

Piedmont Newton Cancer Wellness

Learn about the Cancer Wellness Classes at Piedmont Newton 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, massage, and support groups 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 a class schedule for all of our locations, visit piedmont.org/cancerwellness.

For more information about programs and services provided by Piedmont Newton Hospital, please contact our cancer navigator, Wendy Hankins, RN, CN-BN, at 770.385.7826 or visit our website at piedmont.org/cancerwellness

To register for a class please contact Wendy at 770.385.7826 or via email at wendy.hankins@piedmont.org.

Gentle Yoga	Participants are guided through breath-work, simple yoga postures and deep relaxation techniques. No yoga experience is necessary. Please bring a mat and towel. Registration required.
Healthy Eating 101	Learn to plan, shop for and create healthy and delicious meals and snacks. Our Dieticians and local chefs lead demos. A small meal or snack provided. Registration required.
Art Therapy	Spend time with a local artist exploring various themes and self-expression through different art media. Classes using paints, charcoal, and sculpting are available and will vary from class to class. No art experience required and all materials provided. Registration required.
Massage Therapy	We offer complimentary 30-minute massage for patients in active treatment (surgery, chemotherapy, and/ or radiation treatment) intended to promote relaxation. Please call 770.385.7826 to schedule an appointment.
Living and Thriving with Cancer	<p>We offer a support group for those with a current or past cancer diagnosis. This group provides a safe and caring environment to talk about life during and after cancer. This is a place to discuss concerns, fears and celebrate triumphs with other cancer patients in a relaxed and caring environment.</p> <p>We also offer a separate support group for caregivers. Allowing for open and honest discussion of the concerns, fears, struggles and joys in being a caregiver to someone facing cancer diagnosis and treatment.</p> <p>Registration is required to attend either group.</p>

See reverse for calendar of classes and events >

November 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Living and Thriving with Cancer, 2 to 3 p.m.	8	9
10	11	12	13	14 Gentle Yoga, 5 to 6 p.m.	15 Meditation and Mindfulness, 1 p.m. to 2 p.m.	16
17	18 Caregiver Support, 2 to 3 p.m.	19 Gentle Yoga, 6 to 7 p.m.	20	21 Art Therapy, 5 to 6 p.m.	22 Gentle Yoga, 11 a.m. to noon	23
24	25	26	27	28 <i>HAPPY thanks giving DAY</i>	29	30