Cancer Wellness at Piedmont Newnan Hospital

At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, we recognize the needs of patients and their loved ones. As a part of our purpose to make a positive difference in every life we touch, we offer free programs and services to anyone affected by cancer regardless of where they have received their cancer care.

To stay up-to-date on the latest news, special events and program information call 770.400.4120 or visit our website at piedmont.org/cancerwellness

The Cancer Wellness Center at Piedmont Newnan newsletter is published bi-monthly and can be found at the following locations:

• Piedmont Newnan Cancer Wellness Center
• Piedmont Cancer Institute
• Piedmont Newnan Radiation Oncology
• Piedmont Newnan Infusion Center
• Piedmont Newnan Faye Hendrix-Ware Breast Health Center
• Piedmont Outpatient Center
• Piedmont Newnan Gift Shop
• Piedmont Newnan Hospital Information Desks

We regret we will no longer be mailing newsletters.
For more information about programs and services, visit [piedmont.org/cancerwellness](http://piedmont.org/cancerwellness).

To reserve your space for a class, call **770.400.4120** unless otherwise noted. Please register 48 hours in advance for cooking demos or classes where a meal is provided.

### Creativity

**BUMBLE BEADS**
Jewelry making helps to reduce any stress you might be experiencing. This class is meant for adults. All materials and tools will be provided. Facilitated by Nancy Twomey.

**GUITAR LEARN OR LISTEN**
Whether you are a seasoned musician or just found a guitar at a yard sale, this class is for you! Bring your guitar and join music therapist Mark Toole as he leads the class in playing favorites from all genres of music.

**ONE HOUR DRUMMER**
This interactive and energetic ensemble allows you to decrease stress, boost your immune system, feel a part of a caring community and enjoy an overall sense of well-being. Drums are provided and no prior musical experience is necessary. Facilitated by Peter Marino of One Hour Drummer.

**OPEN ART STUDIO**
You do not have to be an artist to enjoy the creation of art! Creating art is a rewarding and therapeutic process and can help express personal thoughts and feelings. During open studio, participants may choose their materials and content for their artwork. Individuals can use the time to explore their creative side while strengthening and regenerating personal well-being. An Art Therapist is on site for assistance, and for processing completed works. Regular or drop in attendance. Lead by Nancy Morales, LAPC.

**TWO CRAFTY LADIES**
Join our mother-daughter crafters to create a fun candle holder that will add a touch of spring to your home. Please call 770.400.4120 to register.

### Knowledge

**ESSENTIAL OILS: WEIGHT MANAGEMENT**
Essential oils can be used along with diet and exercise to help manage weight. Come learn more about it!

**ESSENTIAL OILS: EMOTIONAL HEALTH & MOOD MANAGEMENT**
Life is easier when you’re in a good mood! Learn how to manage your emotional health with essential oils.

**FOOD FOR LIFE**
Food for Life is a peer-led information group where different nutrition topics are discussed and explored. Come join dietitian Andrea Swartz and learn the current nutrition trends and topics.

### Movement

**CARDIO, BALANCE, STRETCH, AND STRENGTH**
This class combines different elements of exercise to reach maximum gains. The energetic class includes various styles, low impact exercises, intermittent balance segments, and your own body weight to provide optimum results. Facilitated by Shari Weston.

**CHAIR YOGA**
Participants are guided in postures, breath-work, 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 the chair and/or standing with the support of the chair. Facilitated by Mary Beth Kealy, ERYT, NP.

**DANCE PARTY**
Have fun and burn calories with instructor Shari Weston as she leads a dance class set to all your favorite songs! For all fitness levels including those who choose to remain seated.

**EXERCISE IS MEDICINE**
“Move & Learn” activity designed to offer those of all ages with chronic diseases the cardio, strength, flexibility and balance training they need to safely improve chronic health condition symptoms. Instructed by Jennifer Dreyer.

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**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](http://piedmontcancerwellness.org).
GENTLE PILATES
Pilates is a popular exercise regimen that emphasizes flexibility and core strength using specific conditioning exercises. The Pilates method of exercise is medically recommended to increase abdominal strength, improve body alignment and muscular balance. Instructed by Jennifer Dreyer.

GENTLE YOGA
Participants are guided through breath-work, 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.

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. We will also focus on fall prevention and the reduction of symptoms caused by arthritis and diabetes.

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 on select Fridays each month to learn how easy it is to incorporate simple and delicious vegan recipes into your diet.

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 own systems such as nerves, glands, muscles, etc. The goal of reflexology is to restore the body to a state of homeostasis or balance. This relaxing and supportive therapy is available in half hour sessions with certified reflexologist Mary Beth Kealy.

RELAXATION
A thirty-minute guided imagery intervention that will focus mainly on nature visualizations to aid in anxiety reduction and increase in relaxation. Attendees will only need to bring themselves and comfy clothes.

SUSTENANCE

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 on select Fridays each month to learn how easy it is to incorporate simple and delicious vegan recipes into your diet.

