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:

- Cancer Wellness adds Strength Training
- Is Kombucha Good for You?
- 10 Tips for Better Sleep
Programs

The following programs are offered at Piedmont Fayette, call 770.719.5860 for more information. For more information about programs and services, visit piedmont.org/cancerwellness.

------------------------ Creativity ------------------------

ART AND HEALING
Creating a visual image can produce physical and emotional benefits for both the creator as well as those who view it. This class explores clay, both low fire and stoneware. No experience necessary. Children 5 years and older may attend the last Tuesday of the month. Instructed 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 hand-made 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. Starting supplies are available. 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. It has also been proven to boost mood and help patients through treatment and recovery. 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 ------------------------

DYING TO LIVE
Death is not an easy subject to talk about or think about. In many ways, it is our ultimate fear. But what if contemplating our mortality allowed us to live more fully? This is a monthly series to discuss the challenges of end of life including practical, emotional, and spiritual dimensions. This workshop is intended for patients, providers, and caregivers. Facilitated by Mark Flanagan, LMSW, MPH, MA. Last Wednesday of the month

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 ------------------------

Exercise that focuses on functional fitness will help patients carry out the activities of daily living and return to the activities they enjoy. Build strength and confidence while increasing balance, flexibility and wellness.

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. Tuesdays 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. Instructed by Valerie Duke. Mondays
YOGA AND MINDFULNESS
Participants are guided in postures, breath-work, and relaxation. This class combines yoga and mindfulness training into one workout. Thursdays

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 and participants also receive one-on-one exercise consultations with a degreed exercise physiologist. This class takes place at the Piedmont Fayette Fitness Center. Mondays and Wednesdays

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. Tuesdays and some Saturdays

SPiritual counseling
Patients and caregivers commonly rely on spirituality and religion during the treatment and healing process. Our chaplains are trained to serve the spiritual needs of all faith traditions and would be honored to part of your treatment team. Contact Chaplain Kim Holman at 770.719.7037.

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

GENERAL CANCER SUPPORT GROUP
People who participate in support groups frequently report significant decreases in depression, increased hope and a more positive attitude toward his or her diagnosis. Facilitated Mark Flanagan, LMSW, MPH, MA. Second Thursday of each month

HEAD AND NECK SUPPORT
This group 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

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 770.400.4042.

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

PET THERAPY
Visits with a certified therapy dog typically comfort patients while providing a distraction from pain and stress. Dogs chaparoned by Mark Flanagan, LMSW, MPH, MA. Second and Fourth Friday 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

SPRING CULINARY TIPS TO HELP YOU MAKE THE MOST OF THE SEASON
In May we begin rolling from spring into summer and things start heating up in the kitchen. Join Healthy Chef Partyologist Nancy Waldeck to discover how to keep your cool in the kitchen with more than a handful of creative ideas and recipes that are better-for-you, easy and simply delicious. May 9

SPRING COOKING DEMONSTRATION
My Chef Nancy will prepare a cooking demonstration based on seasonal ingredients and excellent nutrition for active patients as well as those in recovery. May 23
According to the American Cancer Society, an estimated one in nine men will be diagnosed with prostate cancer. Though it is the second leading cause of cancer death among American men, preventative screenings like a prostate exam can help catch the disease before it becomes fatal.

Matthew Sand, M.D., a urologist at Piedmont, answers five questions men commonly ask about prostate exams.

1. What is a prostate exam?
“A prostate exam is a digital or finger exam in the rectum to feel the prostate through the rectal wall,” says Dr. Sand. “We estimate the size of the prostate and then we feel around for nodules, which are concerning for prostate cancer.”

Prostate exams can be performed along with a prostate-specific antigen (PSA) blood test, which measures the amount of PSA made by the prostate gland. The higher the PSA level, the higher the likelihood that there is a problem with the prostate gland.

“Occasionally you’ll have prostate cancers that don’t make a high PSA,” says Dr. Sand. “But when we perform the rectal exam, we can detect if there is a lump or a nodule in the prostate. So, it’s very important to do the PSA blood test in combination with the rectal exam.”

