MAY/JUNE 2013

CANCER Wellness

For information about programs and services, visit piedmont.org/cancerwellness.

Each month, hundreds of cancer patients, survivors and their families look to Cancer Wellness at Piedmont for care. We offer comprehensive, complementary services and programs to anyone affected by cancer at any phase in his or her cancer journey.

Piedmont is pleased to now offer Cancer Wellness at four locations. We are growing and want to share with you opportunities to participate at any of our locations. Our new calendar includes classes at all locations and will be published monthly. We have created symbols for each location that are placed beside each class to help you identify if the class is offered at your location. Below is a list of all of our Cancer Wellness locations and their corresponding symbols.

A Atlanta

1800 Howell Mill Road Suite 700 Atlanta, Georgia 30318 404.425.7944

H Henry

Education Center 1133 Eagle's Landing Pkwy Stockbridge, Georgia 30281 678.604.1040

Radiation Oncology Center 960 Hospital Drive, Stockbridge, Georgia 30281

For information about programs and services provided by Cancer Wellness at Piedmont, please visit **piedmont.org/cancerwellness** or contact our center:

Atlanta: Carolyn Helmer, LCSW • 404.425.7940

Fayetteville, Newnan or Henry: **Tavari Taylor Brown, MPH, LAPC** • 770.719.5861

F Fayetteville

1255 Highway 54 West Suite 3100 Fayetteville, Georgia 30214 770.719.5860

N Newnan

The Summit Healthplex 1755 Highway 34 East Suite 1400 Newnan, Georgia 30265 770.719.5860

[] Piedmont CANCER

Thanks to generous philanthropic support, Piedmont is able to offer these programs free of charge to anyone in the Greater Atlanta area affected by cancer. If you are interested in supporting our mission, please contact the Piedmont Healthcare Foundation at 404.605.2130.

We are proud to recognize the following Peachtree Champions who support our nutrition programs: Thomas F. Chapman Family It's the Journey, Inc. Piedmont Fayette Hospital Auxiliary The Southern Federal Credit Union Cancer Wellness Walk

We are proud to recognize the following Piedmont Champions who support our specialty programs:

Abraham J. and Phyllis Katz Foundation Business Women of Fayette and Coweta/ Red White & Pink Wine Tasting Fayette County Hospital Authority John and Jan Hunter Med Assets Supply Chain Systems Morris, Manning & Martin, L.L.P. Price Waterhouse Coopers Mr. and Mrs. Clarence B. Stowe SunTrust Robinson Humphrey, Inc.

We are proud to recognize the following Cancer Wellness Champions who support our stress reduction programs:

Bikers Battling Breast Cancer, Inc.

Epic

NO Winery/Say "NO to Breast Cancer" Campaign
The Estate of Judith C. Simmons

We are proud to recognize the following Health and Wellness Champions who support our counseling programs:

Anonymous

Ms. Adele D. Andrews
Mr. Chris M. Carlos
Ms. Alice J. Mallory
Mothers and Daughters Against Cancer (MADAC)
Mrs. Michele M. Molden
Smith Moore Leatherwood LLP
The Newnan High Cheerleader Booster Club
Tommy and Vicki Turner

Expressive Arts

ART AND HEALING: SEEING A F

Join us to explore color, texture, line and shape through the world of art materials and the images that evolve in the work. The images connect with our deeper selves. Even if you don't consider yourself an artist, you are invited to create art in a safe, supportive environment. Research has shown that art can touch and heal areas of ourselves that words alone cannot. 5/6, 5/14, 5/28, 6/11, 6/25

THE ARTIST'S WAY A

This group will meet once a month using Julia Cameron's book of the same name to explore living creatively in all areas of our lives and what can prohibit us from embracing our creativity. Each session works with a chapter in the book using her exercises and an art component. *To register, call 404.425.7944.* 5/8, 6/12

CHILDREN'S/FAMILY ART AND HEALING SUPPORT F

This program for children ages 4 to 16 uses art to help youngsters express their thoughts and feelings in a safe, supportive environment. It will give your child the chance to share their art and thoughts with other children who have coped with the diagnosis of a family member or themselves. 5/13, 6/19

