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.

IN THIS ISSUE:

• Nutrition Focused on Oncology Patients
• The Women’s Heart Support Network
• Do You Really Need 10,000 Steps a Day?

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

...................................... Creativity ......................................

**ARTS IN MEDICINE**
Arts in medicine, also referred to as arts in healthcare, is a diverse, multidisciplinary field dedicated to transforming health and the healthcare experience through the arts. Research shows that patients participating in programs such as Arts in Medicine (AIM) require shorter hospital stays, less medication, and have fewer complications.

Please join us for:

- 1st Wednesday of the month, 10:30-11:45 a.m., Instructor-led
- 2nd and 4th Wednesday of each month, 10 a.m.-12 p.m., Self-led projects
- 3rd Wednesday of the month, 10 a.m.-12 p.m., Instructor-led
- Fridays, 10 a.m.-12 p.m., Knitting Circle

**ART AND HEALING - CLAY GROUP**
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 feelings of well-being or pleasure. Join us weekly 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 kirsten.soriano@piedmont.org. Facilitated by Jenny Welty-Green, Ed.S, ATR-BC (Undergoing SoulCollage® Facilitator Training) Saturdays

**MUSIC THERAPY**
Ease fear and anxiety, promote creative expression, learn coping strategies for managing symptoms, and promote relaxation and stress relief in a group setting. Music therapy interventions may include listening to, reflecting on, or actively making music with a variety of instruments and music styles. Appropriate for adults 18 years and older. No music experience necessary. Classes held two Fridays per month. Led by Natalie Generally Kirk, LPMT, MMEd., MT-BC Fridays

**ONE HOUR DRUMMER**
Drumming provides an experience where participants can be free to connect with themselves and others, in order to release, restore and heal. It is a universal language that we can all speak, free from words and concepts so we can experience life with an open heart. Drumming has been proven to induce deep relaxation, increase feelings of wellbeing, release emotional stress, and boost the immune system. Children may attend with an adult. Facilitated by Peter Marino, BM, BMED

**SoulCollage®**
Join us as we explore the use of collage using magazine images to create our own set of cards that will assist us in developing our creativity, intuition and imagination. SoulCollage® helps you understand that the wisdom you seek in answering the personal questions is within you. The card-making process is a creative tool that helps you access support that you may be seeking, but it is not in itself therapy. This class is facilitated by a Board Certified Registered Art Therapist, but you decide how deep to take this creative process under guidance. No artistic talent is needed. Led by Jenny Welty-Green, Ed.S, ATR-BC (Undergoing SoulCollage® Facilitator Training) Saturdays

...................................... 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 ......................................

**CANCER FITNESS**
Wellness is more than just being free from cancer. Wellness is a proactive lifestyle choice that helps you prepare for the fight, reduce treatment side effects, and live well during and after cancer. Research shows that patients who exercise regularly have 40 to 50 percent less fatigue which is a primary side effect of cancer treatment. Engaging in regular exercise increases muscle strength, joint flexibility and general conditioning, all of which may be impaired by surgery and some therapies. Exercise is known to improve cardiovascular function and to protect bones. Additionally, exercise helps control weight which reduces the risk of cancer recurrence, particularly for breast, colon and prostate cancers. Join our strength coach every Wednesday, Thursday, and Friday for cancer appropriate fitness classes.

**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. 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

TAI CHI
Meditation and movement combine in this graceful form of exercise. This class is designed to promote health, healing and longevity. Participants can see improvement in concentration, focus and balance. After mastering the beginner class, participants are invited to attend the advanced class. 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 WORKSHOP
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 the basics of aromatherapy and create an uplifting essential oil blend to use at home. Light snack provided. Class size is limited. Call 770.719.5860 to register.

REFLEXOLOGY WORKSHOP
Reflexology is a simple, non-invasive method to help balance the body. In this 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. Light snack provided. Class size is limited. Led by Mary Beth Kealy, ERYT, NP. Call 770.719.5860 to register.

