Cancer Wellness at Piedmont Fayette Hospital

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:
• Meet Your Friendly, Neighborhood Dosimetrists
• Staying Safe During Summer
• What About Grilling?
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 - 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 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. For more information, please call 770.719.5860.  
**Thursdays**

**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 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. Facilitated by Mary Beth Kealy, ERYT, NP and Latha Ravi, ERYT, RYT, CPC. **Tuesdays 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 will be the first of a series and will focus on relaxation. Class size is limited to 16 participants and requires preregistration. **Aug. 15**

**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. **Aug 27**

**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**

**DONT GIVE UP PASTA!**  
When you start cutting carbs, pasta is one of the first things to go. You don’t have to give up your favorite noodles though. Learn some ways to enjoy pasta and stay healthy from My Chef Nancy. **July 11**

**NEW IDEAS FOR TRADITIONAL BREAKFAST**  
My Chef Nancy will put a healthy spin on some of the most popular breakfast items. There will be recipes for mini-frittatas, oatmeal, smoothies and breakfast bars to help start your day off on the right foot. **July 26**

**SUMMER SALADS AND VEGGIES**  
Summer salads are the best! Join Healthy Chef Partyologist Nancy Waldeck and learn ways to cool down during the hot and humid days of summer. We’ll “salad it up” with the best produce. Eat, enjoy, and leave with more than a handful of luscious recipes and tips that you can easily use at home. **Aug. 1**

**PEACHY KEEN**  
Today is National Peach Day, and we’ll celebrate together. Join Healthy Chef Partyologist Nancy Waldeck and create an entire menu of delicious, easy recipes that will make your day “peachy!” **Aug. 22**
**CAN GRILLING YOUR FOOD IGNITE CANCER?**

Will eating grilled food increase your cancer risk? It may seem extreme - and confusing. Isn’t grilling a healthier food preparation method?

According to the National Cancer Institute, cancer-causing chemicals form during the grilling process and these chemicals have been proven to cause cancer in lab animals.

Shayna Komar, a licensed and registered dietitian at Thomas F. Chapman Family Cancer Wellness at Piedmont, explains the research and shares ways to make grilling safer.

**Grilling and harmful chemicals**

Grilling can produce dangerous chemicals called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). They are produced predominantly when cooking muscle meat like beef, pork, poultry and lamb at high temperatures over open flame or hot coals.

At temperatures of 350 degrees or higher, amino acids and creatine (a natural compound that helps supply energy to muscles and nerves) react to form HCAs. These HCAs have been proven to cause DNA damage that spurs the development of tumors in the colon, breasts, prostate and lymph system. Another chemical change can occur when PAHs form from fat dripping onto hot coals, creating smoke that settles onto the food.

“These chemical reactions cause compounds in the meat to change into potentially cancer-causing agents,” says Komar.

**Healthy grilling tips**

Fortunately, there are ways to make grilling a safer process and healthy cooking option. Komar says you simply have to give a little more thought to how and what you are cooking. She recommends the following grilling tips to avoid HCAs and PAHs:

1. **Marinate your meat.** It creates a barrier between the meat and the flames. A review in the Natural Medicine Journal claims that adding marinade and spice rubs may lower HCA production by as much as 70 percent.

2. **Go nontraditional.** Vegetables and fruits do not produce these harmful chemicals, so load up the grill with healthy produce. Komar’s summertime favorites are pineapples and peaches. Veggie burgers are also a great alternative to beef burgers.

3. **Swap meat for fish.** It is a much leaner form of protein that produces fewer HCAs and PAHs.

4. **Choose leaner cuts of meat.** Excess fat produces more juices that drip onto the hot coals and produce PAHs.

5. **Get skinny.** Thinner cuts of meat take less time to grill, reducing the time they are exposed to hot temperatures. Komar recommends butterflying chicken breasts and forming thinner burger patties.

6. **Slow-cook your meat** at a lower temperature, flipping it frequently. The lower the temperature, the less chance this chemical reaction will occur.

7. **Partially precook meat** in advance to reduce the time it spends on the grill.