2. Who should get a prostate exam?
Men over the age of 50 should have an annual prostate exam, says Dr. Sand. If you have a family history of the disease, the exam can be performed as early as age 40.

3. What happens during the prostate exam?
“The exam is fairly straightforward,” says Dr. Sand. “Patients bend over the exam table positioning their elbows on the table. Wearing a lubricated glove, the doctor inserts his index finger into the rectum. We then palpitate the prostate from side-to-side a couple of times, taking a feel for nodules, bumps, lumps or a hard spot. Then we estimate the size of the prostate gland.”

4. Does it hurt?
“The whole procedure probably takes three to five seconds,” says Dr. Sand. “A little short-term discomfort can save you a lot of long-term pain and suffering.”

5. Why is it important to schedule a screening?
Men aren’t great healthcare-seekers on their own, says Dr. Sand.

“They usually go to the doctor for lifestyle issues like erectile dysfunction or urinary issues, but often delay screening testing,” he says.

Prostate cancer is asymptomatic, which means men usually don’t show signs or symptoms of the disease until it’s in a more advanced stage.

“A screening is the only way to catch prostate cancer in the early stages,” says Dr. Sand. “If caught early, it’s very treatable and the survival rate is excellent. If you don’t screen and take care of it, the outcomes are much worse.”

Find a urologist near you so you can schedule a prostate cancer screening. The exam only takes a few minutes and it could save your life.

Relay for Life of Fayette County, originally scheduled for Friday, May 3, has been rescheduled to Friday, Aug. 23. The event, a fundraiser for the American Cancer Society and a way to honor survivors, caregivers and those who have passed, will take place at Pinewood Forest from 6 to 11 p.m. Piedmont Fayette will have a team at the event. For more information on this year’s event and how you can get involved, visit relay.acsevents.org.
Kombucha, an effervescent fermented tea, has been increasing in popularity lately and you’ve likely seen it on your grocery store shelves. What is it and is it good for you? Shayna Komar, a licensed and registered dietitian at Thomas F. Chapman Family Cancer Wellness at Piedmont, weighs in.

“I recommend kombucha to my clients,” she says. “It’s full of probiotics, so I love it.”

Kombucha is naturally fizzy, sweet and slightly tangy, making it a healthy swap for soda. “The probiotics in kombucha can help your digestion and create a good balance of healthy bacteria in your gut,” adds Komar. “Kombucha has B vitamins as well, which can boost your energy and immune system.”

One word of caution: Kombucha contains naturally occurring sugar, caffeine and a very small amount of alcohol, so read the label carefully. Avoid kombucha if you are pregnant or sensitive to alcohol.

Not all kombucha is created equal and some contain added sugars or preservatives. Choose a kombucha from a reputable seller. Make sure it contains only fermented tea, fruit juice and fresh herbs or spices, avoiding added sugar.

FAYETTEVILLE PD CUFF THE SCRUFF

Members of the Fayetteville police department raised money for The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital by paying to not shave. On Thursday, Feb. 28, the officers held a Cuff the Scruff event at J. Sam’s Barber Shop in Fayetteville. They got their beards and mustaches trimmed and hosted a barbecue dinner for family, friends, and members of the community. All told, the police department raised $3,300 for the program.
CANCER WELLNESS ADDS STRENGTH TRAINING FOR CANCER PATIENTS

Exercise, particularly strength or resistance training, isn’t just a form of preventive medicine to keep people feeling well. Many studies now show strength training produces significant benefits for patients fighting or recovering from cancer, including pain reduction, less nausea and better function overall. To help their patients as they enter or recover from cancer treatment, Piedmont Fayette Hospital recently added a strength coach to the team. The program launched in March with exercise physiologist Michelle Long leading the program and the results have been encouraging for the coach and the patients.

“Patients undergoing cancer treatment can see a decrease in muscle tissue, so strength training can be important,” said Long. “We want to help patients build strength and stamina, so they have strength for their recovery and can feel better, faster.”

After a patient’s oncologist or physician recommends them for the program, the patient meets with Michelle for an assessment so that an exercise plan and recommendations can be made. Each plan is created with that individual patient in mind because every patient’s level of fitness and needs are different. For some patients, the exercise program amounts to what Long calls “pre-hab,” preparing someone physically and mentally for treatment or surgery.