SOUL COLLAGE® A

Found images will be used to begin to create a set of cards that speak to you about community, companions and the transpersonal experience in your own life. Lunch is provided. *To register, call 404.425.7944.* 5/23, 6/27

CRAFTING F

May: Come and make a great keepsake with your favorite picture. We will be painting and decorating a wood 5.5" x 5.5" tray. Bring your favorite picture in a 3" x3" size (or as close to that size as possible) and we will add it to the tray. Save for yourself or give it as a gift. To register, call 770.719.5825. 5/15

June: More painting fun! We will be decorating wood 3 inch squared cubes and wood butterflies with paint, bling and flowers that you can sit on your desk or counter to hold your favorite picture, recipe or note. To register, call 770.719.5825. 6/19

LEARN TO KNIT F N

Knitting can be cathartic while in treatment or serve as a positive distraction. Knitting can help with neuropathy symptoms, stimulating nerves and promoting blood circulation. Bring supplies, if you have them, or another project. 5/3, 5/9, 5/17, 5/23, 6/7, 6/13, 6/21, 6/27

ONE HOUR DRUMMER F N

You don't have to be a musician to enjoy this interactive and energetic ensemble. This class allows you to experience decreased stress, boost your immune system, feel a part of a caring community and enjoy an overall sense of well-being. Tuesdays and Wednesdays

SCRAPBOOKING F

May: Mother's Day or Family Fun Layout

June: Fun in the Sun Layout

Have you always wanted to learn how to make a beautiful scrapbook? Capture life's moments and treatment triumphs through a visual memoir. Bring at least 5 pictures of the same subject for each class. *To register, call 770.719.5825.* 5/1, 6/5

SEASONAL AND HOLIDAY CARD-MAKING F

Join us in making your own hand made greeting, birthday or holiday cards. 5/8, 6/12

SUMMER CLAY TIME AT THE WELLNESS CENTER F

Bring yourself, your care giver and/or your kids/grandkids and get your hands in the "mud." We'll have some good clean fun as we hand build containers/vessels in clay (or other objects of choice) which will be fired. Return for the second monthly session and glaze your clay (or make something if you missed the first session). You'll be notified when clay work is ready for pick up. 6/3, 6/17

WRITING FOR RECOVERY A

Research has shown that writing in a journal can be a strong ally in the healing process. We will discuss the best strategies to get pen to paper and practice a variety of creative writing techniques to broaden your journaling toolbox. 5/10, 5/24, 6/14, 6/28

Individual Consultations

INDIVIDUAL COUNSELING AND COACHING A F H N

Short-term counseling with one of our counselors, counseling interns or Licensed Clinical Social Workers is available to anyone affected by cancer. *To register at Atlanta, call 404.425.7940. To register at Fayette, Henry, or Newnan, call 770.719.5861.*

INDIVIDUAL NUTRITION CONSULTS A F H N

Shayna Komar, RD, LD, specialize in nutrition counseling for cancer patients during treatment as well as remission. Both dietitians provide consults to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. *To register at Atlanta, call 404.425.7944. To register at Fayette, Henry, or Newnan, call 770.719.5861.*

Movement and Exercise

3/3/3 STRENGTH TRAINING FOR SURVIVORS F

This 45-minute class combines scuplting and core exercises in three-minute intervals with a five-minute warm-up and five-minute cool down. Tuesdays

CANCER WELLFIT™ A F

Cancer WellFit™ is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. Participants must be under the care of an oncologist. The program consists of one hour of group exercise two days per week plus one-on-one exercise consultations with a degreed exercise physiologist. To register at Atlanta, call 404.605.1969. To register at Fayette, call 770.719.7290 and select option #3. Sundays, Mondays, Tuesdays, Wednesdays