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**RELAY FOR LIFE SCHEDULED FOR AUG. 23**

Relay for Life of Fayette County will take place on 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 5 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.
More than a fashion statement, sunglasses are essential to protecting your eyes. Without them, ultraviolet rays can damage the eye’s lens and cornea, which can lead to cataracts or skin cancer on the fragile tissue around the eye. Tabitha Fuller, a licensed optician in the office of Jackson Giles, M.D., an ophthalmologist at Piedmont Physicians Group, shares her tips for choosing the safest, most effective sunglasses.

1. **UV protection**
Sunglasses should have 100 percent protection from both UVB and UVA rays. Although UVB is known to be more harmful to skin and eyes, doctors suggest to avoid both types of rays. The lenses should also block UV wavelengths up to 400 nanometers.

UV protection is especially important for children and teens. “The eyes of people under 18 absorb more UV rays than adults do,” says Fuller. “Eighty percent of one’s lifetime exposure to UV rays happens before the age of 18.”

2. **Size**
Larger frames cover a greater area of the face, thus providing more protection for the skin and eyes. Sunglasses with wraparound lenses can be beneficial for blocking rays coming from the sides.

According to Fuller, correctly fitted glasses are one of the most important aspects of choosing sunglasses. “You want to have a close fit to the face,” she says. “Ideally, you want wraparound sunglasses to block out as much light as possible.”

3. **Color**
Because the UV protective coating is clear, darker lenses are not necessarily more beneficial than lighter lenses. However, the tint of the glasses can be more suitable for certain settings. While gray-tinted glasses reduce overall brightness without color distortion, amber lenses work best in conditions with lower light settings and can enhance depth perception.

4. **Quality**
Sunglasses that provide no UV protection can actually make eyes more vulnerable to damage. The dark lenses without UV protection block visible light, which makes the pupils dilate. Without UV protection, even more harmful UV rays can enter the eyes through the dilated pupils, even if you feel like you are protected. “Polarized sunglasses offer the greatest UV protection, blocking out all horizontal UV rays,” Fuller explained.

If you frequently find yourself squinting from glare – maybe from skiing, driving, or fishing – polarized lenses might be helpful for you. These lenses can reduce the light reflecting on surfaces like snow, the road and water. Follow these tips to ensure you buy sunglasses that best protect your eyes. If you have any questions, an ophthalmologist or licensed optician can help.

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**TIPS FOR BUYING SUNGLASSES**

Join Piedmont Fayette at Walk with a Doc on Saturdays, July 20 and Aug. 17.
Walks begin promptly at 8:30 a.m. at the Peachtree City Farmer’s Market located in Aberdeen Village.
Learn more at piedmont.org/walkwithadoc

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**Sunscreen Tips**

If you are heading to the beach or pool this summer, take a look at the following tips from Dave Harvey, M.D., a dermatologist at Piedmont, to stay happy and healthy under the sun.

- **Try to use a Broad Spectrum sunscreen, which protects against UVB and UVA rays.**
- **Make sure your sunscreen is at least an SPF 30 or higher. A 30 SPF sunscreen gives you about 96% to 97% protection from the sun.**
- **Use a clear gel-based sunscreen when doing outdoor activities or at the pool. They should be labeled “water resistant” and will not sweat off as easily.**
- **Always apply sunscreen 15 to 20 minutes before you venture outdoors and reapply every 2 hours. Look for sunscreens that contain micronized zinc oxide, Helioplex, mexoryl or avobenzone.**
- **Don’t forget to use a sunscreen on cloudy days. Clouds are not effective in blocking UV rays and that sunscreen use is still essential.**
- **Be aware of reflective surfaces such as water, sand, surf, snow, and high altitudes. The sun can reflect off snow, sand, concrete and water surfaces like a mirror. Even in water, you are not immune against the sun’s damaging effects.**
- **Keep infants out of the sun. Babies should not experience prolonged sunshine for at least the first six months of their life. Physical blocks such as Zinc Oxide or Titanium Dioxide are safe because they do not react with the baby’s sensitive skin. Clothing lines such as Solumbra™, Coolibar™, or Sun Precautions™ are also safe.”

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Music in Medicine Coming to Piedmont Fayette Cancer Wellness

Dr. Lyn Shenbeck, D.M.A., a certified music therapist, launched Music in Medicine to bring music to memory care facilities as a way to decrease pain and anxiety and enhance patient satisfaction. A form of the program is coming to The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital. Although it will share a similar focus, the program will start in a group setting that can help provide social support and boost self-confidence.