SPIRITUAL WELLNESS
Spiritual wellness has the power to make our decisions and choices easier, ground us during periods of change and give us the resiliency to thrive with grace and inner peace in the face of adversity. Our Chaplain is specially trained to serve the spiritual needs of all faith traditions. Contact Cancer Wellness to schedule an appointment with Mindy Littlejohn LPC, BCCC.

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

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’Harra. For more information, call 770.632.2898. Fourth Tuesday of each month

COOKING DEMONSTRATION – SURVIVORSHIP
Now is the time to rebuild your health and nutrition. Join us to understand how to make long term changes that will promote a healthy weight, lower inflammation, and increase energy following active cancer treatment. This class is designed and appropriate for patients who have completed the active treatment phase. Space is limited, call to register.

Jan. 16 – Chef Hans Reuffert – Plant based foods
Feb. 13 – Chef Nancy Waldeck – Meal prepping

COOKING DEMONSTRATION – SIDE EFFECTS
Different treatments may cause a variety of side effects, which can lead to decreased calorie and protein intake and malnutrition. Join us for a cooking demonstration that will focus on symptom management and will provide insight on specific foods/recipes that may be better tolerated during these difficult times. This class is designed and appropriate for active treatment patients, and their caregivers. Space is limited, call to register.

Jan. 30 - Chef Nancy Jaworski - Chemotherapy treatment
Feb. 27 - Chef Beci Falkenberg - Radiation treatment
Corey Tolbert has always been interested in health, wellness, and nutrition. She has been specifically focused on oncology nutrition for the past six years and feels there is a lot of important information to share with people both in active treatment and recovery.

“I try to help people who are going through active treatment remain nutritionally sound, and keep their immune system up to keep them healthy. Some people need extra support through treatment and may need feeding tubes, so it is important to work with them and follow them closely,” Tolbert said. “For patients in recovery, I want to help establish the right diet to aid their survivorship. The goal is staying healthy and avoiding recurrence.”

Tolbert is a regular speaker at the cooking demonstrations at Thomas F. Chapman Family Cancer Wellness and often talks about the importance of various ingredients in the recipes. Many key ingredients, like foods with omega-3 fatty acids such as walnuts or salmon, help reduce inflammation, while others, like cruciferous vegetables (Brussels sprouts, kale, cabbage) are high in fiber and feature phytonutrients which may reduce the risk of developing cancer. Other ingredients that Tolbert often recommends during the cooking demonstrations are probiotics like yogurt, as well as ground flax seed, beans, and ginger.

Tolbert works with patients who have either been referred by their oncologist or have heard about working with a nutritionist through word of mouth.

“Everybody is different and has different goals and needs,” Tolbert said. “We create an individualized plan that is sustainable for the long-term.”

Tolbert is also excited about some new changes coming to the popular cooking demonstrations. The plan is for each demonstration to have more of a specific focus and goal.

For instance, one demonstration might be geared towards people in active treatment who need to gain weight. There is also a chance that some cooking demonstrations will be held off-site. One class might focus on aquaponics and take place at Alo Farms in Peachtree City, while another might feature seasonal vegetables at an organic farm in the county.

To learn more about working with a nutritionist through Cancer Wellness, call 770.719.5860.

**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. Using Belong, you will find support groups for every type of cancer. You can find this app in the App Store on your smartphone.

**Chemocare.com** is a comprehensive resource for cancer patients and their caregivers that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

**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/

**SEXUAL HEALTH**

**A-Z Guide on Kanawa.org.** This is a witty, informal guide written to address sexual health and intimacy concerns for female cancer patients. kanwa.org/sexual-health/a-z-guide

**SURVIVORSHIP**

**Springboard Beyond Cancer,** survivorship.cancer.gov/ is a new online tool for survivors during and after treatment created by the American Cancer Society and National Cancer Institute helps them create personalize Action Decks. These collections of selected information help survivors better communicate with caregivers and care teams to manage their physical and emotional care after a cancer diagnosis.

