At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, we recognize the needs of patients and their loved ones. As a part of our purpose to make a positive difference in every life we touch, we offer free programs and services to anyone affected by cancer regardless of where they have received their cancer care.

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.

IN THIS ISSUE:

• Wellness for Women, Inside and Out
• Tee off with The Drive to End Cancer
• Partnership with Local Library
**Creativity**

**ART AND HEALING - CLAY GROUP**
Make a bit of art every day for greater recall, improved cognition, to reduce stress, and for the sheer pleasure of creating. Join our weekly clay group as we explore hand-building techniques (no wheel throwing) in a supportive environment. No experience necessary. Children, 5 years and older, may attend the last Tuesday of the month with prior notification to the facilitator. Facilitated by Jenny Welty-Green, Ed.S, ATR-BC. Tuesdays

**ARTS AND CRAFTS**
We provide materials and a supportive, peer-led environment. Space is limited. Registration is required, call 770.719.5860. Third Wednesday of each month

**CARD MAKING**
Enjoy some social time with other survivors in this peer-led group as we gather to create handmade cards for all occasions. Second and Fourth Wednesday of each month

**KNITTING CIRCLE**
Learn to knit, work on a project, give or get advice, or just socialize. All experience levels welcome. Hosted by volunteer and survivor Summer Trickey. Fridays

**MUSIC THERAPY**
Music therapy is the practice of using music to help alleviate symptoms such as pain, anxiety, and depression that frequently accompany a cancer diagnosis. For more information, please call 770.719.5860.

**ONE HOUR DRUMMER**
Experience decreased stress, boost your immune system and enjoy an overall sense of well-being in a group setting. Drums provided. No prior musical experience necessary. Children may attend with an adult but must call to make prior arrangements. Instructed by Peter Marino. Wednesdays

**SCRAPBOOKING**
Capture life’s moments and treatment triumphs through a visual memoir! This program is peer-led, please bring in items to use and share. First Wednesday of each month

**Knowledge**

**MEDICAL BILL COUNSELING**
Dealing with medical bills and insurance claims can be confusing. The medical jargon, coding on invoices, and explanation of benefits can be indecipherable. Fayette patients in need of assistance with organizing bills can schedule an individual appointment with Elaine Harbin, RN, BSN, CBCN, OCN at 770.719.6098.

**Movement**

**CARDIO AND BALANCE**
This class combines different elements of exercise to reach maximum gains. Instructed by Shari Weston Thursdays

**CHAIR YOGA**
Participants are guided in postures, breath-work, and relaxation without strain on joints and ligaments. This practice promotes stability, flexibility, and a sense of wellness and calm. Postures are performed sitting in the chair and/or standing with the support of the chair. Instructed by Mary Beth Kealy, ERYT, NP. Mondays

**GENTLE YOGA**
Yoga calms the mind, body and emotions so even first-time participants enjoy an improved sense of well-being. Participants are guided through breath-work, simple yoga postures and deep relaxation. Instructed by Mary Beth Kealy, ERYT, NP and Latha Ravi, ERYT, RYT, CPC. Tuesdays, Thursdays and Saturdays

**STRENGTH AND STRETCH**
This low impact class will use light hand weights, straps, chairs and your own body weight to reach maximum gains. Instructed by Shari Weston. Thursdays

**TAI CHI**
Meditation and movement combine in this graceful form of exercise. This class is designed to promote health, healing and longevity and participants can see improvement in concentration, focus and balance. After mastering the beginner class, participants are invited to attend the advanced class. Mondays

**CANCER FITNESS**
Improve your physical health and quality of life with this group exercise class. Participants must be followed by an oncologist. This program meets twice a week at the Piedmont Fayette Fitness Center and participants also receive one-on-one exercise consultations with a degreed exercise physiologist. Mondays and Wednesdays through Oct. 23
LINE DANCING
Instructed by Dr. P. Paulette Bragg, Line Dancing is fun, easy and can help improve your balance and coordination. So, if you want to have a fun filled good time while engaging in a heart-healthy activity come to Line Dance class. Fridays