CHAIR YOGA: OFF THE MAT AND INTO A CHAIR A F N

Yoga made easy and accessible for everyone! No requirement to get up and down off the mat for this workshop. Experience the wonderful, beneficial effects of yoga practice from a chair. In this workshop, learn simple, effective breathing, sitting yoga poses and brief meditation. Become educated on various aspects of the body and how yoga works to create healing. Wear comfortable clothing. *To register in Atlanta, call* 404.425.7944. 5/1, 5/9, 5/13, 5/15, 5/20, 5/22, 5/27, 5/29, 6/3, 6/5, 6/10, 6/12

FUN-CTIONAL PILATES F

This is a fun and invigorating Pilates class that strengthens and tones your body using your own body weight and light resistance equipment. Thursdays

GENTLE YOGA A F N

In a gentle, non-competitive environment, participants are guided through soothing breathwork, simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions so even first-time participants enjoy an improved sense of well-being. Tuesdays, Wednesdays, Thursdays, Saturdays (except 5/28, 5/29 and 6/18, 6/19)

GOTTA DANCE F

This dance-based fitness class uses Latin, rock, motown and pop music for a low to high impact cardio workout that is great for any fitness level. Tuesdays and Thursdays

MEN'S YOGA A

This a great class for men who are new to yoga or have had some practice. Yoga has been shown to improve circulation, increase strength and flexibility, regulate blood pressure, reduce pain, aid with sleep, create calm and enhance overall health and well-being. Wednesdays

PARTNERS CHAIR YOGA AND MASSAGE A

Bring a partner to share in deep relaxation. Learn how you can help one another release tension, especially in the neck, shoulders, and back. Experience the wonderful beneficial effects of yoga practice and partners massage sitting in chairs. Have fun and learn techniques to take home for continued wellness. Wear loose, comfortable clothing. Dinner will be provided. *To register, call* 404.425.7944. 6/17

T'AI CHI A

This class calms the spirit and engages energy within. Come to breathe deeply and release tension as well as to create strength, flexibility and balance of the mind, body and spirit. Tuesdays

Nutrition Workshops

BHFM TOUR AND DEMO A

Our tour of the market is back by popular demand! This time, Chef Nancy Waldeck and Dietitian Shayna Komar will highlight the seasonal summer produce at this fun market. Wear comfortable shoes; you will be walking, talking, and taste testing all afternoon. *To register, call* 404.425.7944. 6/5

CANNING: PRESERVING THE TRADITION A

If you attended Brenda Hill's and Jennifer Gantner's December class, hopefully, they've instilled a little canning confidence and inspiration with their fun and heartwarming gifting ideas. Jennifer and Brenda invite you back into the kitchen this spring to teach you recipes for carrying on the preserving and gift-giving traditions. They will share some of their more popular edibles, including candied jalapenos, bread & butter pickles and blueberry-lime jam. *To register at Atlanta, call* 404.425.7944. 5/2

EASY. FLAVORFUL. MEATLESS F H N

Plant foods have the most power when fighting cancer. Culinary expert Chef Lana Carr will delight you with plant-based recipes that will fill you up, satisfy your cravings and come together quickly. Making at least one day a week meatless will be an easy, delicious and smart choice in your cancer-fighting diet. *To register at Fayette or Newnan, call 770.719.5860. To register at Henry, call 678.604.1040.* 5/9, 5/14, 5/22

