Welcome to Piedmont Fayette Cancer Wellness – we’re glad you’re here! Our entire Cancer Wellness Team is available to meet with you virtually for individual consultations. In addition, we offer classes, support groups, videos and much more online.

**YOUR CANCER WELLNESS TEAM**

**Oncology Certified Dietitian**
Corey Tolbert, RDN LD  
Proper nutrition can help reduce the risk of cancer, keep patients healthier during treatment, and combat side effects. Our Dietitian can help develop a nutrition plan that is customized for you.

**Genetic Counselor**  
Kelly Teed, MMsc, CGC  
Our Genetic Counselor is trained to interpret personal and family medical history to determine if genetic testing for a hereditary cancer predisposition is appropriate. She facilitates genetic testing and helps patients understand how the results impact their care plan.

**Nurse Navigators – Karen Bouwman, RN and Elaine Harbin, RN**  
Nurse Navigators are specially trained oncology nurses who serve as a liaison between you and your healthcare team. They provide you and your family with education, support, and information about hospital services and community resources.

**Wellness Coach**  
Kirsten Soriano, BS, NBC-HWC  
A focus on strength is essential. Exercise has been proven to reduce fatigue, improve energy, and help manage side effects. Our Wellness Coach partners with patients to help them envision healthier, happier lives, through lifestyle and behavior adjustments.

**Oncology Social Worker and Mind-Body Counselor**  
Mark Flanagan, LMSW, MPH, MA  
Our Oncology Social Worker supports patients and families by helping them navigate psychosocial challenges associated with cancer care. He also provides short-term, goal focused counseling to ensure a seamless transition to treatment completion.

**Female Sexual Wellness Educator**  
Mary Lynn Hemphill, LCSW, OSW-C  
Providing sexual health support to female cancer survivors during active treatment and into long-term survivorship. Our female sexual wellness educator typically connects with patients at post-treatment appointments and is also available by consult for assessment, education, therapeutic support and referrals as needed.

Contact us at 770.719.5860 to schedule an individual consultation and connect with our Cancer Wellness team.
PATIENTS AND CAREGIVERS INFORMATION AND SUPPORT

**SUPPORT GROUPS**

**Blood Cancer Support Group**
Blood cancer patients and family members are welcome to join this group facilitated by Mark Flanagan, LMSW, MPH, MA, which meets virtually on the first Tuesday of every month, 5 to 6:30 p.m. Contact Mark at 770.719.6002 to gain access to the meeting.

**Head and Neck Support Group**
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. Join the meeting virtually at zoom.us, meeting ID 455 817 4435, passcode Doug. Fourth Wednesday of each month, 6 to 7 p.m.

**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 enhance prostate cancer understanding (but not provide medical advice). Join on zoom.us, meeting ID 245 926 8297, passcode: 997082. Facilitated by Jim O’Hara. Fourth Tuesday of each month, 7 p.m.

**MIND AND BODY**

**Gentle Yoga**
Yoga calms the mind, body and emotions. Participants are guided through breathwork, simple yoga postures and deep relaxation. Join on zoom.us, meeting ID: 949 4004 4755, passcode: xvmS1D. Instructed by Mark Flanagan LMSW, MPH, RYT-200. Second and Fourth Wednesday of each month, 1 p.m.

**Mindfulness Sessions**
Mark Flanagan, LMSW, MPH, MA, leads a remote mindfulness group session on the first and third Wednesdays, 1 p.m. accessible at zoom.us, meeting ID: 949 4004 4755, passcode: xvmS1D.

**CREATIVITY**

**Hearts Need Art**
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. Visit heartsneedart.org to sign up for a free interactive arts experience – request songs, learn to draw or write a story. You can even invite friends and family to join your zoom session.

**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. www.csn.cancer.org

At CANCERcare you can connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by oncology social workers. www.cancercare.org/support_groups

**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. www.kanwa.org/sexual-health/a-z-guide

**Sexual Wellness for Men**
ED (Erectile dysfunction) can be a common side effect of cancer treatment. There is hope for every man with ED to regain confidence, control, and wholeness. Visit edcure.org or https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/how-male-body-works-sexually.html to learn more.
SURVIVORSHIP
Springboard Beyond Cancer is a mobile-friendly tool that enables and empowers people with cancer to play an active role in the management of their health. This includes management of illness and treatment, relationships, emotional and psychological stressors, and healthy lifestyle behaviors.
www.survivorship.cancer.gov

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.
www.lacunaloft.org

NUTRITION
Nutrition Education
Proper nutrition can help reduce the risk of cancer, keep patients healthier during treatment and combat side effects. Join us on zoom.us, meeting ID: 998 0862 2420, passcode: 3SuUi4. Second and Fourth Thursday each month, 11 a.m.

Cancer Support Community provides healthy eating tips and nutrition advice for cancer survivors, along with recipes for healthy meals and snacks.
www.cancersupportcommunity.org/diet-nutrition

FINANCIAL
Patient Access Network Foundation assists patients who cannot access the treatments they need because of out-of-pocket health care costs like deductible, co-payments and co-insurance.
www.panfoundation.org

Triage Cancer is a national, nonprofit organization that provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers. They provide access to resources and advocate for the healthcare, financial, insurance, employment, and consumer rights of those diagnosed with cancer.
www.triagecancer.org

COUNSELING
Georgia Crisis & Access Line provides 24-hour free access to urgent counseling services.
1-800-715-4225

PIEDMONT CANCER WELLNESS ONLINE
Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.