**YOUNG SURVIVORS**

**Lacuna Loft** is a nonprofit organization providing 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

**At Stupid Cancer,** we create shared experiences by producing life-changing live events and digital content that end isolation, build community, provide education, and foster meaningful relationships that last a lifetime. Our mission is to empower, support, and improve health outcomes for the young adult cancer community. stupidcancer.org
Melita Garcia is a familiar face around The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette. She attends numerous programs and classes and is always willing to share some advice or just have a conversation at one of the tables in the kitchen.

While many of the regulars know her, Garcia also focuses on introducing all the center has to offer to others.

“My daughter had cancer as a child and I have had breast cancer. When we were going through treatment, there wasn’t a resource like this available,” said Garcia. “It can make a huge difference in the lives of others.”

Garcia worked with the parents of children with cancer and knows how important it is for people to find others who know what they are going through. Garcia found that type of support at Piedmont Fayette and she recommends it to the people she meets as she battles cancer once again.

“It can be hard to talk about, but there is a lot that you can learn from others who have been in the same situation,” Garcia said. “Many of the programs offered here also have other benefits, aside from just the social aspect. For instance, the knitting program is good for neuropathy. My favorite class, Chair Yoga, keeps you moving and helps you relax.”

Garcia has a thirst for knowledge and has made friends throughout the center and the hospital. She is impressed by all of the resources that are available and makes use out of all of them.

“I love it here. This hospital is awesome,” Garcia said.

Piedmont Fayette offers the course Freshstart, a free, four-week program, that can help participants get and stay smoke free. The group meets five times over the course of four weeks. The first meeting gets the group ready to quit and lets the participants know what to expect. In the second meeting, each participant teams up with a buddy, talks specifics and makes a plan. The third meeting is quit night. After that meeting, there will be no more cigarettes. The class discusses how to interact with friends, family members and colleagues at work. The fourth class is 48 hours later and the group meets to discuss the successes and challenges. The final class talks about healthy living and how to stay smoke free long term.

“Freshstart is designed to help participants plan a successful quit attempt by providing essential information on nicotine dependence, skills for coping with cravings, and group support,” said Abigail Davis, RN, a respiratory therapist at Piedmont Fayette and a nurse at Piedmont Newnan. “If someone has made up their mind that they are going to quit smoking, this class can help them kick the habit for good.”

The American Cancer Society states that cigarette smoking greatly increases the risk of numerous cancers and that an estimated 21 million people in the United States have died because of tobacco use since 1964. Quitting smoking, even after many years of prolonged use, can help a person lead a longer and healthier life.

The next class starts Tuesday, January 7. Fresh Start meets in Conference Room C on the third floor of the 1279 Building on the campus of Piedmont Fayette Hospital, from 6 to 7:30 p.m. Class dates are Tuesdays, Jan. 7, 14, 21, and 28 with a special class on Thursday, Jan. 23.

Visit piedmont.org/classes-and-events to register.

The Beardiful Men of Piedmont Fayette are back with a new calendar. This year’s calendar features bearded men from throughout the hospital and celebrates the magic of movies. Calendars are $20 and proceeds go to The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette. Calendars can be purchased at the Piedmont Fayette Hospital Gift Shop.
DO YOU REALLY NEED TO TAKE 10,000 STEPS A DAY?

Do you need to walk 10,000 steps each day to be healthy? And where does that number come from?

“There was no initial study to show this to be a medical goal; instead, it came from a Japanese pedometer company in the 1960s who called their product a “10,000 step meter,”’ says David Poynter, M.D., a Piedmont family medicine and sports medicine physician. “It was a nice round number and was more than the average person was getting, so it stuck.”

As for the medical research, he notes that most studies have found getting approximately 5,000 steps a day to be beneficial, with little additional cardiovascular benefit after 7,000 to 8,000 steps, unless it’s at a moderate-vigorous intensity.