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CANCER Wellness	llness	I	May 2013		piedmont	piedmontcancer.org
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key	Piedmont Atlanta Hospital Piedmont Fayette Hospital Piedmont Henry Hospital N Piedmont Newnan Hospital	lospital lospital Spital Hospital	Chair Yoga, 10 to 11 a.m. Chair Yoga, 10 to 11 a.m. Centle Yoga, 10:30 to 11:30 a.m. Mindfulness 101, 11:30 a.m. to 12:30 p.m. Handheld and Healthy, Noon to 2 p.m. Cone Hour Drummer, 12:30 to 1:30 p.m. PINK at Piedmont, 3 to 4 p.m. Cancer WellFit**, 4 to 5 p.m. Men's Yoga, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m.	Fun-ctional Pilates, 9:45 to 10:45 a.m. Mindfulness 201, 10:15 to noon Gotta Dance, 11 to 11:45 a.m. Gentle Yoga, 1 to 2:30 p.m. A Canning, 6 p.m. to 9 p.m. Nassage Therapy, By Appt	Learn to Knit, 10 a.m. to Noon Reiki (By Appt), 1 to 3 p.m.	4
Cancer WellFit™, 1 to 2 p.m. Mother's Day Tea, 2 p.m. to 4 p.m.	Look Good, Feel Better, 10 a.m. to noon 1:30 p.m. Learning About Metastatic Cancer, Noon to 1 p.m. Cancer WellFit**, 1 to 2 p.m. Cancer WellFit***, 4 to 5 p.m. A rt and Healing, 5:30 to 7 p.m. Colorectal/Gastrointestinal Support, 6 to 7 p.m. R Massage Therapy, By Appt	F Gentle Yoga, 9 to 10 a.m. M Indfulness 101, 10:15 to 11:15 a.m. M Mindfulness 101, 10:30 a.m. to noon F 3/3/3 Training, 11:30 a.m. to 12:30 p.m. F Gotta Dance, 1 to 2 p.m. F Gentle Yoga, 6 to 7 p.m. A Gentle Yoga, 6 to 7 p.m. M Gentle Yoga, 6 to 7:30 p.m. F Massage Therapy, By Appt	F Card Making, 10 a.m. to noon M Gentle Yoga, 10:30 to 11:30 a.m. Mindfulness 101, 11:30 a.m. to 12:30 p.m. A Artist Way, 2 to 4 p.m. PINK at Piedmont, 3 to 4 p.m. R Cancer WellFit TM , 4 to 5 p.m. M Mindfulness 101, 6 to 7:30 p.m. M Mindfulness 101, 6 to 7:30 p.m. K Healing Touch, By Appt	Fun-ctional Pilates, 9:45 to 10:45 a.m. Learn to Knit, 10 a.m. to noon Mindfulness 201, 10:15 to noon Gotta Dance, 11 to 11:45 a.m. Fasy. Flavorful. Meatless, noon to 2 p.m. A Gentle Yoga, 1 to 2:30 p.m. Women's Support, 2 to 3 p.m. Fating Around the World, 6 p.m. to 7:30 p.m.	Mriting for Recovery, 10:30 a.m. to 12:30 p.m.	F Yoga, 10 to 11:15 a.m. F Mindfulness 101, 11:30 a.m. to 12:45 p.m. Noga/ Mindfulness, 2:15 to 3:45 p.m.
A Cancer WellFit TM , 1 to 2 p.m.	 Chair Yoga, 10 to 11 a.m. A Awakening Your Energy Into Wellness, 11 a.m. to 1:30 p.m. Cancer WellFit™, 1 to 2 p.m. Cancer WellFit™, 4 to 5 p.m. Cancer WellFit™, 5 p.m. Children and Family Art, 5:30 to 7 p.m. 	## Gentle Yoga, 9 to 10 a.m. Email	Look Good, Feel Better, 9 to 11 a.m. Chair Yoga, 10 to 11 a.m. Crafting, 10 a.m. to noon Gentle Yoga, 10:30 to 11:30 a.m. to Nindfulness 101, 11:30 a.m. to 12:30 p.m. Prebiotics and Probiotics, Noon to 2 p.m.	16	Learn to Knit, 10 a.m. to Noon A Compression, 11:30 a.m. to 1 p.m. F Reiki (By Appt), 1 to 3 p.m.	18 Bliss or Bust, 10:30 a.m. to 1:30 p.m.

