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 piedmontcancerwellness.org.
At Piedmont Newnan, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, cooking demos, expressive art classes, and counseling are 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.

Local Bingo Night Raises Money for Cancer Wellness

A large group gathered on June 21 at the Summer Grove Clubhouse to play Music BINGO for the Thomas F. Chapman Family Cancer Wellness program at Piedmont Newnan Hospital. Shari Weston, a local fitness instructor who teaches exercise classes at Cancer Wellness, came up with the idea and joined with friends from her neighborhood to organize the successful fundraiser.

“My life has been affected by so many people who have had cancer around me,” Shari explained. She and her good friend, Cindi Stearley, discussed ways to give back to the community for those who need assistance and support in their cancer journeys.

They decided to hold a game night with bingo and raffles and designate Cancer Wellness as the recipient of all proceeds. The event was lots of fun, extremely well-attended and raised over $1,000 for the program.

Weston said she was honored and humbled to be a part of this great program and hopes to increase community awareness of the wonderful services we provide.
For more information about programs and services, visit [piedmont.org/cancerwellness](http://piedmont.org/cancerwellness).

**Balance & Flex**
Join Shari Weston in this low-impact class which focuses on improving balance and flexibility. All fitness levels are invited as all movements can be modified according to ability.

**Bumble Beads Beading Class**
Join Nancy Twomey as she leads you through the creation of a unique piece of jewelry. This class has a loyal following of fun ladies who like to laugh and always welcome newcomers. Supplies are provided, and you keep the final product! Please reserve your spot.

**Chair Yoga**
Mary Beth Kealy guides participants in postures, breathwork, and relaxation without strain on joints and ligaments. This practice promotes stability, flexibility and a sense of wellness and calm. Postures are done in the chair or standing with support.

**Closing the Generation Gap**
For the month of September, Recover, Relate, Renew will take a trip through the generations. What are the differences between Baby Boomers, Gen Xers and Millennials? Who are these people and what do they think? Discussions will be led by Margarette Coleman and focus on how to communicate with people of different generations.

**Exercising to the Oldies**
Have fun and burn calories with Shari Weston as she leads this energized exercise class set to all your favorite songs! This class is for all fitness levels including those who choose to remain seated.

**Exercise is Medicine**
Jennifer Dreyer instructs this class designed for people of all ages. It combines cardio, strength, flexibility and balance training to safely improve various chronic health condition symptoms.

**Find Your Focus**
Shari Weston’s gentle exercise class focuses on controlled breathing, deep stretching and visualization techniques which help you find your focus and keep calm for the upcoming holidays and every day.

**Gentle Pilates**
Pilates emphasizes flexibility and core strength using specific conditioning exercises. It is medically recommended to increase abdominal strength and improve body alignment and muscular balance. This class is instructed by Jennifer Dreyer directly after Exercise is Medicine, so many participants stay for both classes.

**Gentle Yoga**
Shena Hernandez VIRTUALLY guides participants through breathwork, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions so even first-time participants enjoy an improved sense of well-being. Offered remotely in the evenings, it is the perfect way to unwind after a long day in the comfort of your own home.

**Leaving a Legacy**
The time may not be near, but it is coming. Have you ever thought about how to make your life more memorable? What will be your lasting legacy? In October, Margarette Coleman will lead discussions on how to recognize, enhance and document your lasting memories and collections and how to be prepared and prepare others for “your time.” We will put together a workbook to aid in your journey.

**Let’s Create Together**
Anyone can be creative and experience the benefits of art! Each class, you will be guided in the process to create your own unique piece of art and gain the skills to create more for yourself, your friends and your family. All supplies are provided, and you keep the final product. Led by April Carroll and open for everyone regardless of skill level. Come create with us!
Programs

Massage Therapy
Karen Jackson offers thirty-minute complementary massage for cancer patients. Massage has been shown to improve quality of life for those with cancer and benefits include improved relaxation, sleep and immune function as well as decreased pain, fatigue and nausea. Please call (770)400-4120 to make an appointment.