“There are benefits to additional steps at any intensity level over being sedentary, but we see diminishing returns if they are all at a low intensity,” he explains.

How many steps should you get a day?

Dr. Poynter still recommends that his patients get 10,000 steps each day, particularly if they are sedentary, as long as they don’t have underlying medical issues or injuries that prevent them from walking safely.

“I recommend it because, for a sedentary patient to get 10,000 steps a day, they have to intentionally be more physically active, which can only help them overall and get them closer to 150 minutes of moderate-intensity activity weekly,” he says. “This is something that they can easily monitor, and they don’t have to ‘exercise’ to do so.”

How much physical activity to get each week?

The Department of Health and Human Services guidelines recommend 150 minutes of moderate-intensity physical activity a week.

“This can be 30 minutes five days a week, 50 minutes three days a week, 22 minutes seven days a week; it doesn’t matter as long as it is 150 minutes weekly at a minimum,” says Dr. Poynter. “I prefer people to do some sort of physical activity most days as they are then more likely to make it a habit, but I leave that up to them.”

What is moderate-intensity exercise?

The key to improving your health is making sure your 150 minutes of physical activity falls into the moderate-intensity category.

“You can do this using your heart rate, and there are plenty of monitors and calculations people can find online,” he says. “I prefer the sing-talk test, also sometimes called the talk test. Basically, if while you are exercising, you can sing a short song – like happy birthday or the ABCs – then it is considered low-intensity because you aren’t pushing through your oxygen reserves. If you can’t sing because it makes you short of breath, but you can talk without getting too winded, that is moderate intensity. If you can only say two or three words before getting short of breath, that is high intensity.”

What counts as physical activity?

Dr. Poynter tells his patients to do whatever they want for physical activity, as long as they reach that moderate-intensity zone.

“It doesn’t matter if it is walking, biking, chasing the dog, playing basketball or doing yard work,” he says. “Just get active.”

What to do if you don’t get enough steps each day?

If you don’t get anywhere near the 10,000 steps goal, that’s OK. Dr. Poynter recommends:

• Finding a time that works for you. “I tell my patients that I don’t care how much activity it is, I want them doing something every day,” he says. “I recommend they find a time that works in their schedule and just do it. That can be first thing in the morning, on a lunch break or when they get home.”

• Changing into workout gear. “Changing clothes to work out changes your mindset to one of doing activity specifically for your health, and we are trying to make that a habit,” he says.

• Starting small. Begin with three to five minutes of activity a day at a light pace. He recommends this because “nobody can honestly say they don’t have three to five minutes, and pretty much everybody can walk at a light pace unless they have some type of disability that would prevent them from doing so.”

• Gradually increasing your workout time and intensity. Many people then realize they have more time and gradually increase the amount of time they spend on physical activity. “Once you get up to 30 minutes a day, then I recommend increasing your intensity to a moderate level,” he says.

• Finding an accountability partner. “Get active with your spouse, kids or neighbors, find an online group, make a competition out of it; it doesn’t matter,” he says. “But doing it with other people makes it more fun and holds you accountable.”

What are the health benefits of physical activity?

Dr. Poynter says the health benefits of exercise are too numerous to list.

“The main thing we focus on is cardiovascular and weight loss benefits of daily physical activity, but it also has significant effects on blood pressure, diabetes, cholesterol and stress, even outside of any weight loss associated with it,” he says. “Regular physical activity also tends to give people more energy throughout the day once they are into a regular schedule of doing it.”
WOMEN CAN FIND HEART HELP THROUGH HEART SUPPORT NETWORK

The American Heart Association states that heart disease is the No. 1 killer of women and that 90 percent of all women have at least one risk factor for heart disease. To educate women about heart disease and empower them to make important lifestyle changes, the Dottie Fuqua Women’s Heart Support Network has been launched at Piedmont Fayette Hospital. The goal of this program is also on preventive medicine and wellness, with a focus on reducing the risk of heart disease among women.