	## Yoga, 10 to 11:15 a.m. Mindfulness	
	Writing for Recovery, 10:30 a.m. to 12:30 p.m. A Rreements, 10:30 a.m. to 12:30 p.m. Classic Movie, Noon to 2 p.m.	Body as Sacred Ground, 10:30 a.m. to 1:30 p.m.
A Guys' Night Out, 6 p.m. to 8:30 p.m. A Prostate Cancer Support, 6:30 to 8:30 p.m.	Fun-ctional Pilates, 9:45 to 10:45 a.m. Learn to Knit, 10 a.m. to noon Mindfulness 201, 10:15 to noon Mindfulness 201, 10:15 to noon Coul Collage®, 10 a.m. to 1 p.m. Gotta Dance, 11 to 11:45 a.m. Healthy Body, Healthy Mind, noon to 2 p.m. Gentle Yoga, 1 to 2:30 p.m. Women's Support, 2 to 3 p.m. Women's Support, 2 to 3 p.m. Gisto to 8 p.m. Massage Therapy, By Appt	50 Fun-ctional Pilates, 9:45 to 10:45 a.m. A Mindfulness 201, 10:15 to noon G Gotta Dance, 11 to 11:45 a.m. A Gentle Yoga, 1 to 2:30 p.m. N Massage Therapy, By Appt
Doe Hour Drummer, 12:30 to 1:30 p.m. A PINK at Piedmont, 3 to 4 p.m. F Cancer WellFit TM , 4 to 5 p.m. A Men's Yoga, 6 to 7:30 p.m. A Mindfulness 101, 6 to 7:30 p.m. A	Chair Yoga, 10 to 11 a.m. Rentle Yoga, 10:30 to 11:30 a.m. to 12:30 p.m. Rasy.Flavorful.Meatless, Noon to 2 p.m. Rantras, Mudras and Mindfulness, noon to 3 p.m. Roon to 3 p.m. Cone Hour Drummer, 12:30 to 1:30 p.m. Plow Hour Drummer, 12:30 to 1:30 p.m. Read and Growing Through Our Journey of Grief, 1:30 to 3 p.m. Plow at Piedmont, 3 to 4 p.m. Read and Neck Info Group, 6 to 7 p.m. Read and Neck Info Group, 6 to 7 p.m. Mindfulness 101, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m. Women's Support, 7 to 8 p.m. Healing Touch, By Appt	Chair Yoga, 10 to 11 a.m. Chakra, 10:30 a.m. to 1 p.m. Chakra, 10:30 a.m. to 1 p.m. E at Like there is No Tomorrow and Great Food Starts Fresh, noon to 2 p.m. Chakra, 10:30 a.m. to 1 p.m. Chakra, 10:30 a.m. to 1 p.m. Chakra, 10:30 a.m. Chakra, 10:30 p.m.
A Art and Healing, 1:30 to 3 p.m. A Look Good, Feel Better, 5 to 7 p.m. A Women's Support, 5:30 to 7:30 p.m. A Gentle Yoga, 6 to 7:30 p.m. A Couples Enrichment, 6:30 to 8:30 p.m. F Massage Therapy, By Appt	Gentle Yoga, 9 to 10 a.m. H Look Good, Feel Better, 10 a.m. to noon Mindfulness 101, 10:15 to 11:15 a.m. Mindfulness 101, 10:30 to 11:30 a.m. Mindfulness 101, 10:30 a.m. to noon A Tai Chi, Noon to 1:15 p.m. Gotta Dance, 1 to 2 p.m. Gancer WellFit TM , 1 to 2 p.m. B Breast Cancer Network, 5:30 to 7 p.m. A Gentle Yoga, 6 to 7:30 p.m. Massage Therapy, By Appt	28 M One Hour Drummer, 10:30 to 11:30 a.m. M Mindfulness 101, 10:30 a.m. to noon 3/3/3 Training, 11:30 a.m. to 12:30 p.m. F Gotta Dance, 1 to 2 p.m. A Cancer WellFit**, 1 to 2 p.m. A Art and Healing, 1:30 to 3 p.m. M Women's Support, 5:30 to 7:30 p.m. F Gouples Enrichment, 6:30 to 8:30 p.m. F Prostate Info Group, 7 to 9 p.m. F Massage Therapy, By Appt
A Guy's Group, 6 to 7:30 p.m. Rassage Therapy, By Appt	Chair Yoga, 10 to 11 a.m. Finding your Passion in the Creativity and Wisdom of the Sacred Chakra, noon to 2:30 p.m. Cancer WellFit**, 1 to 2 p.m. Cancer WellFit**, 4 to 5 p.m. General Cancer Support Group, 6 to 7 p.m. A Special Dinner to Honor our Caregivers, 6 p.m. to 8 p.m. Massage Therapy, By Appt	Chair Yoga, 10 to 11 a.m. Characer WellFit TM , 1 to 2 p.m. Cancer WellFit TM , 4 to 5 p.m. Guy's Group, 6 to 7:30 p.m. Massage Therapy, By Appt
	Cancer WellFit™, 1 to 2 p.m.	26 A Cancer WellFit™, 1 to 2 p.m.