ZUMBA
Instructed by Dr. P. Paulette Bragg, Zumba is a fitness class incorporating Latin, reggaeton, pop, R&B and country rhythms to create an exciting program. Mondays

MINDFULNESS TRAINING 101/PRACTICE
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Each participant receives a CD for daily practice. Facilitated by Mary Beth Kealy, ERYT, NP, Latha Ravi, ERYT, RYT, CPC and Mark Flanagan, LMSW. Tuesdays, Wednesdays and some Saturdays

AROMATHERAPY
Join Mary Beth Kealy, ERYT, NP, to learn about aromatherapy, the art and science of using botanical essential oils to promote health and wellness. Learn some of the basics of aromatherapy and create an uplifting essential oil blend to use at home. This class is the second of a series and will focus on clarity, attention, and alertness. Class size is limited to 16 participants and requires preregistration. Sept. 24

REFLEXOLOGY WORKSHOP
Reflexology is a simple, non-invasive method to help balance the body. In this two-hour workshop, participants will learn to apply pressure on specific reflex points of the feet or hands that match parts of the body to create relaxation, improve circulation and promote a general feeling of wellness. Class size is limited to 16 participants and requires preregistration. Led by Mary Beth Kealy, ERYT, NP. Oct. 22

INDIVIDUAL COACHING AND COUNSELING
Short-term counseling with one of our counselors is available to anyone during the active treatment phase. To schedule an appointment, call 770.719.6007.

INDIVIDUAL NUTRITION CONSULTATIONS
Individual nutrition counseling is available for cancer patients during treatment and for survivors. To schedule an appointment, call 770.719.5860.

LIVING WITH AN OSTOMY
A support group for people living with an ostomy, their partners and caregivers. Members help each other learn to live a full life with an ostomy. Facilitated by Laura Lang, RN. Call or text 678.379.9671 with questions. Fourth Sunday of each month

PROSTATE CANCER INFORMATION GROUP
Prostate Cancer Information Group is a chapter of Us TOO Int’l. The group is intended to allow men (and their families) to share information and to enhance prostate cancer understanding (but not provide medical advice). Facilitated by Jim O’Hara. For more information, call 770.632.2898. Fourth Tuesday of each month

TIME FOR TOMATOES!
As the tomato season winds up, we often find ourselves overwhelmed with tomatoes. Join My Chef Nancy to learn new and different tomato recipes and tips for preserving them. Sept. 5

COOK WITH A DOC - DR. NICOLE SROKA
My Chef Nancy puts a healthy spin on decadent family favorites, guest chef Dr. Nicole Sroka.

FALL SALADS AND CREAMY SOUPS
Fall is a great time of year for hearty salads and vegetable based creamy soups - without the cream! Join Healthy Chef Partyologist Nancy Waldeck as we learn how to make creative new salads and soups perfect for the fall season. Oct. 17

How has Cancer Wellness helped you?
We love to share your stories with our donors and other patients.
If you would like to share your story, please contact Kirsten Soriano at 770.719.5860

BREAST CANCER SURVIVOR’S NETWORK, INC.
Group setting providing social and emotional support. Facilitated by Janet Beebe of Breast Center Survivor’s Network, Inc., and Lesa Merritt with Piedmont Fayette Women’s Imaging Center. Guest speakers occasionally participate in the group. For more information, call 770.719.6604. Third Tuesday of each month

HEAD AND NECK SUPPORT
This group, facilitated by Doug Bradley, RN, will provide information and support to those newly diagnosed, undergoing treatment or recovering from treatment of head and neck cancers. Fourth Wednesday of each month

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A support group for people living with an ostomy, their partners and caregivers. Members help each other learn to live a full life with an ostomy. Facilitated by Laura Lang, RN. Call or text 678.379.9671 with questions. Fourth Sunday of each month

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FOCUS OF LUNCH AND LEARN IS WELLNESS FOR WOMEN, INSIDE AND OUT

The American Sexual Health Association estimates that 98,000 women will be diagnosed with a gynecologic cancer this year. September is Gynecologic Cancer Awareness Month and Mitzie-Ann Davis, M.D., MPH, FACOG, a gynecologic oncologist at Piedmont Fayette Hospital, will address awareness of the different types of gynecologic cancers and their symptoms at a lunch and learn program from 12 to 1:30 p.m. Thursday, Sept. 26.