LET’S CELEBRATE SPRING!
Celebrate Spring and Seasonal Produce with Dietitian, Andrea Swartz, and Healthy Chef Partyologist, Nancy Waldeck. We’ll create healthy easy recipes you will love and be able to recreate at home!

SPRINGTIME EATS: SHOOTS & LEAVES
Take advantage of spring produce to add more healthy fruits, veggies and greens to your diet. Let winter’s heavy sauces and deep spices take a backseat to lighter flavors. Dietitian Andrea Swartz, RD, LD, and Chef Beci Falkenberg will guide you through selecting and preparing spring produce to maximize nutrition, variety and enjoyment.

ST. PATRICK’S DAY PARTY!
Whether you’re Irish all year long or just for the day, come celebrate with us! We’ll have green treats, Irish music and lots of fun!

TRUST YOUR GUT: FOODS TO IMPROVE DIGESTION AND SUPPORT GUT HEALTH
Studies show gut health has a direct affect on your immune system, heart, brain and many other aspects of your health. Knowing how to keep things in balance can be confusing. Join dietitian Andrea Swartz, RD, LD, as she explains what are prebiotics, probiotics and the role of diet in keeping a healthy gut. Chef Beci Falkenberg will demonstrate simple ways and recipes to include more of these foods in your snacks and meals.
Meet the Team

**Chef Beci Falkenberg**’s favorite thing about being a chef is sharing the food, then, talking about it! Growing up in a second generation family of Chinese restaurateurs, she spent most of her free time working in the kitchen, enjoying fresh home-cooked meals and sampling other restaurants with her family.

She graduated with a BSW in social work from Indiana University and worked briefly for the Indianapolis Red Cross in Service to Military Families and assisting with the resettlement of Vietnamese refugees. Her desire to travel and taste the world was later fueled by twelve years with the airlines.

Chef Beci returned to her “food roots” assisting in cooking schools, freelance food writing and hosting a weekly community radio food show for two years. Interviewing food industry professionals including farmers, fascinating cookbook authors, chefs, dietitians, Food Network celebrities, restaurant designers, a former White House pastry chef and, even, the official Edy’s Ice Cream taste-tester, was a food lover’s dream.

Since 2009, Chef Beci has enjoyed sharing her enthusiasm for good food and its’ ability to nourish and connect us with the Piedmont Cancer Wellness community. When not in the kitchen, she loves to travel (veteran of 16 international bike trips and, counting) exploring other cultures and new foods.

**Margarette Coleman** received her Bachelor of Arts in Social Science with a minor in Psychology from the University of California, Irvine, and her Master’s Degree in Social Work from the University of Southern California with a Concentration in Community Organizing, Planning and Administration. She is trained in Mediation and Conflict Resolution. She brings with her a wealth of knowledge and expertise from those fields, as well as from the fields of Human Resources, Non-profits, and Education.

Blending her southern upbringing, her prior life as a military spouse, and her work experiences from the last two decades, Margarette recognized her knowledge and skills could be useful to others. So she founded Everyday Manners Training & Consulting to address the issues of Etiquette, Communication, and Client Service.

With technology being today’s premier form of connecting with one another, interpersonal and face-to-face communications have suffered. Everyday Manners was developed to provide confidence-building instruction that addresses concerns of proper etiquette, overall civility, and effective communication. These three fundamentals provide participants with a pathway to positive relationships at home, at school, at work and at play.

Margarette’s love for people and passion for training places her in the perfect spot as Senior Partner at Everyday Manners Training & Consulting. She has twins in college and lives in Newnan with her husband.

**Andrea Swartz** is a registered dietitian nutritionist (RDN) and a member of Academy of the Nutrition and Dietetics. She is licensed dietitian/nutritionist (LDN) in the State of Georgia. Andrea received her Bachelor of Science degree from Western Michigan University in the Food and Nutrition Science Department in 1996 and completed her internship at Southern Regional Medical Center in Georgia. For the past 20 years, she has worked in the field of nutrition, and for the last seven years she has provided nutritional consulting for oncology patients both in the inpatient and outpatient setting. Andrea has a special interest in oncology, diabetes, weight management, cardiovascular disease and digestion disorders. She has a Certificate of Training in Adult Weight Management through the Academy of Nutrition and Dietetics.