“Health issues can take a lot of things away; strength, stamina, even just a sense of feeling well, music can help build those things back up,” said Shenbeck. “Studies have shown that music physiologically changes the neural network in the brain. It can relax you and make you feel better.”

A typical session may start with a call and response song to get everyone warmed up. It may be followed by some singing activities featuring popular songs or the use of rhythm instruments. Participants don’t have to be musically-inclined to join in the fun, they just need to give it a try.

“We’re not trying to find or create the next singing sensation and get them a record deal,” Shenbeck said. “We just want to show how effective music can be in helping someone heal or recover.”

Music in Medicine is not just open to active patients or those in recovery. Shenbeck knows how important a class like this can be for family members and caregivers as well.

“We want everyone who could benefit from learning about the power of music to sit in, whether that’s a family member, a nurse or a doctor,” said Shenbeck. “When the entire team comes together to care for someone, that’s where the magic happens.”

Music has always been a part of Shenbeck’s life and she has seen it positively affect both young and old throughout every level of her career.

“Music doesn’t just affect the mind. It radiates down your neck, through your shoulders and into your body as well,” Shenbeck said. “It physically relaxes you.”

Most people can think of a certain song that takes them back to a specific time in their lives. It may even make them feel happy or sad. Music in Medicine aims to harness that power and teach people how to use it effectively.

For more information about Music in Medicine, call 770.719.5860.

Lyn Shenbeck has brought string quartets to perform for patients at Piedmont Fayette Hospital.

The Important Role of the Dosimetrist

Much of what happens in healthcare takes place behind the scenes. There are dozens of staff members in the laboratories and pharmacies of each hospital working tirelessly to help diagnose and treat illnesses every day. In the field of radiation oncology, dosimetrists perform some of the behind the scenes work and design the treatment plan for each patient.

“After the radiation oncologist prescribes radiation to treat a tumor, the dosimetrist designs the plan that will deliver the prescribed dose to the right area,” said Catherine Hoffman, manager of oncology operations at Piedmont Fayette Hospital. “It’s a complex process and it’s almost like creating a flight plan for the radiation and guiding it to land in the exact right spot.”

There are many things to consider before beginning treatment involving radiation therapy and the dosimetrist has to factor in each one. For instance, they have to think about the other organs or parts of the body that are located near where the radiation is being delivered.

Often, they must also determine how to keep a patient still and ensure that the radiation is delivered to the same spot each time. Many times an immobilization device or a mold has to be made to keep each treatment the same.

Dosimetry is a high tech field and each dosimetrist is highly skilled in mathematics and computer technology. There are new advances in the field all the time and staying current with all of them can be a job in itself. The advances make treatment more efficient and effective for patients, allowing for better localization of higher doses.

“It is extremely gratifying to be part of the care team,” said Susan Cagle, CMD, a dosimetrist at Piedmont Fayette. “Each member of this department cares greatly for every patient and the roles we play ensure that our patients get the best, and safest, care possible.”

Learn about radiation oncology at piedmont.org/cancer.
While good nutrition is important during cancer treatment, eating well after treatment concludes is just as crucial. Here’s what every cancer survivor needs to know about nutrition. Good news: No calorie counting or carb cutting is required!

**Good nutrition is important after cancer treatment**

A diet high in the following foods may increase your risk of cancer or recurrence:
- High-calorie items, such as fast food, fried food and other convenience foods
- Processed meat, like sausage, hot dogs and salami
- Red meat, which includes beef, pork and lamb
- Refined sugars, which are found in sweetened and juice-flavored beverages, cookies, cakes, candy, ice cream and regular soft drinks

**Weight management for cancer survivors**

Cancer treatment can lead to weight gain for some people, often because of a combination of stress eating, steroids and chemotherapy. If you have gained weight from treatment, talk to your doctor or see a registered dietitian about how to lose excess pounds.

Research shows that being overweight not only increases your risk of cancer in general, but also increases the chance of cancer recurrence. There is a lot of value in maintaining a healthy weight after you have completed cancer treatment.

