Try our new program, Art for Healing: Clay Group on Monday evenings.

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. 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 NEW!
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 art 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, 678.604.5990.
Facilitated by Terry Gardner.

..........................Movement..........................

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

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.

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.
Facilitated by lymphedema therapist Shavonna Warthen, OTR/L,CLT, 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 NEW!
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.

..........................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? Or 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 bill and navigating the healthcare system. 
Facilitated at Piedmont Henry Radiation Oncology Center – Stockbridge (960 Hospital Dr. Stockbridge, GA 30281).
Peacel

**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.

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 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.

Sustenance

**FARM-TO-TABLE-TO-WELLNESS**
The unbeatable sweetness of a vine-ripe, fresh tomato. The crunch of a pepper harvested this week. Come enjoy the flavors of the summer farmer’s markets as Cancer Wellness dietitian Christi Hansen walks us through simple, delicious ways to prepare the local harvest that can boost your mood and immunity. Registration is required, call 678.604.5990.

**GOOD TO GO: MAKE IT, TAKE IT**
Cook-outs, picnics and tail gating call for easy to assemble recipes and packable foods for your moveable feasts! Take advantage of fresh seasonal produce to create delicious snacks and meals, to take on the road or to serve outdoors. Chef Beci Falkenberg and dietitian Christi Hansen, MS, RDN, LD will provide nutrition tips, review food safety guidelines and share recipe ideas to keep you healthy on the go! Registration is required, call 678.604.5990.

**SUMMER SENSATION!**
Join Chef Tregaye as she adds flare to classic summer recipes and dietitian Christi Hansen, MS, RDN, LD lends her nutrition expertise. Registration is required, call 678.604.5990.
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!

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.

PEACHTREE CHAMPIONS
Mrs. Adele D. Andrews
Dr. W. Perry Ballard III
Ms. Sarah B. Brown
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.
Mr. and Mrs. Douglas F. Reid
The Patty Hertz Reid Foundation, Inc.
Mr. and Mrs. Caleb C. Ruffin
Mr. and Mrs. Shouky Shaheen
Mr. and Mrs. Herbert J. Short, Jr.
Short Shootout Breast Cancer Fund
The Woman’s Auxiliary of Piedmont Hospital
Marguerite Dyar Veatch Trust
Mr. Holland M. Ware and Ms. Faye Hendrix-Ware

PIEDMONT CHAMPIONS
Cargill, Inc.
Ms. Helen A. Carlos and Mr. Ron Hillard
Mr. and Mrs. Stephen M. Davis Deloitte Employee Giving Program
John and Mary Franklin Foundation, Inc.
Metro Atlanta Ambulance Service
Mr. and Mrs. Clarence B. Stowe

CANCER WELLNESS CHAMPIONS
Anonymous
Barber Breast Cancer Fund
Mr. and Mrs. Walter K. Canipe
Mr. and Mrs. John A. Carlos
Cherokee Floor Covering, Inc.
Mr. and Mrs. Ronald A. DeWees
DPR Hardin Construction
Epic Charitable Fund
Jaspers Way Inc.
Rebekah and Christopher Kern
Mr. and Mrs. Sidney Kirschner

THOMAS H. LANIER FAMILY FOUNDATION
Mr. and Mrs. Mark S. Marani
Mrs. Mark P. Pentecost, Jr.
Piedmont Cancer Institute, PC
Mr. and Mrs. Brett M. Samsky
Titan Electric Georgia LLC

HEALTH AND WELLNESS CHAMPIONS
Mr. Mitchell Anderson and Mr. Richard Arpino
Mr. and Mrs. Lee E. Asher
Atlanta Breast Care
Mr. and Mrs. S. Marcus Calloway
Dr. Maria Teresa Coleman and Mr. Bill Coleman
The Coweta Community Foundation, Inc.
Mr. and Mrs. Jeremy A. Ellis
Mr. and Mrs. John L. Ferguson
Georgia Power Company, Metro South Region
Georgia Power Foundation, Inc.
Mrs. Brenda M. Goins

HERITAGE BANK
Howell Rusk Dodson
Inglett & Stubbs
J.P. Morgan
The Boland T. Jones Family Foundation
Jonesboro Pediatrics Clinic
Meadows & Ohly, LLC
The Woman’s Auxiliary of Piedmont Hospital
Marguerite Dyar Veatch Trust
Mr. Holland M. Ware and Ms. Faye Hendrix-Ware

Mr. and Mrs. James J. Thomasson III
Mr. and Mrs. Philip Trickey
Ms. Judy Valor
Mr. and Mrs. William A. Wood
Wood Family Giving Fund