Not only are patients more relaxed and feeling better in general before surgery, but studies have shown that post-operative complications and a patient’s length of stay in the hospital decrease when they take part in a program like this.

“One of the major goals of this program is to help our patients return to activities of daily living,” said Geetha Rao, M.D., Medical Director of Radiation Oncology at Piedmont Fayette. “When a patient works with Michelle, the work they do can be targeted to some of those specific tasks.”

There are numerous benefits to exercise and strength training for both the body and mind, but a huge benefit of this program is that it gives every patient an additional resource on their journey through cancer treatment. Each patient that works with Michelle now has another person that can help navigate their experience and connect with them with the tools for success.

To learn more about the cancer programs offered at Piedmont, visit piedmont.org/cancer

WE WANT TO HELP PATIENTS BUILD STRENGTH AND STAMINA, SO THEY HAVE STRENGTH FOR THEIR RECOVERY AND CAN FEEL BETTER, FASTER.”

- Michelle Long, Exercise Physiologist

GENETICS COUNSELOR GOES DANCING FOR CANCER WELLNESS

Kelly Teed, genetic counselor at Piedmont Fayette Hospital and Dr. Gregory Alvarez, podiatry specialist at Ankle & Foot Centers of Georgia, are participating in this year’s Fayette Dancing Stars Event. Fayette Dancing Stars is a fundraising event for local Fayette County charities in which local celebrities pair with local dance professionals in competition for your donation dollars.

The event is sponsored by Ankle & Foot Centers of Georgia in association with Rachel’s Dance Connection. The charities for 2019 include; Thomas F. Chapman Family Cancer Wellness Center, International Institute for Foot and Ankle Surgery, Fayette C.A.R.E. Clinic, ClearWater Academy, and Real Life Center.

The event will take place Saturday, June 8, 2019 at 7 p.m. in the Starr’s Mill Auditorium. Tickets are available at FayetteDancingStars.com and the Piedmont Fayette Hospital Gift Shop.
THE BENEFITS OF YOGA FOR BREAST CANCER PATIENTS

The practice of yoga has many health benefits for people of any age, including increased flexibility and muscle strength, and improved respiration, balance and athletic performance. The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital offers yoga for many of those same reasons, but also because of several studies that found health benefits for women with breast cancer.

“One of our goals with the cancer wellness program is to help our patients and their caregivers improve their overall quality of life,” said Catherine Hoffman, Manager of Oncology Operations at Piedmont Fayette. “In addition to the studies we have read, we have seen great results from the participants in our yoga classes.”

The practice of yoga has many health benefits for people of any age, including increased flexibility and muscle strength, and improved respiration, balance and athletic performance. The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital offers yoga for many of those same reasons, but also because of several studies that found health benefits for women with breast cancer.

“In separate studies from the American Society of Clinical Oncology and the M.D. Anderson Cancer Center, women with breast cancer who took yoga classes reported a decrease in fatigue, and an increase in physical function and quality of life. In both studies, women reported sleeping better and experiencing a reduction in stress. There were also several studies showing that yoga reduced inflammatory markers in breast cancer survivors and helped with nausea associated with chemotherapy.

“Yoga is very beneficial for breast cancer patients,” said Melanie Crutchfield Whitten, M.D., a breast surgeon at Piedmont Fayette. “Yoga reduces the severity of side effects in women who are taking chemotherapy as well as anti-estrogen therapy. In addition, it reduces fatigue, depression and anxiety. Studies have shown that yoga can improve overall quality of life in breast cancer survivors.”

It is important for people with cancer to work with yoga instructors who have experience working with cancer patients. They will know which yoga poses are safe for patients with lymphedema or for patients who may be at greater risks for fractures.

To learn more about yoga classes offered at Thomas F. Chapman Family Cancer Wellness at Piedmont Fayette, visit piedmont.org/cancerwellness.

