June is National Cancer Survivor Month!

Cancer Wellness at Piedmont Henry Hospital

At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, free services and programs such as yoga, cooking demos, expressive art classes and counseling are also available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient.

Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. To view the class schedule for all of our locations, visit piedmont.org/cancerwellness.

THOMAS F. CHAPMAN FAMILY cancer wellness
For more information about programs and services or to register for a class please call **678.604.5990**. You may also find additional information by visiting [piedmont.org/cancerwellness](http://piedmont.org/cancerwellness). Please register for a cooking demonstration or other programs where a meal is provided at least 48 hours in advance.

**Creativity**

**ART FOR HEALING: PAINTING**
Spend an hour and a half with a local artist exploring various themes and self expression through different painting techniques. No art experience necessary. All art materials will be provided.

**SKETCH JOURNALING**
This class will engage the creative mind while learning to draw. Participants will explore themes through the art of sketching. Journals and sketch pencils will be provided. No art experience necessary.

**Knowledge**

**CANCER SUPPORT SERVICES ORIENTATION**
Spend time with the cancer support services team discussing the cancer journey both during and after treatment. They will explore topics such as navigating the healthcare system, financial resources and nutrition.

**EMBRACING LIFE AFTER CANCER**
Almost done with treatment? Recently completed treatment? Now what? Spend time with your cancer support services team learning more about thriving after finishing cancer treatment. They will explore topics such as returning to work, healthy lifestyle choices, medical bills and navigating the healthcare system.

**Movement**

**CANCER FIT**
A safe, inviting low impact exercise program developed to improve the physical health and quality of life for cancer survivors.

**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 done sitting in the chair and/or standing with the support of the chair.

**GENTLE YOGA**
Participants are guided through breath-work, simple yoga postures and deep relaxation. No yoga experience required. Yoga mats, blocks and blankets provided.

**MINDFUL MEDITATION & YOGA**
Experience a deeper sense of calm and learn relaxation techniques to use at home as you explore the benefits of mindfulness meditation and gentle yoga in one class.

**Peace**

**MASSAGE THERAPY**
We offer 30-minute complimentary chair massage for patients in active treatment (surgery, chemotherapy, radiation) intended to promote relaxation. To schedule an appointment, call 678.604.5990.

**DRUMMING CIRCLE**
This interactive and energetic ensemble allows you to experience decreased stress, boost your immune system and enjoy an overall sense of well-being. Drums are provided and no prior musical experience is necessary.
BREAST CANCER SURVIVOR’S NETWORK, INC.
A group of ladies providing social and emotional support throughout the cancer journey. This group meets at First United Methodist Church in McDonough. For more information, contact Pam Nelson at 770.707.0187.

HARBOR OF HOPE
A group of Breast Cancer Survivors who provide emotional support throughout the cancer journey. Their boutique may provide wigs, scarves, hats and post mastectomy products. This group meets in the Thomas F. Chapman Cancer Wellness Center located on the ground floor of the Education Building at Piedmont Henry Hospital. For more information, contact Teresa Garmon at 770.597.0938.

INDIVIDUAL NUTRITION CONSULTATIONS
Individual nutrition counseling is available for cancer patients and survivors. Information is available to address changes in appetite, nutrition supplements, dietary adjustments and general healthy eating habits. To schedule an appointment, call 678.604.5990.

SUPPORTIVE SPIRITUAL CARE
We recognize that spiritual care can play an important role in the healing process and contribute to wellbeing of patients. Our chaplains represent many faiths and are able to offer spiritual support, emotional support and listen with openness and understanding. To speak with a chaplain, please call 678.604.1054.

THRIVING AND SURVIVING BREAST CANCER SUPPORT
This support group meets in the Education Building at Piedmont Henry Hospital. For more information, contact Rhonda Williams at 678.433.7828.

BUILD-A-BOWL MEALS:
HEALTHY, QUICK & SIMPLE
Preparing one bowl meals is easy, fun and economical! You can create satisfying and flavorful meals for breakfast, lunch and dinner by combining just a few simple ingredients, you may even already have on hand. Chef Beci Falkenberg will share culinary tips and meal ideas, as dietitian Christi Hansen, MS, RDN, LD lends her nutrition expertise, in the informative build-a-bowl cooking class. Registration is required.

