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, 678.604.5990.
Facilitated by Terry Gardner/Susie Q

**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**
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.

**STRESS MANAGEMENT WORKSHOP NEW!**
Join a Piedmont Healthcare Sixty Plus Social Worker as she presents a Healthy Aging Series workshop for stress management. You will learn how to recognize stress and develop or strengthen techniques to manage stress. This is appropriate for individuals who may experience the stress of having a cancer diagnosis, cancer treatment or survivorship as well as the stress of day to day living. Refreshments will be available. Registration required, 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.
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

**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.

**LIVING WITH AN OSTOMY NEW!**
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 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.

**FRESH-ON-THE-FARM: COOKING UP HEALTHY FALL FLAVORS**
Food tastes even better when you can see how it’s grown and enjoy it freshly picked! Join us for a fun fall cooking demo at Mayflor Farms with Chef Beci Falkenberg and dietitian Christi Hansen, RD, LD leading you on this farm to table experience. They will highlight how to select, prepare and savor autumn vegetables at their peak, using produce fresh from the farm. (Mayflor Farms: 1206 Old Conyers Rd. Stockbridge, GA 30281). Registration is required. To register call 678.604.5990. This cooking demo is offsite at Mayflor Farms (1206 Old Conyers Rd., Stockbridge, GA 30281)

**VEGETARIAN COOKING**
Vegetarian cooking is incredibly healthy, but should never be boring. Join Chef Naina Bhedwar of Kesar Kitchen to discover some delicious new, heart-healthy, all vegetarian dishes that draw inspiration from cooking techniques and spices used in India, her homeland and the land of 500 million vegetarians! The Chef will reveal all you need to know about using delicate spices and aromatics to produce wonderfully bold flavors. 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!

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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.
Mr. and Mrs. Thomas F. Chapman
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. of the JFGA
Mr. 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 Veach Trust
Mr. Holland M. Ware and Ms. Faye Hendrix-Ware

PIEDMONT CHAMPIONS
Cargill, Inc.
Clothes Less Traveled Thrift Shop
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
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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
Rebekah and Christopher Kern
Mr. and Mrs. Sidney Kirschner
Thomas H. Lanier Family Foundation
Mr. and Mrs. Mark S. Marani
Dr. Andrew Page
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
Mr. and Mrs. Patrick Helmer
Heritage Bank
Howell Rusk Dodson
Inglett & Stubb
J.P. Morgan
The Boland T. Jones Family Foundation
Jonesboro Pediatrics Clinic
Susan G. Komen Greater Atlanta
Mrs. Elizabeth Muse Layne
Meadows & Ohly, LLC
MetroPower, Inc.
Pace Lynch Realty
Mr. and Ms. Yong Pak
Smith Seckman Reid, Inc.
Southern Refreshment Services
Southside Cycling Club
Structor Group, Inc.
Mr. and Mrs. Philip Trickey
Ms. Judy Valor
Mr. and Mrs. William A. Wood
Wood Family Giving Fund
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<th>Sun</th>
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| 1   | 2      | 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.  
      |        | Art for Healing: Painting, 6 to 7:30 p.m. |
|     |        | 9       | 10        | 11       | 12     | 13       |
| 8   | 9      | Art for Healing: Clay, 4:30 to 6:30 p.m.  
      |        | Gentle Yoga, 6 to 7 p.m. |
|     |        | 10      | 11        | 12       | 13     | 14       |
| 15  | 16     | 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.  
      |        | Art for Healing: Painting, 6 to 7:30 p.m. |
|     |        | 17      | 18        | 19       | 20     | 21       |
| 22  | 23     | 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.  
      |        | Art for Healing: Painting, 6 to 7:30 p.m. |
|     |        | 24      | 25        | 26       | 27     | 28       |
| 29  | 30     | 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.  
      |        | Gentle Yoga, 10:30 to 11:30 a.m.  
      |        | Vegetarian Cooking, Noon to 2 p.m.  
      |        | Sketch Journal, 2:30 to 3:30 p.m.  
      |        | Drumming Circle, 3:30 to 4:30 p.m.  
      |        | Oncology Massage, By Appointment  
      |        | T’ai Chi, 9 to 10 a.m. |

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Piedmont Henry Cancer Wellness Calendar
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<td>Gentle Yoga, 10:30 to 11:30 a.m.</td>
<td>Art for Healing: Alcohol Ink, 1 to 3 p.m.</td>
<td>Yoga Fusion, 9 to 10 a.m.</td>
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<td>Meditation and Yoga, 5:30 to 6:30 p.m.</td>
<td>Stress Management Workshop, 11:30 a.m. to 12:30 p.m.</td>
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<td>Gentle Yoga, 6 to 7 p.m.</td>
<td>Art for Healing: Painting, 6 to 7:30 p.m.</td>
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<td>Harbor of Hope, 6:30 to 8:30 p.m.</td>
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<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>Fresh on the Farm Cooking, Noon to 2 p.m.*</td>
<td>Ostomy Support Group, 5:30 to 6:30 p.m.</td>
<td>Oncology Massage, By Appointment</td>
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* This demo is held at Mayflor Farms (1206 Old Conyers Rd., Stockbridge, GA 30281)