, 7/21 & 8/11; 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 Buttimer, M.Ed., RYT, CHC for this workshop.

Monday, 7/25; 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, 7/9, 7/16, 7/23, 8/13, 8/27; 5–6 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.*

### In Season Summer Fun (In person)

Join Chef Megan McCarthy and Dietitian Shayna Komar to learn a few new recipes for the hot days of summer. These “no cook” small meals will satisfy you and give you energy for summer fun.

Wednesday, 7/16; 11:30 a.m.–1:30 p.m.

### Easy Mediterranean Cuisine (In person)

Sicily is a unique part of Italy that has beautiful weather and is surrounded by water on all four sides. Dietitian Shayna, Komar, and Healthy Chef Nancy Waldeck will celebrate the island with easy and delicious ideas to create recipes that you can for enjoy all day long.

Wednesday, 7/30; 11:30 a.m.–1:30 p.m.

### Cooling and Nourishing Foods (In person)

Chef Sue Snape and Dietitian Shayna Komar will discuss hydration and cooling foods to eat and drink during the warm days of summer.

Wednesday, 7/30; 11:30 a.m.–1:30 p.m.

### August Refresher (In person)

Join Chef Naina Bhedwar and Dietitian Shayna Komar as they collaborate to share fresh herbs, spices, and healing foods to add to your summer daily food plan.

Wednesday, 8/27; 11:30 a.m.–1:30 p.m.

THOMAS F. CHAPMAN FAMILY cancer wellness							July 2025		Piedmont ONCOLOGY	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		1 Mindfulness Training, 11 a.m.–12:30 p.m. (V) Gentle Yoga, 6–7:30 p.m. (V)	2 Power Qi Gong, 10:30–11:30 a.m. (V) Claude Monet Presentation, 11 a.m.–12 p.m. (IP) Water Color Painting, 12:30–2:30 p.m. (IP) PINK Exercise, 2–3 p.m. (IP)	3 Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) Meditation & Movement, 12–2 p.m. (IP)	4 Center closed for <i>Independence Day</i>	5				
6	7 <b>NEW:</b> Introduction to Mindfulness-Based Stress Reduction, 11 a.m.–12:30 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	8 Mindfulness Training, 11 a.m.–12:30 p.m. (V) <b>NEW:</b> Mindfulness-Based Stress Reduction, 12–1 p.m. (IP) Qi Gong for Health and Wellness, 1–1:30 p.m. (IP) Tai Chi Forms and Practice, 1:30–2 p.m. (IP) Gentle Yoga, 6–7:30 p.m. (V)	9 Power Qi Gong, 10:30–11:30 a.m. (V) A Trifecta of Health: Breathing, Sleeping, Hydration, 12–3 p.m. (V) PINK Exercise, 2–3 p.m. (IP) The Road We Share: Women Managing Cancer, 5–6 p.m. (V)	10 Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) Meditation & Movement, 12–2 p.m. (IP) How to Be a Proactive Patient, 12–3 p.m. (IP)	11 Writing for Recovery and Discovery, 10–11:30 a.m. (V) Impressionist Presentation: Paul Cezanne, 11 a.m.–12:30 p.m. (V) PINK Exercise, 2–3 p.m. (IP)	12				
13	14 Caregivers Connection, 10 a.m.–12 p.m. (V) <b>NEW:</b> Introduction to Mindfulness-Based Stress Reduction, 11 a.m.–12:30 p.m. (V) The Mystic's Journey: A Spiritual Series into the Sacred, 12:30–3 p.m. (V) SoulCollage, 1–3 p.m. (IP) <b>NEW:</b> Monthly Healing & Renewal Class, 6–8 p.m. (IP)	15 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) <b>NEW:</b> Mindfulness-Based Stress Reduction, 12–1 p.m. (IP) Qi Gong for Health and Wellness, 1–1:30 p.m. (IP) Tai Chi Forms and Practice, 1:30–2 p.m. (IP) Gentle Yoga, 6–7 p.m. (V)	16 Power Qi Gong, 10:30–11:30 a.m. (V) In Season Summer Fun, 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 p.m. (V)	17 Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) Meditation & Movement, 12–2 p.m. (IP)	18 Dream Exploration, 11 a.m.–1 p.m. (V) PINK Exercise, 2–3 p.m. (IP)	19				
20	21 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)	22 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) <b>NEW:</b> Mindfulness-Based Stress Reduction, 12–1 p.m. (IP) Qi Gong for Health and Wellness, 1–1:30 p.m. (IP) Tai Chi Forms and Practice, 1:30–2 p.m. (IP) Gentle Yoga, 6–7 p.m. (V)	23 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 p.m. (V)	24 Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) Meditation & Movement, 12–2 p.m. (IP)	25 Writing for Recovery and Discovery, 10–11:30 a.m. (V) PINK Exercise, 2–3 p.m. (IP)	26				
27	28 Couples Enrichment Support Group, 12–1:30 p.m. (V) Grounded & Glowing: Finding Grace & Grit, 12:30–3 p.m. (V) Dance Party Fusion, 1–2 p.m. (IP) Restorative Yoga, 2:15–3:15 p.m. (IP)	29 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) <b>NEW:</b> Mindfulness-Based Stress Reduction, 12–1 p.m. (IP) Qi Gong for Health and Wellness, 1–1:30 p.m. (IP) Tai Chi Forms and Practice, 1:30–2 p.m. (IP) Gentle Yoga, 6–7 p.m. (V)	30 Power Qi Gong, 10:30–11:30 a.m. (V) Easy Mediterranean Cuisine, 11:30 a.m.–12:30 p.m. (IP) PINK Exercise, 2–3 p.m. (IP)	31 Chair Yoga, 11 a.m.–12 p.m. (IP) T'ai Chi and Qi Gong Combination, 11 a.m.–1 p.m. (V) Meditation & Movement, 12–2 p.m. (IP)						





# 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



## A Special Thank You

**A special thank you to Thomas and Karen Chapman  
and all of Chapman Cancer Wellness Donors & Supporters!**

As a not-for-profit entity, Chapman Cancer Wellness at Piedmont allows us to offer many complimentary programs and services to our Piedmont Oncology Community and beyond.

For more information or to donate in support of Chapman Cancer Wellness at Piedmont, please visit [give.piedmont.org](https://give.piedmont.org) or call **404.605.4398** with your designated donation.



**A NIGHT ILLUMINATING HOPE**

PRESENTED BY

**BRASFIELD  
& GORRIE**

BENEFITING

**Piedmont**  
ONCOLOGY *Real change lives here*



**October 25, 2025**

Join Piedmont Oncology in the fight against cancer. Together, with our honorary chairs, Karen & Tom Chapman, we will illuminate a new tomorrow for cancer care, united in discovery and innovation for all of Georgia.

Visit [piedmontluminaria.org](https://piedmontluminaria.org) for additional event details.



Visit [piedmont.org/cancerwellness](https://www.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**.

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*cancer wellness*

 **Piedmont**  
ONCOLOGY

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