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.
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. Please register for a cooking demonstration or other programs where a meal is provided at least 48 hours in advance.

**Creativity**

**ART FOR HEALING: ACRYLIC PAINTING & ALCOHOL INK**
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.

Facilitated by Susie Q

**ART FOR HEALING: CLAY GROUP**
Make a bit of art every Monday for greater recall, improved cognition, to reduce stress and for the sheer pleasure of creating. Join our weekly group as we explore hand-building techniques (no wheel throwing) in a supportive environment. No experience necessary.

Facilitated by Jenny Welty-Green, Ed.S, ATR-BC

**SKETCH JOURNAL**
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. Registration encouraged, call 678.604.5990.

Facilitated by Susie Q

**Movement**

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

Facilitated by Connie Nowell, RYT

**TAI CHI**
Meditation and movement combine in this graceful form of exercise. This class is designed to promote health and longevity. Participants can see improvement in concentration, focus and balance.

Facilitated by Anne Foster

**YOGA FUSION**
Participants are guided through postures, breath work and relaxation without strain on joints and ligaments. The practice promotes stability, flexibility, and a sense of wellness and calm. Postures are done on a mat, sitting in the chair and/or standing with the support of the chair.

Facilitated by Connie Nowell, RYT.

**Peace**

**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.

Facilitated by Peter Marino

**ONCOLOGY MASSAGE**
Oncology massage has been shown to reduce stress, increase relaxation, improve sleep and positively impact quality of life. We offer a 30 minute complimentary chair massage to patients in active treatment (surgery/chemotherapy/radiation) intended to promote relaxation. To schedule an appointment call 678.604.5990.

Massage therapist Vonda Hendrickson, LMT, BCTMB, LE

**Knowledge**

**CANCER SUPPORT SERVICES ORIENTATION**
Spend time with the cancer support services team discussing the cancer journey during treatment. They will explore topics such as navigating the healthcare system, financial resources and nutrition. This program is most appropriate for newly diagnosed cancer patients and those at the beginning of treatment.

Facilitated by Peter Marino
Support

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 and post mastectomy items. This group meets in the Piedmont Henry Thomas F. Chapman Cancer Wellness Center located on the ground floor of the Education Building. 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.

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. For more information contact: 678.604.5482 or ostomyandme@gmail.com
Facilitated by Verlesia Freeman, RN

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 breast cancer support group meets at Piedmont Henry in the Education Building classroom B/C. For more information, contact Rhonda Williams at 678.438.7828.

July 2020

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<td>General Support Group, 10 to 11 a.m.</td>
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<td>Drumming Circle, 3:30 to 4:30 p.m.</td>
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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.

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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Mr. and Mrs. Herbert J. Short, Jr.
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