The Women’s Heart Support Network is made possible in the Fayette community thanks to the generosity of Fayetteville resident Vicki Turner. Since the program was launched this summer, area women have pledged their financial support, participated in the programs and scheduled comprehensive heart screenings.

The Women’s Heart Support Network focuses on prevention, clinical care, and support to reduce heart disease among women and promote long-term heart health and wellness. In order to aid prevention, the program offers personalized heart screenings to identify individual risk factors. Piedmont Heart has a team of women’s heart experts who provide the best medical care to treat acute and chronic cardiovascular disease. The Women’s Heart Support Network provides wellness education and programming, bringing the community together to build a supportive environment for women.

Avril James, the new program coordinator for The Women’s Heart Support Network, is hoping to introduce more area women to the classes and support that is available.

“Eighty percent of all cardiac events can be prevented by lifestyle changes and education,” James said. “Our goal is to get women of all ages thinking about what they can do to positively impact their heart health and to start taking action immediately.”

Patients who have had cancer also need to think about their hearts. Cancer treatment is a necessity for those affected by the disease, but some treatment options can actually weaken a patient’s heart and cause them to develop cardiovascular problems.

“We’ve gotten so good at treating cancers that we keep patients alive from a cancer standpoint, but we have to make sure that we are protecting their heart in the treatment process so we haven’t made them a cardiac patient years after surviving cancer,” says Jyoti Sharma, M.D., a cardiologist at Piedmont Heart Institute.

To learn more about The Women’s Heart Support Network, visit piedmont.org/womensheartsupport

DRIVE TO END CANCER A HIT

The annual Piedmont Fayette Hospital Auxiliary Golf Tournament raised $76,200. This includes the additional $3,900 raised by title sponsor, BMW, through their “Drive to End Cancer” campaign.

This effort was a part of the golf tournament fundraising ($100 to Piedmont Fayette cancer wellness for every BMW sold). All proceeds benefitted the Thomas F. Chapman Cancer Wellness Center at Piedmont Fayette.

Shaving Shindig

The Fayetteville Police Department will once again host a Shaving Shindig at J. Sam’s Barbershop in Fayetteville from 4 to 8 p.m. Feb. 28. Proceeds will benefit Thomas F. Chapman Family Cancer Wellness.

Proud to be Pink

BaSean Jackson, Pastor of Fellowship of Love Church sold pink t-shirts to the congregation to raise money for Thomas F. Chapman Family Cancer Wellness. The shirts read Proud to be Pink. It was just one of many ways that the men involved in the Real Men Wear Pink campaign supported Cancer Wellness.
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!

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](http://piedmont.org/champions) or call 404.605.2130.

**PEACHTREE CHAMPIONS**
- Mrs. Adele D. Andrews
- The John and Rosemary Brown Family Foundation
- Mr. and Mrs. James A. Carlos
- Andrew and Eula Carlos Foundation, Inc.
- David R. Clare & Margaret C. Clare Foundation
- Coweta-Fayette EMC
- It’s the Journey, Inc.
- Jaspers Way Inc.
- Klamon Family Foundation
- Mr. and Mrs. Douglas F. Reid
- Mr. Caleb C. Ruffin
- Ms. Patricia Sanders
- Mr. and Mrs. Shouky Shaheen
- Mr. and Mrs. Herbert J. Short, Jr.
- Marguerite Dyar Veach Trust
- Mr. Holland M. Ware and Ms. Faye Hendrix-Ware
- The Woman’s Auxiliary of Piedmont Hospital

**PIEDMONT CHAMPIONS**
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- Brasfield & Gorrie LLC
- Cargill, Inc.
- Mr. and Mrs. Thomas F. Chapman
- Clothes Less Traveled Thrift Shop
- Ms. Helen A. Carlos and Mr. Ron Hillard
- Mr. and Mrs. Stephen M. Davis
- John and Mary Franklin Foundation, Inc.
- The Virginia and Tom Gossage Foundation
- MetroAtlanta Ambulance Service
- Piedmont Cancer Institute
- Mr. and Mrs. Clarence B. Stowe