CANCER We	$\overline{vellness}$	\mathcal{J}_{ℓ}	June 2013		piedmo	piedmontcancer.org
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key A	Piedmont Atlanta Hospital Piedmont Fayette Hospital Piedmont Henry Hospital Piedmont Newnan Hospital	spital spital pital ospital				1
Cancer WellFit tm , 1 to 2 p.m.	Chair Yoga, 10 to 11 a.m. Look Good, Feel Better, 10 a.m. to noon Loam. to noon 11 a.m. to 12:30 p.m. Lo 2 p.m. Lo 2 p.m. Lo 2 p.m. Cancer WellFit** Lo 2 p.m. Lo 2 p.m. Colorectal/ Gastrointestinal Support, 6 to 7 p.m. By Appt By Appt	4 Gentle Yoga, 9 to 10 a.m. Mindfulness 101, 10:15 to 11:15 a.m. Mindfulness 101, 10:30 to 11:30 a.m. Mindfulness 101, 10:30 a.m. to noon Mindfulness 101, 10:30 a.m. A Tai Chi, Noon to 1:15 p.m. Gotta Dance, 1 to 2 p.m. Gotta Dance, 1 to 2 p.m. Gentle Yoga, 6 to 7 p.m. A Gentle Yoga, 6 to 7 p.m. Massage Therapy, By Appt	F Chair Yoga, 10 to 11 a.m. R Scrapbooking, 10 a.m. to noon N Mindfulness 101, 11:30 a.m. R Gentle Yoga, 10:30 to 11:30 a.m. R BHFM Tour and Demo, noon to 2 p.m. F One Hour Drummer, 12:30 to 1:30 p.m. R PINK at Piedmont, 3 to 4 p.m. R Men's Yoga, 6 to 7:30 p.m. A Mindfulness 101, 6 to 7:30 p.m.	Fun-ctional Pilates, 9:45 to 10:45 a.m. Mindfulness 201, 10:15 to noon Gotta Dance, 11 to 11:45 a.m. Gentle Yoga, 1 to 2:30 p.m. It is all Greek to Me!, 6:30 p.m. to 8 p.m. Massage Therapy, By Appt	A Special Sunrise Rituals, 8 a.m. to 11:30 a.m. Learn to Knit, 10 a.m. to Noon Reiki (By Appt), 1 to 3 p.m.	## Yoga, 10 to 11:15 Amindfulness 101, 11:30 a.m. to 12:45 p.m. A Community Drumming Circle and Bar-B-Que, 2 p.m. to 4:30 p.m. N Yoga/Mindfulness, 2:15 to 3:45 p.m.
Cancer WellFit™, 1 to 2 p.m.	A The Heart of a Yogi: Patanjali's Yoga Sutras, 10:30 a.m. to 1:30 p.m. A Awakening Your Energy Into Wellness, 11 a.m. to 1:30 p.m. I to 2 p.m. A Guy's Group, 6 to 7:30 p.m. A Guy's Group, 6 to 7:30 p.m. R Massage Therapy,	F Gentle Yoga, 9 to 10 a.m. F Mindfulness 101, 10:15 to 11:15 a.m. N One Hour Drummer, 10:30 to 11:30 a.m. Mindfulness 101, 10:30 a.m. to noon F 3/3/3 Training, 11:30 a.m. Tai Chi, Noon to 1:15 p.m. A Tai Chi, Noon to 1:15 p.m. Rest Fresh French Inspirations, noon to 2 p.m. A Cancer WellFit**, 1 to 2 p.m. A Art and Healing, 1:30 to 3 p.m.	Chair Yoga, 10 to 11 a.m.	F Fun-ctional Pilates, 9:45 to 10:45 a.m. N Learn to Knit, 10 a.m. to noon Mindfulness 201, 10:15 to noon F Gotta Dance, 11 to 11:45 a.m. F Fast Fresh French Inspirations, noon to 2 p.m. M Gentle Yoga, 1 to 2:30 p.m. F Women's Support, 2 to 3 p.m.	14 Writing for Recovery, 10:30 a.m. to 12:30 p.m.	Laughing Yoga/ Feel Good Summer Foods, 10:30 a.m. to 1:30 p.m.