“The earlier that cancer can be diagnosed and treated, the better the chance for successful treatment,” said Dr. Davis. “Women should be in tune with their bodies so that they can spot changes, and they should continue to get regular physicals and gynecological examinations on an annual basis.”

Many gynecologic cancers share symptoms and some can’t be detected by a screening. The best way to empower women to protect themselves from these types of cancers is to provide education.

Dr. Davis has been with Piedmont Fayette Hospital for just over three years. In that time, she has become close to her patients and the community. The luncheon on Sept. 26 is a way to connect with community members as well as re-connect with current and former patients.

The luncheon will take place from 12 to 1:30 p.m. in The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette. Space for this free event is limited. Please call 770.719.5860 to register.

CANCER WELLNESS PARTNERS WITH FAYETTE COUNTY PUBLIC LIBRARY

Tucked just inside The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital is The Rene Christensen Library. Last year, Kirsten Soriano, Cancer Wellness program coordinator, began looking for ways to make it a better resource for patients and caregivers. Soriano connected with Christeen Snell, the director of the Fayette County Public Library, and Gina Martin, the public services librarian, and the ideas began flowing.

In addition to providing more books, including popular fiction, self-help and Spanish language titles, the library also shares Gale Health and Wellness, an incredible resource providing access to medical journals, periodicals, reference materials and more.

“This has been an incredibly popular and valuable tool,” said Martin. “We even had one doctor tell us that he uses the system because it is faster and provides such great information.”

The library stocks books in the lending library by the fish tanks, as well as on a comfort cart that takes books to patients and caregivers.

“We are so grateful that the Fayette County library is always looking for more ways to connect with the community,” said Soriano.

The library lists their upcoming events just outside the room and encourages people to continue to stay engaged with the community. Learn more about the library at www.fayettecountyga.gov/public_library
The golf course at Flat Creek Country Club will be filled on Monday, Oct. 7 for the 19th annual Piedmont Fayette Hospital Auxiliary Golf Classic. The event is scheduled for a 10 a.m. shotgun start, but registration, a continental breakfast, the practice range and a putting contest are open to golfers at 8 a.m.

Proceeds from this year’s tournament, The Drive to End Cancer, will support ongoing programming in The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette, as well as other services for oncology patients receiving care from the hospital’s comprehensive cancer care program.

In conjunction with the golf tournament, presenting sponsor BMW of South Atlanta is dedicating the month of October as the ULTIMATE Drive to End Cancer. For every BMW sold during the month, BMW will donate $100 to Cancer Wellness at Piedmont Fayette.

“The annual golf tournament is a great way for the community to come together and support Piedmont Fayette,” said Amby Jordan, president of the Piedmont Fayette Hospital Auxiliary. “We are thrilled that this year’s tournament once again has a focus on helping the many cancer services offered at the hospital for patients and their families.”

The tournament is a four-person scramble and golfers will receive an appreciation gift and goodie bag, breakfast, lunch, refreshments and snacks, as well as a putting contest and auction. There will also be contests for Closest to Pin, Longest Drive and Most Accurate Drive. Sponsors for this year’s tournament include Brasfield & Gorrie, SunTrust Bank, MetroAtlanta Ambulance Service, Bank of America/Merrill Lynch, JP Morgan, Meadows & Ohly, Pace Lynch, Robert Lenox, Warner, Hooper & Ramsey, Bachelor & Kimball, Randolph Williamson, Arbor Terrace, and Wendy’s Peachtree City and Fayetteville.

The deadline to register as a sponsor or player is Friday, Sept. 20. The number of spots available for golfers is limited. Contact Paige Muh at 770.719.5758 for more information or register online at piedmont.org/pfhgolf.

If you like playing golf, come tee it up for Thomas F. Chapman Family Cancer Wellness.