**CANCER WELLNESS CHAMPIONS**
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- Anonymous
- Barber Breast Cancer Fund
- Mr. and Mrs. Walter K. Canipe
- Can’t Never Could Foundation, Inc.
- Mr. and Mrs. John A. Carlos
- Cherokee Floor Covering, Inc.
- DPR Construction
- Epic Charitable Fund
- Georgia Bone and Joint LLC
- Heritage Bank
- Inglett & Stubbs
- Rebekah and Christopher Kern
- Mr. and Mrs. Sidney Kirschner
- Thomas H. Lanier Family Foundation
- Mr. and Mrs. Mark S. Marani
- Newnan Utilities
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- Mr. and Mrs. Michael W. Robertson
- Louise and Brett Samsky
- Titan Electric Georgia LLC

**HEALTH AND WELLNESS CHAMPIONS**
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- Mr. and Mrs. Lee E. Asher
- Atlanta Breast Care
- Bank of America
- Rev. Dr. Janice L. Blissit
- Dr. and Mrs. Frank N. Cole
- Dr. Maria Teresa Coleman and Mr. Bill Coleman
- Mr. and Mrs. Ralph W. Connell
- Mr. and Mrs. Ronald A. DeWees
- Dillard’s Ashley Park - Store 0266
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- Georgia Power Company, Metro South Region
- Georgia Power Foundation, Inc.
- Mrs. Brenda M. Goins
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- Howell Rusk Dodson
- The Boland T. Jones Family Foundation
- Jonesboro Pediatrics Clinic
- JP Morgan
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- Structor Group, Inc.
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- The Tree Foundation
- Mr. and Mrs. Philip Trickey
- Ms. Judy Valor
- Mrs. Elizabeth D. Wickland
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<td>New Year’s Day</td>
<td>Cancer Fitness, 11 a.m.-12 p.m.</td>
<td>Gentle Yoga, 6-7 p.m.</td>
<td>Knitting Circle, 10 a.m.-12 p.m.</td>
<td>Cancer Fitness, 1-2 p.m.</td>
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<td>Tai Chi (Beginner), 9:30-10:30 a.m. (Advanced), 10:30-11:30 a.m</td>
<td>Gentle Yoga, 9:30-10:30 a.m.</td>
<td>Cancer Fitness, 9-10 a.m.</td>
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<td>Cancer Fitness, 11 a.m.-12 p.m.</td>
<td>Knitting Circle, 10 a.m.-12 p.m.</td>
<td>SoulCollage, 1-3:30 p.m.</td>
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<td>Chair Yoga, 12:15-1:15 p.m.</td>
<td>Mindfulness, 10:45-11:45 a.m.</td>
<td>Gentle Yoga, 6-7 p.m.</td>
<td>Arts in Medicine, 10 a.m.-12 p.m.</td>
<td>One Hour Drummer, 12:30-1:30 p.m.</td>
<td>Mindfulness, 1:30-2:30 p.m.</td>
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<td>Cancer Fitness, 9-10 a.m.</td>
<td>Cancer Fitness, 11 a.m.-12 p.m.</td>
<td>Music Therapy, 12 p.m.-1 p.m.</td>
<td>Cancer Fitness, 1-2 p.m.</td>
<td>SoulCollage, 1-3:30 p.m.</td>
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<td>Chair Yoga, 12:15-1:15 p.m.</td>
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<td>Aromatherapy, 1-2 p.m.</td>
<td>Gentle Yoga, 6-7 p.m.</td>
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<td>Art &amp; Healing, 5-7 p.m.</td>
<td>Prostate Cancer Support Group, 7-9 p.m.</td>
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For more information call 770.719.5860.
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