**What to eat after cancer treatment**

Physicians typically recommend a plant-based, whole food diet. Plant-based means eating more vegetables, fruit, legumes and nuts. Whole food means eating food in its natural state, such as a fresh peach with plain yogurt instead of peach-flavored yogurt.

If you are new to healthy eating, one recommendation is to take the American Institute for Cancer Research’s New American Plate Challenge. The challenge can teach participants about good nutrition in a simple, non-overwhelming way.

**Quick nutrition tips for cancer survivors**

Ready to make positive, healthy choices? Try these tips:
- Add healthy fats to your diet. Fat is not the enemy if you choose healthy fats like nuts, avocados and olive oil. It can help you feel more satisfied with your food choices.
- Avoid counting calories alone. Instead, focus on eating foods that are good for your body.
- Cut out sugary beverages. This includes sweetened tea, coffee drinks, juices and soda—even diet soda. Simply cutting back on the number of calories you drink can lead to weight loss.
- Eat a variety of colorful vegetables and fruit. The more colorful your plate, the better.
- Empower yourself. Learn which foods are healthy and why. If you know why kale is so good for you, you may be more likely to eat it.
- Get to the root of emotional eating. If you find yourself eating when you are sad, angry, happy or stressed, you may be an emotional eater. Talk to a professional counselor to find healthy ways to express your feelings.
- Practice moderation. Instead of cutting out whole food groups, like carbohydrates, make healthier choices. Swap brown rice for white rice and nuts for potato chips.
- Stay hydrated. It can be easy to mistake thirst for hunger. Plus, staying hydrated keeps your metabolism humming and your energy level steady.
- Up your fiber intake. Fiber helps you stay full, regulates digestion, and stabilizes blood sugar and cholesterol.

Think of your healthy food choices as a lifestyle, not a diet. That is when you will see the best results.
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.

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

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

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Howell Rusk Dodson
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J.P. Morgan
The Boland T. Jones Family Foundation
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Mrs. Elizabeth Muse Layne
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Southside Cycling Club
Structor Group, Inc.
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Mr. and Mrs. Philip Trickey
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Thank you to our donors!

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<td>Cancer Fitness, 12-12:45 p.m.*</td>
<td>Chair Yoga, 12:15-1:15 p.m.</td>
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<td>Zumba, 1:30-2:15 p.m.</td>
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<td>Art &amp; Healing, 5-7 p.m.</td>
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<td>Scrapbooking, 12:15-1:15 p.m.</td>
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<td>Cardio &amp; Balance, 9:30-10:30 a.m.</td>
<td>Strength &amp; Stretch, 10:30-11:30 a.m.</td>
<td>Cooking Demo., 1-2 p.m.</td>
<td>General Cancer Support Group, 4-5 p.m.</td>
<td>Gentle 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>Cancer Fitness, 12-12:45 p.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>
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<td>Arts &amp; Crafts, 12 a.m.-12 p.m.</td>
<td>Cancer Fitness, 12-12:45 p.m.*</td>
<td>One Hour Drummer, 12:30-1:30 p.m.</td>
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<td>Cardio &amp; Balance, 9:30-10:30 a.m.</td>
<td>Strength &amp; Stretch, 10:30-11:30 a.m.</td>
<td>Gentle Yoga, 6-7 p.m.</td>
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<td>One Hour Drummer, 12:30-1:30 p.m.</td>
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<td>Cooking Demo., 9:30-11 a.m.</td>
<td>Knitting Circle, 10 a.m.-12 p.m.</td>
<td>Line Dancing, 1-2 p.m.</td>
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<td>Living with an Ostomy, 2-3 p.m.</td>
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<td>Art &amp; Healing, 5-7 p.m.</td>
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<td>One Hour Drummer, 12:30-1:30 p.m.</td>
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<td>Cardio &amp; Balance, 9:30-10:30 a.m.</td>
<td>Strength &amp; Stretch, 10:30-11:30 a.m.</td>
<td>Gentle Yoga, 6-7 p.m.</td>
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<td>Prostate Cancer Support Group, 7-9 p.m.</td>
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<td>Head and Neck Support Group, 6-7 p.m.</td>
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<td>Mindfulness, 2:15-3:15 p.m.</td>
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* This class meets at the Piedmont Fayette Fitness Center

For more information call 770.719.5860.
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