The Prostate Cancer Support Group meets the fourth Tuesday of every month at 7 p.m. in The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital. Facilitated by Jim O’Hara, the group is a valuable tool for men dealing with prostate cancer and their families. Their meeting on Sept. 24 will be a special one as My Chef Nancy Jaworski, along with dietitian Lisa Stillman, will lead a “tailgate” cooking demonstration that supports prostate health.
September is Gynecologic Cancer Awareness Month and October is National Breast Cancer Awareness Month. Piedmont Fayette’s Walk with a Doc events for both months will feature local doctors addressing these topics.

Mitzie Ann Davis, M.D., MPH, FACOG believes that area women need more awareness of how to detect and treat different types of cancers. Dr. Davis will lead September’s Walk with a Doc event on Saturday, Sept. 21 and will discuss the signs and symptoms of several gynecologic cancers because early detection is often key to survival.

“The earlier that cancer can be diagnosed and treated, the better the chance for successful treatment,” said Dr. Davis. “Women should be in tune with their bodies so that they can spot changes, and they should continue to get regular physicals and gynecological examinations.”

Many gynecologic cancers share symptoms and some can’t be detected by a screening. The best way to empower women to protect themselves from these types of cancers is to provide education.

Breast Surgeon Melanie Whitten, M.D. will lead October’s Walk with a Doc on Saturday, Oct. 19. Her goal is for all walkers, men and women, to understand why so much significance is placed on breast cancer awareness.

“The Center for Disease Control and Infection Prevention states that over 237,000 women are diagnosed with breast cancer each year,” said Dr. Whitten. “Early detection is the key to treating and surviving breast cancer. If detected early enough, some tumors do not require chemotherapy or radiation treatment.”

During the walk, Dr. Whitten will discuss annual breast examinations, mammography, and advances in imaging.

The walks start at the Peachtree City Farmer’s Market at Aberdeen Village and travel to Battery Park and back (approximately 40 minutes). Pre-registration for the event is encouraged. To register visit piedmont.org/walkwithadoc or call 877.527.3712 (toll free). Please arrive by 8:15 a.m. – the walk will begin promptly at 8:30 a.m.

There will be a Walk with a Doc event on the third Saturday of every month through November of this year. For more information about Piedmont’s Walk with a Doc program, visit piedmont.org/walkwithadoc.

The cooking demonstrations at The Thomas F. Chapman Family Cancer Wellness Center are among the more popular programs offered each month. Last year, the cooking demonstrations got a big boost when doctors began to drop in to cook their favorite dishes. Nicole Sroka, M.D., a breast surgeon at Piedmont FayetteHospital, will host a Cook with a Doc program on Friday, Oct. 4. The focus of this demonstration is to put a healthy spin on decadent family favorites.
ADDITIONAL RESOURCES FOR PATIENTS AND FAMILIES ON THE WEB

GENERAL SUPPORT

Belong – Beating Cancer Together. The Belong life app provides people with cancer and their families a unique and innovative personalized solution to help manage and fight cancer more effectively. You can find this app in the App Store on your smartphone.

The Cancer Survivors Network, a peer supported site, provides a secure way to find and communicate with others who share your interests and experiences in ways only those of us who have “been there” can truly understand. csn.cancer.org/

ONE-ON-ONE SUPPORT

Cancer Hope Network provides free one-on-one confidential support to all people impacted by cancer, along the entire continuum from diagnosis through survivorship. cancerhopenetwork.org

Imberman Angels partners anyone, any age, any gender, anywhere and any cancer type seeking support with someone just like them. imermanangels.org/

SEXUAL HEALTH

A-Z Guide on Kanawa.org. This witty and informal guide addresses sexual health and intimacy concerns for female cancer patients. kanwa.org/sexual-health/a-z-guide/

SURVIVORSHIP

Springboard Beyond Cancer is an online tool for survivors during and after treatment. These collections of information help survivors better communicate with caregivers and care teams to manage their physical and emotional care after a cancer diagnosis. survivorship.cancer.gov/

YOUNG SURVIVORS

Lacuna Loft provides online support programs to young adult cancer survivors and caregivers, changing the way that age-appropriate support is provided to young adults facing cancer. lacunaloft.org