10 TIPS FOR GETTING A BETTER NIGHT’S SLEEP

Do you suffer from frequent sleepiness or sleeplessness? If so, here are our top 10 tips for getting a better night’s sleep. Getting enough sleep can prevent many diseases and conditions, so use these tips to get your best night’s rest.

- Reduce television and screen time before bed.
- Exercise, but be sure to finish your workout at least three hours before bedtime.
- Listen to a white noise machine to cancel out sleep-disturbing sounds.
- Keep your bedroom at a cooler temperature.
- Establish a bedtime routine and stick to it. This reinforces your body’s sleep cycle.
- Avoid caffeine in the afternoon. It can stay in your system for hours and affect your ability to fall asleep.
- Finish eating at least two to three hours before bedtime to prevent heartburn and indigestion.
- Make sure your mattress and pillow are comfortable and supportive.
- Take a warm bath before bed. The hot water will increase your body temperature and as your body temperature drops, you will start to relax.
- Power nap. A 20-minute nap in the afternoon can help you feel more refreshed. Avoid napping for longer than 20 minutes – doing so can disrupt your sleep at night.

NATIONAL CANCER SURVIVORS CELEBRATION

Join us for the 2019 Survivors Celebration June 4-6 in honor of cancer survivors and caregivers. Visit the Wellness Center or give us a call for more information! Details announced mid-May.
Cancer Wellness at Piedmont Locations

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

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!