GINGER AND TURMERIC:
HEALING SPICES OF LIFE
We often hear about the beneficial properties of ginger reducing nausea and turmeric quelling inflammation, but how to use them in the kitchen? Join Christi Hansen, MS, RDN, LD, Cancer Wellness dietitian, for a culinary workshop on making simple food and drink recipes feature these powerful spices. Registration is required.

IT’S BERRY SEASON!
Spring and Summer begin berry season in Georgia. There are not many other ingredients that bring more flavor and freshness to our plates than fresh berries! Rock stars for their taste, they also have super powers from a whole cast of antioxidants, vitamins and fiber. We often think about berries as dessert, but can go from appetizer to entree as well. Join Healthy Chef Partyologist Nancy Waldeck and Dietitian Christi Hansen, MS, RDN, LD to discover how good berry season can be! Registration is required.
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.

Cancer Wellness Locations

**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 Pkwy
Stockbridge, Georgia 30281
678.604.5990

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

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

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.

Thank you to our donors!

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**PEACHTREE CHAMPIONS**
Mrs. Adele D. Andrews
Atlanta Commercial Board of Realtors, Inc.
Dr. W. Perry Ballard III
Ms. Sarah B. Brown
The John and Rosemary Brown Foundation
Mr. and Mrs. James A. Carlos
Andrew and Eula Carlos Foundation, Inc.
Mr. and Mrs. Thomas F. Chapman
David R. Clare & Margaret C. Clare Foundation
Clothes Less Traveled Thrift Shop
Coweta-Fayette EMC
It’s the Journey, Inc.
Jaspers Way Inc.
Mr. and Mrs. Douglas F. Reid
Mr. Caleb C. Ruffin
Ms. Patricia Sanders
Mr. and Mrs. Herbert J. Short, Jr.
Short Shootout Breast Cancer Fund
The Woman’s Auxiliary of Piedmont Hospital
Marguerite Dyar Veach Trust
Mr. Holland M. Ware and Ms. Faye Hendrix-Ware

**PIEDMONT CHAMPIONS**
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Andrew and Eula Carlos Foundation, Inc.
Ms. Helen A. Carlos and Mr. Ron Hillard
Chaparral Foundation
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Eagles Landing Family Practice
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Mr. and Mrs. Robert R. Reeves
Mr. and Mrs. Clarence B. Stowe

**CANCER WELLNESS CHAMPIONS**
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Jonesboro Pediatrics Clinic
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Mrs. Mark P. Pentecost, Jr.
Piedmont Cancer Institute, PC
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Mr. and Mrs. Shouky Shaheen
Mr. and Mrs. Philip Trickey

**HEALTH AND WELLNESS CHAMPIONS**
Mr. Mitchell Anderson and Mr. Richard Arpino
Mr. and Mrs. Lee E. Asher
Atlanta Breast Care
Bank of America
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Walter G. Canipe Foundation, Inc.
City of Fayetteville
The Coweta Community Foundation, Inc.
Mr. and Mrs. Jeremy A. Ellis
EPIC Response
Mrs. Cynthia C. Ferguson
Mr. and Mrs. John L. Ferguson
Fitzgerald & Sons Plumbing Company

Mr. and Mrs. Douglas F. Reid
Mr. and Mrs. Kathy Redfield
Mr. and Mrs. Susan Ricketts
Mrs. Elizabeth Muse Layne
MetroPower, Inc.
Mr. and Mrs. Bruce Murchison
Pace Lynch Realty
Mr. Yong Pak
Smith Seckman Reed, Inc.
Southside Cycling Club
Structor Group, Inc.
SunTrust Banks, Inc.
Mr. and Mrs. Patrick H. Thomas
Mr. and Mrs. James J. Thomasson III
Ms. Judy Valor
Mr. Joseph Wheeler
Mr. and Mrs. William A. Wood
Wood Family Giving Fund

Georgia Power Company, Metro South Region
Georgia Power Foundation, Inc.
Mrs. Brenda M. Goins
Mr. and Mrs. Patrick Helmer
Heritage Bank
Hewatt Electrical Contractors, Inc.
Howell Rusk Dodson
Inglett & Stubbs
J.P. Morgan
The Boland T. Jones Family Foundation
Susan G. Komen Greater Atlanta
Mrs. Elizabeth Muse Layne
MetroPower, Inc.
Mr. and Mrs. Bruce Murchison
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Wood Family Giving Fund
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<td>Build-A-Bowl Meals, Noon to 2 p.m.</td>
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