Stupid Cancer creates shared experiences by producing life-changing live events and digital content. Their mission is to improve outcomes for the young adult cancer community. stupidcancer.org

Boy Scout Builds Bookcase

Gabriel Melvin, a rising freshman at Starr’s Mill High School, built a bookcase for the Outpatient Infusion Center at Piedmont Fayette Hospital as part of his Eagle Scout project. Gabriel has been a Boy Scout with Troop 175 in Peachtree City for nearly four years and is hoping to reach Eagle Scout status within the next few months. An aspiring cardiac surgeon with a strong interest in healthcare, Gabriel was alerted to the need for a new bookcase by Gina Martin of the Fayette County Public Library and got to work this summer. In addition to learning some construction skills, Gabriel also learned some valuable soft skills as he communicated with representatives from different departments throughout the hospital and in the community. The bookcase is a huge hit with the staff of the infusion center and their patients.
Cancer Wellness at Piedmont Locations

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

**Catherine Hoffman**, Manager Oncology Services
**Kirsten Soriano**, Cancer Wellness Coordinator
**Janet Odom**, Support Services
**Mark Flanagan**, Social Worker

**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 Parkway
Stockbridge, Georgia 30281
678.604.5990

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

We understand that cancer affects your whole life, not just part of it. At Piedmont Fayette Hospital’s Cancer Center, we offer complete, comprehensive care that addresses the whole patient.

Our areas of expertise include:
- Inpatient and outpatient chemotherapy infusion
- Radiation oncology
- Interventional radiology
- Pain management services
- Lymphedema services
- da Vinci® robotic surgical technology
- Low- and high-dose brachytherapy treatment
- Palliative care services
- Imaging services (multi-slice CT and MRI)
- Oncology rehabilitation
- Cancer Wellness at Piedmont, offering professionally-led programs including education, relaxation and stress reduction, movement and exercise, nutrition workshops, cooking demos, expressive arts, meditation, support groups, social events and virtual classes (coming soon)
- Psychological and nutrition counseling
- Patient navigation services
- Social work services
- Genetics counseling
- Oncology research

Thank you to our donors!

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**PEACHTREE CHAMPIONS**
- Mrs. Adele D. Andrews
- Dr. W. Perry Ballard III
- Ms. Sarah B. Brown
- The John and Rosemary Brown Family Foundation
- Mr. and Mrs. James A. Carlos
- Andrew and Eula Carlos Foundation, Inc.
- Mr. and Mrs. Thomas F. Chapman
- David R. Clare & Margaret C. Clare Foundation
- Coweta-Fayette EMC
- It’s the Journey, Inc.
- Jaspers Way Inc.
- Mr. and Mrs. Douglas F. Reid
- The Patty Hertz Reid Foundation, Inc. of the JFGA
- Mr. Caleb C. Ruffin
- Mr. and Mrs. Shouky Shaheen
- Mr. and Mrs. Herbert J. Short, Jr.
- Short Shootout Breast Cancer Fund
- The Woman’s Auxiliary of Piedmont Hospital

**PIEDMONT CHAMPIONS**
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- Mr. Holland M. Ware and Ms. Faye Hendrix-Ware
- Cargill, Inc.
- The Clothes Less Traveled Thrift Shop
- Ms. Helen A. Carlos and Mr. Ron Hillard
- Mr. and Mrs. Stephen M. Davis Deloitte Employee Giving Program
- John and Mary Franklin Foundation, Inc.
- Metro Atlanta Ambulance Service
- Mr. and Mrs. Clarence B. Stowe

**CANCER WELLNESS CHAMPIONS**
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- Barber Breast Cancer Fund
- Mr. and Mrs. Walter K. Canipe
- Mr. and Mrs. John A. Carlos
- Cherokee Floor Covering, Inc.
- Mr. and Mrs. Ronald A. DeWees
- DPR Hardin Construction
- Epic Charitable Fund
- Rebekah and Christopher Kern
- Thomas H. Lanier Family Foundation
- Mr. and Mrs. Mark S. Marani
- Dr. Andrew Page
- Mrs. Mark P. Pentecost, Jr.
- Piedmont Cancer Institute, PC
- Mr. and Mrs. Brett M. Samsky
- Titan Electric Georgia LLC

