ART THERAPY
Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy can improve cognition, reduce stress and facilitate feeling of well-being or pleasure. Spend time with a local artist exploring various themes and self-expression through different art media. Join us weekly as we explore painting and other creative techniques in a supportive environment. Program is free to all JBACC patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let your creativity flow! Thursdays

GENTLE YOGA
Participants are guided through breath-work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions so even first-time participants enjoy an improved sense of wellbeing. Date TBD

SURVIVORSHIP EXERCISE CLASS
This is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. You are invited to join us in the June Wright Community Conference Room (located on the 2nd Floor of the John B. Amos Cancer Center). Saturdays

CHEMO EDUCATION
Classes are personalized for every patient starting chemotherapy.

RADIATION EDUCATION
Classes are personalized for every patient starting Radiation therapy.

SMOKING CESSATION
By appointment only, please contact Michael Nwogbo at 706.321.6603.

PATIENT ADVOCACY GROUP
In this unique forum, patients and caregivers are giving an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences at the John B. Amos Cancer Center. 6/11

ONCOLOGY MASSAGE THERAPY
We offer a thirty-minute complimentary massage for patients in active cancer treatment (by appointment only). Massage therapy has been shown to improve quality of life for those with cancer. Benefits include improved relaxation, sleep and immune function as well as relieving anxiety, pain, fatigue and nausea. To schedule an appointment with one of our massage therapists, call Cindy Ivey 706.320.8718.

HEALING TOUCH AND REIKI
Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress and minimize side-effects. Date TBD

MEDITATION
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Date TBD

AROMATHERAPY
Aromatherapy is an art and science of using botanical essential oils to promote health and wellness. Learn the basics of aromatherapy and create an uplifting essential oil blend to use at home. Date TBD

PET THERAPY
Pet Therapy is a guided interaction between a person and a trained animal. It also involves the animal’s handler. The purpose of pet therapy is to help someone recover from or cope with a health problem. Fridays

NEXT STEP SUPPORT GROUP
Please call Deborah Johnson at 706.571.1368 to reserve your place! 6/11

MAN-TO-MAN SUPPORT GROUP
Please call Deborah Johnson at 706.571.1368 to reserve your place! 6/16

WOMAN-TO-WOMAN SUPPORT GROUP
Please call Deborah Johnson at 706.571.1368 to reserve your place! 6/10

MULTIPLE MYELOMA SUPPORT GROUP
Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! 6/24
### June 2020

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<td>Survivorship Exercise Class, 10 a.m.</td>
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<td>Art Therapy, 10 a.m. to Noon</td>
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**GASTROINTESTINAL DISEASES SUPPORT GROUP**
Guest speakers will share how to combat this disease. Please call 706.321.6603 to reserve your place or email deboraha.johnson@piedmont.org. 6/18

**BETTER BREATHERS (COPD) SUPPORT GROUP**
For patients with COPD, lung cancer and other lung diseases. Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! 6/16

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**Pastoral care available upon request.**

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**Sustenance**

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**NUTRITION COUNSELING**
Our licensed Registered Dietitians provide nutrition counseling for cancer patients during and after treatment. They provide customized therapies to help patients stay motivated, chart progress and achieve nutrition health goals. Individual sessions by appointment.

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**Thank you to our donors!**
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 Columbus, visit [piedmont.org/pcrfoundation](http://piedmont.org/pcrfoundation) or call 706.660.6115.

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**When our doors re-open for group gatherings, classes will resume. Stay tuned!**

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