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.
Welcome

Dr. Soneka Lee

We are pleased to once again offer Tai Chi classes in Cancer Wellness! Our new instructor, Dr. Soneka Lee, DPT/AIP Health Coach, is leading them on Tuesday mornings at 10 a.m. Her experience as an instructor AND as a patient gives her a unique perspective on the healing powers of Tai Chi.

Soneka first became interested in Tai Chi after a car accident in 2017 left her in excruciating pain. She went to various doctors and orthopedic surgeons who could not find her exact problem. Finally, her rheumatologist diagnosed her with ankle spondylitis, an inflammatory arthritis. She was put on medication to control the pain, but it affected her heart, eyes, other organs and immune system. Still in a lot of pain, Soneka missed work often and wasn’t able to spend quality time with her children. She was frustrated and soon became depressed.

Soneka then joined a Facebook group and learned that a strict diet might help relieve the pain. While it wasn’t easy, she soon took all grains out of her diet and noticed dramatic changes after only a month. Her pain disappeared, and she lost forty pounds! She felt less stressed, had more energy and could focus better without the distraction of constant pain. Soon her blood work came back with inflammatory markers in the normal range. Soneka wanted to share what she had learned with everyone suffering from painful inflammation and arthritis.

It was then that Soneka discovered that Tai Chiv was also great for these conditions, and even just the warm-up exercises would remove pain from her hands. Focusing on the present and getting into the zone became another way of managing pain and stress by quieting her main, increasing the energy flow and tapping into her inner source of pain and wellbeing. She then started teaching and resolved to help other women with similar issues heal from their pain and cultivate an active and joyful lifestyle again. Her weekly classes at Cancer Wellness are a wonderful resource for those battling and recovering from cancer.
Balance & Flex  
Join Shari Weston in this low-impact class that will focus on exercises to improve balance and flexibility. All levels of fitness are invited to join, 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 are always welcoming to newcomers. The supplies are provided, and you get to keep the final product! Reservations required – please sign up in the office.

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

Cooking 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 offer an explanation of the health benefits of each recipe and ways to substitute ingredients according to your needs. Reservations required – please sign up in the office.

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.

Gentle Pilates  
Pilates emphasizes flexibility and core strength using specific conditioning exercises. The Pilates method of exercise 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 guides participants through a VIRTUAL yoga class with 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 and in the evenings, this class is the perfect way to unwind after a long day, in the comfort of your own home.

Meeting ID: 84808959152  Passcode: yoga

Good Food, Good Fuel  
Chef Michael loves sharing the world of plant-based foods and illustrating how nutritious AND tasty it can be. Join him to learn how easy it is to incorporate simple and delicious vegan recipes into your diet. Samples of the food will be provided! Reservations required – please sign up in the office.
Knitting Circle
Knitting helps the mind/body connection. Experience the benefit of blood flow to the hands to help ward off neuropathy while making cool items, not to mention partaking in lively conversation! All experience levels welcome – especially beginners. Starter supplies are provided.

Massage Therapy
Karen Jackson offers thirty-minute complimentary massages for cancer patients. Massage therapy has been shown to improve quality of life for those with cancer. Benefits include improved relaxation, sleep and immune function and decreased pain, fatigue and nausea. Please call 770.400.4120 to make an appointment.

One Hour Drummer
Peter Marino leads this interactive and energetic drumming class, which allows participants to decrease stress, boost immune systems, feel part of a caring community and enjoy an overall sense of well-being. Drums are provided - no prior musical experience is necessary.

Reflexology
Reflexology is a holistic science using the feet as a map of the body. It is a natural, noninvasive practice of stimulating reflex areas in the feet that correspond with the body’s own systems such as nerves, glands, muscles, etc. The goal of reflexology is to restore the body to a state of homeostasis, or balance. To schedule an appointment with Mary Beth Kealy, please call 770.400.4120.

Summer Decluttering Challenge
This series of seven weekly classes led by Margarette Coleman will give you tips and tricks for getting your home in order. Come learn how freeing it feels to let go of the old stuff that clutters your house and your mind!

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 lead this class and support mature adults in developing healthy lifestyles.

Yoga Therapy
Yoga therapy addresses a person’s physical, mental and emotional needs. The weekly two-hour sessions include a Healing Circle, where you are invited to share your inner reality, followed by a yoga practice that helps you connect deeply with your body. The sessions, led by certified yoga therapist and cancer survivor Elisabeth Perucca, help you come out of isolation, become aware of and share what is truly going on with you in a safe space, listen to the signs the body sends, identify your needs and feel more alive. This class is for everybody – yoga beginners welcomed!

To join Balance & Flex or Exercising to the Oldies through ZOOM, visit:
https://us02web.zoom.us/j/207254493?pwd=MUkrUjVFY243ekJmRzF2Y0dod2E0QT09
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11am - Exercising to the Oldies  
5:30pm - VIRTUAL Gentle Yoga  
Massage/Reflexology by Appt. | 10am - Balance & Flex | | |
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**Monday:**
- 10am - Tai Chi
- 11am - Exercising to the Oldies
- 5:30pm - VIRTUAL Gentle Yoga
- Massage/Reflexology by Appt.

**Tuesday:**
- 10:30am - Chair Yoga
- 10am-12pm - Knitting Circle
- 11am - Summer Decluttering Challenge
- Reflexology by Appt.

**Wednesday:**
- 10am - Exercise Is Medicine
- 10:50am - Gentle Pilates
- 12pm - Drumming
- 1:30-3:30pm - Yoga Therapy
- 5:30pm - VIRTUAL Gentle Yoga
- Massage Therapy by Appt.

**Thursday:**
- 10am - Exercise Is Medicine
- 10:50am - Gentle Pilates
- 12pm - Drumming
- 5:30pm - VIRTUAL Gentle Yoga
- Massage Therapy by Appt.

**Friday:**
- 11am - Balance & Flex

**Saturday:**
- 11am - Balance & Flex
Chef Nancy Returns To Newnan!

Healthy Chef Partyologist Nancy Waldeck is making a return to Newnan after a two-year hiatus. She is thrilled to see some of the new participants and welcome back those who she enjoyed teaching in the past. Chef Waldeck focuses on healthy, achievable eating that’s easy and delicious. A stage III breast cancer survivor herself, she understands how important it is to learn to cook and eat well. Using recipes and ideas from her southern heritage as well as her travels, Waldeck loves to teach cooking once and eating twice or three times and shares tips and techniques that make time in the kitchen fun and productive. Come join her and learn how to get back in the kitchen and love it!

JOIN THE SUMMER DECLUTTERING CHALLENGE!

Sick and tired of having TOO MUCH STUFF?? We all are! Join this series of seven weekly classes led by Margarette Coleman and learn tidying tips and motivational tricks to get your home clean and your head clear in time for fall and the holidays. Sign up in Cancer Wellness to GET YOUR LIFE IN ORDER!!
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.