**HEALTH AND WELLNESS CHAMPIONS**
- Mr. Mitchell Anderson and Mr. Richard Arpino
- Mr. and Mrs. Lee E. Asher
- Atlanta Breast Care
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- The Coweta Community Foundation, Inc.
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- Mr. and Mrs. John L. Ferguson
- Georgia Power Company, Metro South Region
- Georgia Power Foundation, Inc.
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- Howell Rusk Dodson
- Inglott & Stubbs
- J.P. Morgan
- The Boland T. Jones Family Foundation
- Jonesboro Pediatrics Clinic
- Susan G. Komen Greater Atlanta
- Mrs. Elizabeth Muse Layne
- Meadows & Ohly, LLC
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- Smith Beckman Reid, Inc.
- Southern Refreshment Services
- Southside Cycling Club
- Structor Group, Inc.
- Mr. and Mrs. Philip Trickey
- Ms. Judy Valor
- Mr. and Mrs. William A. Wood
- Wood Family Giving Fund

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* This class meets at the Piedmont Fayette Fitness Center

For more information call 770.719.5860.
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<th>Sunday</th>
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<td></td>
<td></td>
<td>Gentle Yoga, 9:30-10:30 a.m.</td>
<td>Scrpbooking, 10 a.m.-12 p.m.</td>
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<td>Line Dancing, 9:30-10:30 a.m.</td>
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<td>Mindfulness, 10:45-11:45 a.m.</td>
<td>Cancer Fitness, 12:12:45 p.m.*</td>
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<td>Cancer Fitness, 9:30-10:30 a.m.</td>
<td>Strength &amp; Stretch, 10:30-11:30 a.m.</td>
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<td>Art &amp; Healing, 5-7 p.m.</td>
<td>One Hour Drummer, 12:30-1:30 p.m.</td>
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<td>One Hour Drummer, 12:30-1:30 p.m.</td>
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<td>6</td>
<td>7</td>
<td>Gentle Yoga, 9:30-10:30 a.m.</td>
<td>Tai Chi (Beginner), 9:30-10:30 a.m. (Advanced), 10:30-11:30 a.m</td>
<td>Cancer Fitness, 12:12:45 p.m.*</td>
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<td>Mindfulness, 10:45-11:45 a.m</td>
<td>Chair Yoga, 12:15-1:15 p.m.</td>
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<td>Art &amp; Healing, 5-7 p.m.</td>
<td>Zumba, 1:30-2:15 p.m.</td>
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<td>Gentle Yoga, 9:30-10:30 a.m.</td>
<td>Card Making, 10 a.m.-12 p.m.</td>
<td>Cancer Fitness, 12:12:45 p.m.*</td>
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<td>Art &amp; Healing, 5-7 p.m.</td>
<td>Breast Cancer Support Group, 5:30-6:30 p.m.</td>
<td>Mindfulness, 1:30-2:30 p.m.</td>
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<td>Cardio &amp; Balance, 9:30-10:30 a.m.</td>
<td>Card Making, 10 a.m.-12 p.m.</td>
<td>Cancer Fitness, 12:12:45 p.m.*</td>
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<td>One Hour Drummer, 12:30-1:30 p.m.</td>
<td>Cooking Demo, 1:2:30 p.m.</td>
<td>Yoga, 6-7 p.m.</td>
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<td>Knitting Circle, 10 a.m.-12 p.m.</td>
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<td>Line Dancing, 1-2 p.m.</td>
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<td>Mindfulness, 9:30-10:30 a.m.</td>
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<td>Gentle Yoga, 9:30-10:30 a.m.</td>
<td>Arts &amp; Crafts, 10 a.m.-12 p.m.</td>
<td>Cancer Fitness, 12:12:45 p.m.*</td>
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<td>Cardio &amp; Balance, 9:30-10:30 a.m.</td>
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