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 or call 404.605.2130.
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| 1      | Scrapbooking, 10 a.m.-12 p.m.  
Cancer Fitness, 12-12:45 p.m.*  
One Hour Drummer, 12:30-1:30 p.m. | 2 | Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Yoga/Mindfulness, 6-7 p.m. | 3 | Knitting Circle, 10 a.m.-12 p.m.  
Line Dancing, 1-2 p.m. | 4 |
| 5      | Tai Chi, 9:30 - 10:30 a.m.  
Cancer Fitness, 12-12:45 p.m.*  
Chair Yoga, 12:15-1:15 p.m.  
Zumba, 1:30-2:15 p.m. | 6 | Gentle Yoga, 9:30-10:30 a.m.  
Mindfulness, 10:45-11:45 a.m.  
Gentle Yoga, 6-7 p.m. | 7 | Card Making, 10 a.m.-12 p.m.  
Cancer Fitness, 12-12:45 p.m.*  
One Hour Drummer, 12:30-1:30 p.m.  
Art & Healing, 5-7 p.m.  
Gentle Yoga, 6-7 p.m. | 8 | Cardio & Balance, 9:30-10:30 a.m.  
Cancer Fitness, 12-12:45 p.m.*  
One Hour Drummer, 12:30-1:30 p.m.  
Cooking Demonstration, 1-2:30 p.m.  
General Cancer Support Group, 4-5 p.m.  
Yoga/Mindfulness, 6-7 p.m. | 9 | Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Yoga/Mindfulness, 6-7 p.m. |
| 10     | Knitting Circle, 10 a.m.-12 p.m.  
Line Dancing, 1-2 p.m. | 11 | Gentle Yoga, 1-2 p.m.  
Mindfulness, 2:15-3:15 p.m. | 12 |  
Mother’s Day  
Tai Chi, 9:30 - 10:30 a.m.  
Cancer Fitness, 12-12:45 p.m.*  
Chair Yoga, 12:15-1:15 p.m.  
Zumba, 1:30-2:15 p.m. | 13 | Gentle Yoga, 9:30-10:30 a.m.  
Mindfulness, 10:45-11:45 a.m.  
Art & Healing, 5-7 p.m.  
Gentle Yoga, 6-7 p.m. | 14 |  
Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Yoga/Mindfulness, 6-7 p.m. | 15 | Arts and Crafts, 10 a.m.-noon  
Cancer Fitness, 12-12:45 p.m.*  
One Hour Drummer, 12:30-1:30 p.m. | 16 |  
Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Yoga/Mindfulness, 6-7 p.m. | 17 | Knitting Circle, 10 a.m.-12 p.m.  
Line Dancing, 1-2 p.m. | 18 | Gentle Yoga, 1-2 p.m.  
Mindfulness, 2:15-3:15 p.m. | 19 | Tai Chi, 9:30 - 10:30 a.m.  
Cancer Fitness, 12-12:45 p.m.*  
Chair Yoga, 12:15-1:15 p.m.  
Zumba, 1:30-2:15 p.m. | 20 | Gentle Yoga, 9:30-10:30 a.m.  
Mindfulness, 10:45-11:45 a.m.  
Art & Healing, 5-7 p.m.  
Breast Cancer Support Group, 5:30-6:30 p.m.  
Gentle Yoga, 6-7 p.m. | 21 | Card Making, 10 a.m.-12 p.m.  
Cancer Fitness, 12-12:45 p.m.*  
One Hour Drummer, 12:30-1:30 p.m.  
Head and Neck Support Group, 6-7 p.m. | 22 |  
Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Cooking Demonstration, 1-2:30 p.m.  
Yoga/Mindfulness, 6-7 p.m. | 23 | Knitting Circle, 10 a.m.-12 p.m.  
Line Dancing, 1-2 p.m. | 24 | Gentle Yoga, 1-2 p.m.  
Mindfulness, 2:15-3:15 p.m. | 25 |  
Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Yoga/Mindfulness, 6-7 p.m. | 26 |  
Memorial Day  
Gentle Yoga, 9:30-10:30 a.m.  
Mindfulness, 10:45-11:45 a.m.  
Art & Healing, 5-7 p.m.  
Gentle Yoga, 6-7 p.m.  
Prostate Cancer Support Group, 7-9 p.m. | 27 |  
Card Making, 10 a.m.-12 p.m.  
Cancer Fitness, 12-12:45 p.m.*  
One Hour Drummer, 12:30-1:30 p.m.  
Dying to Live, 1:30-3 p.m. | 28 | Card Making, 10 a.m.-12 p.m.  
Cancer Fitness, 12-12:45 p.m.*  
One Hour Drummer, 12:30-1:30 p.m. | 29 |  
Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Yoga/Mindfulness, 6-7 p.m. | 30 |  
Cardio & Balance, 9:30-10:30 a.m.  
Strength & Stretch, 10:30-11:30 a.m.  
Yoga/Mindfulness, 6-7 p.m. | 31 |  
Line Dancing, 1-2 p.m. | 32 |  
May 2019 - Fayette  
For more information call 770.719.5860.  
* This class meets at the Piedmont Fayette Fitness Center
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<td>4</td>
<td>Gentle Yoga, 9:30-10:30a.m.</td>
<td><strong>Breast Cancer Support Group, 5:30-6:30p.m.</strong></td>
<td><strong>Gentle Yoga, 6-7p.m.</strong></td>
<td></td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
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<td>5</td>
<td>Survivors Celebration events</td>
<td></td>
<td></td>
<td><strong>Prostate Cancer Support Group, 7-9p.m.</strong></td>
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<td>6</td>
<td>Survivors Celebration events</td>
<td></td>
<td></td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td><strong>Strength &amp; Stretch, 10:30 -11:30a.m.</strong></td>
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<td>7</td>
<td>Survivors Celebration events</td>
<td></td>
<td></td>
<td><strong>Art &amp; Crafts, 10a.m.-12p.m.</strong></td>
<td><strong>One Hour Drummer, 12:30-1:30p.m.</strong></td>
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<td>8</td>
<td>Knitting Circle, 10 a.m.-12 p.m.</td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
<td></td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
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<td>9</td>
<td>Gentle Yoga, 1-2 p.m.</td>
<td><strong>Mindfulness, 2:15-3:15 p.m.</strong></td>
<td></td>
<td><strong>Card Making, 10a.m.-12p.m.</strong></td>
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<td>10</td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td><strong>Strength &amp; Stretch, 10:30-11:30a.m.</strong></td>
<td><strong>General Cancer Support Group, 4-5p.m.</strong></td>