Mindfulness Meditation
Meditation is one of the most powerful tools in your wellness toolbox. This class teaches gentle breathwork, guided imagery and mantra to cultivate present awareness, regulate our nervous systems and quiet the mind. It is led by certified yoga and meditation instructor and cancer thriver, Mary Hinely, and open to all.

Tai Chi
Tai Chi is a graceful form of exercise involving a series of movements performed in a slow, focused manner and accompanied by deep breathing. These gentle movements can assist with improved concentration, focus and balance. Dr. Soneka Lee, DPT, uses her knowledge and experience in this area to support mature adults in developing healthy lifestyles.

Reflexology
Reflexology is a holistic science using the feet as a map of the body. It is a natural, non-invasive practice of stimulating reflex areas in the feet that correspond with the body’s systems to restore a state of homeostasis or balance. To schedule an appointment with Mary Beth Kealy, please call (770)400-4120.

Taste & Savor with Chef Nancy
Join Healthy Chef Partyologist Nancy Waldeck as she cooks a delicious meal that you can duplicate at home. Stay until the end to enjoy a sample! Our dietitian, Andrea Swartz, will explain the health benefits of each recipe and offer ways to substitute ingredients according to your needs. Reservations required – please sign up in the office.

Yoga Blend
Create space in the body, mind and heart. This class is accessible for all bodies and experience levels. We’ll use chairs, walls, props and variations to move and breathe with mindfulness, opening the body and cultivating well-being from the inside out. Led by certified yoga and meditation instructor and cancer thriver, Mary Hinely.

One Hour Drummer
Peter Marino leads this interactive and energetic drumming class which decreases stress, boosts immune systems, and promotes community and an overall sense of well-being. Drums are provided and no prior musical experience is necessary.

To Attend Classes Virtually
Balance & Flex and Exercising to the Oldies
https://us02web.zoom.us/j/207254493?pwd=MUkrUjVFY243ekJmRzF2Y0dod2E0QT09

Gentle Yoga
Meeting ID: 84808959152 Passcode: yoga
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|        | 5      | CLOSED FOR LABOR DAY! |           | 10am - Tai Chi  
Exercising to the Oldies  
Massage/Reflexology by Appt. |        |        |          |
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|        | 11     | 12:30 - Bumble Beads |         | 10am - Tai Chi  
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|        | 12     | 12:30 - Let's Create Together |         | 10am - Tai Chi  
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Massage/Reflexology by Appt. |         | 11am - Balance & Flex |        | 15      |
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| 18     | 19     | 12:30 - Bumble Beads |         | 10am - Tai Chi  
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2pm - Taste & Savor - Chef Nancy  
1:30pm - Yoga Blend  
2:30pm - Mindfulness Meditation  
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Reflexology by Appt. |         | 11am - Balance & Flex |        | 24      |
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Massage Therapy by Appt. |        |        |          |
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Massage Therapy by Appt. |        |        |          |
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**Note:** All activities are subject to change. Please check our website or call for the most up-to-date information.
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Halloween Celebration!
Local Cancer Thriver
Is Healing People Through Yoga and Meditation

Mary Hinely is a certified yoga and meditation instructor and cancer THRIVER! She has loved yoga from the time she first stepped on the mat back in 2000 and has used these practices through her own cancer journey. Mary worked in the healthcare industry for many years and now focuses on sharing her knowledge of yoga and meditation with others.

Her passion is offering classes that are accessible, joyful and inclusive. Starting September 20, Mary will be offering Yoga Blend and Mindfulness Meditation at Cancer Wellness. The first class will help you open your body and cultivate well-being from the inside out. The second class will then use breathwork and guided imagery to quiet your mind.

The combination of classes will provide a rejuvenating and relaxing Tuesday afternoon that is sure to help heal your body, mind and heart. Join Mary and start to THRIVE!

Join Margarette Coleman of
Recover, Relate, Renew
for her latest life lessons series:
Closing the Generation Gap in September and Leaving a Legacy in October.
Cancer Wellness at Piedmont 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
770.719.5860

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

Piedmont Athens Regional
Loran Smith Center for Cancer Support
1199 Prince Ave
Athens, Georgia 30606
706.475.4900

Cancer Wellness Online - a virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.