Andrea has passion for living a healthy lifestyle and encouraging others on their journey to wellness. Her hobbies include running and vacationing, and she enjoys running 5K to half marathons. Andrea loves spending time with her husband Scott, their two boys (Bryson-16 and Caleb-11) and their black lab name Mich.
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<td></td>
<td>Essential Oils for Emotional Health, 5:30 to 7 p.m.</td>
<td>Massage Therapy, By Appt</td>
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<td>12</td>
<td>13</td>
<td>14</td>
<td>Chair Yoga, 10 to 11 a.m.</td>
<td>Tai Chi, 9:15 to 10:15 a.m.</td>
<td>15</td>
<td>16</td>
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<td></td>
<td>Dance Party, 11 a.m. to noon</td>
<td>Cardio, Balance, Stretch and Strength, 10:30 to 11:30 a.m.</td>
<td>Recover, Relate, Renew, 10 to 11 a.m.</td>
<td>Exercise Is Medicine, 10:30 to 11:15 a.m.</td>
<td>17</td>
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<td></td>
<td>Cancer, Now What?, Noon to 1:30 p.m.</td>
<td>One Hour Drummer, Noon to 1 p.m.</td>
<td></td>
<td>Gentle Pilates, 11:30 a.m. to 12:15 p.m.</td>
<td>Gentle Yoga, 5:30 to 6:30 p.m.</td>
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<td></td>
<td>Open Art Studio, 2 to 4:30 p.m.</td>
<td>Let’s Celebrate Spring, 1 to 2:30 p.m.</td>
<td></td>
<td>Guitar Learn or Listen, 12:30 to 1:30 p.m.</td>
<td>Gentle Yoga, 5:30 to 6:30 p.m.</td>
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<td>Massage Therapy, By Appt</td>
<td>Gentle Yoga, 5:30 to 6:30 p.m.</td>
<td></td>
<td>Relaxation, 1:30 to 2:30 p.m.</td>
<td>Massage Therapy, By Appt</td>
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<td>19</td>
<td>20</td>
<td>21</td>
<td>Chair Yoga, 10 to 11 a.m.</td>
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<td>24</td>
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<td>Cancer, Now What?, Noon to 1:30 p.m.</td>
<td>Gentle Yoga, 5:30 to 6:30 p.m.</td>
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<td>Massage Therapy, By Appt</td>
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<td>26</td>
<td>27</td>
<td>28</td>
<td>Chair Yoga, 10 to 11 a.m.</td>
<td>Cardio, Balance, Stretch and Strength, 10:30 to 11:30 a.m.</td>
<td>29</td>
<td>30</td>
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<td>Cancer, Now What?, Noon to 1:30 p.m.</td>
<td>Springtime Eats: Shoots, and Leaves, 1 to 2:30 p.m.</td>
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<td>Gentle Pilates, 11:30 a.m. to 12:15 p.m.</td>
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Feel More Like You
Group Sessions

When you are going through treatment for any type of cancer, the side effects can impact not only how you feel inside, but how you see yourself in the mirror. When you look more like yourself, it can boost your mood and confidence.

Specially trained beauty consultants and pharmacists are available to offer guidance and support:

**GROUP SESSIONS**

**Skin Care II**
February 19 from 1-3 p.m.
Our Walgreens Beauty Consultants will discuss simple tips for daily skin health, answer questions on your current skin care regimen and offer quick makeup tips.

**All About Brows**
March 18 from 1-3 p.m.
Have you had questions about brows? Well here’s the session for you! Our Walgreens Beauty Consultants will discuss and demo ways to fill, define and shape your brows.

**Ask your Walgreens Team!**
April 15 from 1-3 p.m.
During this panel discussion your Walgreens Beauty Consultants and Pharmacists will chat with you about any beauty and pharmacy questions that you have and BCs will offer demonstrations of some quick 5 minute makeup looks.

Thomas F. Chapman Family Cancer Wellness Center
Piedmont Medical Plaza • 775 Poplar Road • Suite 340
Newnan, Georgia 30265

Registration is required:
770.400.4120

piedmont.org/cancer
Cancer Wellness at Piedmont Locations

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

Jennifer Palmer,
Cancer Wellness Program Coordinator
Stephanie Martin, Oncology Nurse Navigator
Breanna Barnett, Oncology Social Worker

Piedmont Atlanta Hospital
1800 Howell Mill Road • Suite 700
Atlanta, Georgia 30318 • 404.425.7944

Piedmont Fayette Hospital (West Entrance)
1255 Highway 54 West
Third Floor • Suite 3100
Fayetteville, Georgia 30214 • 770.719.5860

Piedmont Henry Hospital
Education Center • Ground Floor
1133 Eagle’s Landing Parkway
Stockbridge, Georgia 30281
678.604.5990

We understand that cancer affects your whole life, not just part of it. At Piedmont Newnan Hospital, we offer comprehensive and individualized inpatient and outpatient cancer care.

Our areas of expertise include:
• Chemotherapy at our outpatient infusion center at the Main campus
• Radiation oncology facility on Main campus
• Interventional radiology
• Pain management services
• Lymphedema services
• Palliative care services
• Imaging services (CT and MRI)
• Support from our cancer navigators, social workers, genetics counselors, and cancer rehab
• Thomas F. Chapman Family Cancer Wellness at Piedmont Newnan, offering professionally-led programs including yoga, nutrition counseling, cooking demos, meditation, expressive arts, support groups and more
• Best practices in cancer treatment, prevention, early detection and follow-up care
• Oncology research

Piedmont Newnan is accredited by the Commission on Cancer and is a certified member of the MD Anderson Cancer Network, one of America’s leading cancer care providers.

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.

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