0747-0719
<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cancer Support Orientation, 9:30 to 10:30 a.m.</td>
<td>Art for Healing: Alcohol Ink, 1 to 3 p.m.</td>
<td>Yoga Fusion, 9 to 10 a.m.</td>
</tr>
<tr>
<td>2</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>T'ai Chi, 4 to 5 p.m.</td>
<td>Drumming Circle, 3:30 to 4:30 p.m.</td>
</tr>
<tr>
<td>3</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Meditation and Yoga, 5:30 to 6:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Yoga Fusion, 9 to 10 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Sketch Journal, 2:30 to 3:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>Art for Healing: Painting, 6 to 7:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>T'ai Chi, 4 to 5 p.m.</td>
<td>Meditation and Yoga, 5:30 to 6:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Art for Healing: Painting, 6 to 7:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Harbor of Hope, 6:30 to 8:30 p.m.</td>
<td>T'ai Chi, 9 to 10 a.m.</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Harbor of Hope, 6:30 to 8:30 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>T'ai Chi, 9 to 10 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Art for Healing: Painting, 6 to 7:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>Art for Healing: Alcohol Ink, 1 to 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>T'ai Chi, 4 to 5 p.m.</td>
<td>Meditation and Yoga, 5:30 to 6:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Art for Healing: Alcohol Ink, 1 to 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Art for Healing: Alcohol Ink, 1 to 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>T'ai Chi, 9 to 10 a.m.</td>
<td>Summer Sensation, Noon to 2 p.m.</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>T'ai Chi, 9 to 10 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>Summer Sensation, Noon to 2 p.m.</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>T'ai Chi, 4 to 5 p.m.</td>
<td>Sketch Journal, 2:30 to 3:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Meditation and Yoga, 5:30 to 6:30 p.m.</td>
<td>Drumming Circle, 3:30 to 4:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Summer Sensation, Noon to 2 p.m.</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Summer Sensation, Noon to 2 p.m.</td>
<td>Sketch Journal, 2:30 to 3:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Drumming Circle, 3:30 to 4:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Summer Sensation, Noon to 2 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Summer Sensation, Noon to 2 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:**
- **Art for Healing:** Clay, 4:30 to 6:30 p.m.
- **Gentle Yoga:** 6 to 7 p.m.
- **Cancer Support Orientation:** 9:30 to 10:30 a.m.
- **Cancer Fit:** 10:30 to 11:15 a.m.
- **T'ai Chi:** 4 to 5 p.m.
- **Meditation and Yoga:** 5:30 to 6:30 p.m.
- **Harbor of Hope:** 6:30 to 8:30 p.m.
- **Oncology Massage:** By Appointment
- **T'ai Chi:** 9 to 10 a.m.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Oncology Massage, By Appointment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Art for Healing: Clay, 4:30 to 6:30 p.m.</td>
<td>Cancer Support Orientation, 9:30 to 10:30 a.m.</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Harbor of Hope, 6:30 to 8:30 p.m.</td>
<td>Embracing Life After Cancer, 11 a.m. to noon*</td>
<td>Yoga Fusion, 9 to 10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Gentle Yoga, 6 to 7 p.m.</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>Art for Healing: Alcohol Ink, 1 to 3 p.m.</td>
<td>Art for Healing: Painting, 6 to 7:30 p.m.</td>
<td>Oncology Massage, By Appointment</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Art for Healing: Clay, 4:30 to 6:30 p.m.</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Farm to Table to Wellness, 6 to 7:30 p.m.</td>
<td>Yoga Fusion, 9 to 10 a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gentle Yoga, 6 to 7 p.m.</td>
<td>T'ai Chi, 4 to 5 p.m.</td>
<td>T'ai Chi, 4 to 5 p.m.</td>
<td>Sketch Journal, 2:30 to 3:30 p.m.</td>
<td>Gentle Yoga, 4:30 to 6:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Art for Healing: Clay, 4:30 to 6:30 p.m.</td>
<td>Cancer Support Orientation, 9:30 to 10:30 a.m.</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Oncology Massage, By Appointment</td>
<td>T'ai Chi, 9 to 10 a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gentle Yoga, 6 to 7 p.m.</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>Art for Healing: Alcohol Ink, 1 to 3 p.m.</td>
<td>Art for Healing: Painting, 6 to 7:30 p.m.</td>
<td>Zhao Chi, 9 to 10 a.m.</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Art for Healing: Clay, 4:30 to 6:30 p.m.</td>
<td>Cancer Fit, 10:30 to 11:15 a.m.</td>
<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Oncology Massage, By Appointment</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gentle Yoga, 6 to 7 p.m.</td>
<td>T'ai Chi, 4 to 5 p.m.</td>
<td>Good to Go: Make It, Take It, Noon to 2 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meditation and Yoga, 5:30 to 6:30 p.m.</td>
<td>Sketch Journal, 2:30 to 3:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Art for Healing: Painting, 6 to 7:30 p.m.</td>
<td>Drumming Circle, 3:30 to 4:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* This class meets at the Piedmont Henry Radiation Oncology Center – Stockbridge, 960 Hospital Dr., Stockbridge, GA 30281