<td><strong>One Hour Drummer, 12:30-1:30p.m.</strong></td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
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<tr>
<td>11</td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td><strong>General Cancer Support Group, 4:30-5p.m.</strong></td>
<td></td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
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<td>12</td>
<td><strong>Card Making, 10a.m.-12p.m.</strong></td>
<td><strong>One Hour Drummer, 12:30-1:30p.m.</strong></td>
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<td><strong>Prostate Cancer Support Group, 7-9p.m.</strong></td>
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<tr>
<td>13</td>
<td><strong>Cancer Fitness, 12:12-45 p.m.</strong>*</td>
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<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
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<td>14</td>
<td><strong>Gentle Yoga, 1-2 p.m.</strong></td>
<td><strong>Mindfulness, 2:15-3:15 p.m.</strong></td>
<td></td>
<td><strong>Dying To Live, 1:30-3p.m.</strong></td>
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<td>15</td>
<td>Knitting Circle, 10 a.m.-12 p.m.</td>
<td><strong>Head and Neck Support Group, 6-7p.m.</strong></td>
<td></td>
<td><strong>Prostate Cancer Support Group, 7-9p.m.</strong></td>
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<td>16</td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
<td></td>
<td><strong>Card Making, 10a.m.-12p.m.</strong></td>
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<td>17</td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td><strong>Strength &amp; Stretch, 10:30-11:30a.m.</strong></td>
<td></td>
<td><strong>Card Making, 10a.m.-12p.m.</strong></td>
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<tr>
<td>18</td>
<td><strong>Cancer Fitness, 12:12-45 p.m.</strong>*</td>
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<td></td>
<td><strong>Art &amp; Crafts, 10a.m.-12p.m.</strong></td>
<td><strong>One Hour Drummer, 12:30-1:30p.m.</strong></td>
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<td>19</td>
<td><strong>General Cancer Support Group, 4-5p.m.</strong></td>
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<td></td>
<td><strong>Cancer Fitness, 12:12-45 p.m.</strong>*</td>
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<td>20</td>
<td><strong>Breast Cancer Support Group, 5:30-6:30p.m.</strong></td>
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<td></td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
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<td>21</td>
<td><strong>Gentle Yoga, 1-2 p.m.</strong></td>
<td><strong>Mindfulness, 2:15-3:15 p.m.</strong></td>
<td></td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
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<td>22</td>
<td>Knitting Circle, 10 a.m.-12 p.m.</td>
<td><strong>Line Dancing, 1-2 p.m.</strong></td>
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<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
<td><strong>Mindfulness, 2:15-3:15 p.m.</strong></td>
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<td>23/30</td>
<td><strong>Living with an Ostomy 2-3 p.m. (June 23)</strong></td>
<td></td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
<td></td>
<td><strong>General Cancer Support Group, 4-5p.m.</strong></td>
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<td>24</td>
<td><strong>Tai Chi, 9:30 - 10:30a.m.</strong></td>
<td><strong>Yoga/Mindfulness, 6-7p.m.</strong></td>
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<td><strong>Prostate Cancer Support Group, 7-9p.m.</strong></td>
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<td>25</td>
<td><strong>Cancer Fitness, 12-12:45 p.m.</strong>*</td>
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<td><strong>Dying To Live, 1:30-3p.m.</strong></td>
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<td>26</td>
<td><strong>Gentle Yoga, 9:30-10:30a.m.</strong></td>
<td><strong>Breast Cancer Support Group, 5:30-6:30p.m.</strong></td>
<td></td>
<td><strong>Prostate Cancer Support Group, 7-9p.m.</strong></td>
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<td>27</td>
<td><strong>Cancer Fitness, 12:12-45 p.m.</strong>*</td>
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<td><strong>Gentle Yoga, 6-7p.m.</strong></td>
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<td>28</td>
<td><strong>One Hour Drummer, 12:30-1:30p.m.</strong></td>
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<td></td>
<td><strong>Cardio &amp; Balance, 9:30-10:30a.m.</strong></td>
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<tr>
<td>29</td>
<td><strong>Dying To Live, 1:30-3p.m.</strong></td>
<td><strong>Art &amp; Healing, 6-7p.m.</strong></td>
<td></td>
<td><strong>Prostate Cancer Support Group, 7-9p.m.</strong></td>
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</table>

* This class meets at the Piedmont Fayette Fitness Center

For more information call 770.719.5860.