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	F Yoga, 10 to 11:15 a.m. Tour of India, 10:30 a.m. to 1:30 p.m. Windfulness 101, 11:30 a.m. to 12:45 p.m. N Yoga/Mindfulness, 2:15 to 3:45 p.m.	Couples Enrichment Retreat, 10:30 a.m. to 2:30 p.m.
	Learn to Knit, 10 a.m. to Noon Noon A Celebrate Summer Solstice, 10:30 a.m. to 1:30 p.m. F Reiki (By Appt), 1 to 3 p.m.	Writing for Recovery, 10:30 a.m. to 12:30 p.m. Classic Movie, Noon to 2 p.m.
N Massage Therapy, By Appt	Fun-ctional Pilates, 9:45 to 10:45 a.m. A Chemoflage, 10 a.m. to 1 p.m. A Mindfulness 201, 10:15 to noon Centle Yoga, 1 to 2:30 p.m. A Grilling Healthier, 6 p.m. to 7:30 p.m. F Young Survivors, 6 to 8 p.m. F Classic Movie, 6 to 8 p.m. A Prostate Cancer Support, 6:30 to 8:30 p.m. N Massage Therapy, By Appt	Fun-ctional Pilates, 9:45 to 10:45 a.m. Learn to Knit, 10 a.m. to noon Soul Collage®, 10 a.m. to 1 p.m. Mindfulness 201, 10:15 to noon F Gotta Dance, 11 to 11:45 a.m. F Handheld and Healthy: Building a Better Sandwich, noon to 2 p.m. Momen's Support, 2 to 3 p.m. F Women's Support, 2 to 3 p.m. Couples Marriage Group, 6:30 to 8 p.m. Massage Therapy, By Appt
Mindfulness 101, 6 to 7:30 p.m. Risters by Choice, 7:30 to 8:30 p.m. Healing Touch, By Appt	Look Good, Feel Better, 9 to 11 a.m. F Crafting, 10 a.m. to noon A Eating Local and Seasonal, noon to 2 p.m. A Poor Hour Drummer, 12:30 to 1:30 p.m. F Cancer WellFit™, 4 to 5 p.m. F Cancer WellFit™, 4 to 5 p.m. K Men's Yoga, 6 to 7:30 p.m. A Mindfulness 101, 6 to 7:30 p.m. F Women's Support, 7 to 8 p.m. F Women's Support, 7 to 8 p.m.	Mindfulness 101, 11:30 a.m. In Mindfulness 101, 11:30 a.m. It o 12:30 p.m. It one Hour Drummer, 12:30 to 1:30 p.m. It hough Our Journey of Grief, 1:30 to 3 p.m. It head and Neck Info Group, 6 to 7 p.m. Men's Yoga, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m. Healing Touch, By Appt
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By Appt	F Summer Clay Time, 11 a.m. to 12:30 p.m. A Creating the Life You Want with Boldness, noon to 2:30 p.m. A Cancer WellFit™, 4 to 5 p.m. A Partners Chair Yoga and Massage, 5:30 to 8 p.m. A Guy's Group, 6 to 7:30 p.m. General Cancer Support Group, 6 to 7 p.m. A Supporting Your Loved One, 6 p.m. to 8 p.m. A Supporting Your Loved One, 6 p.m. to 8 p.m.	Healing Through Deep Listening Series: Relating Mindfully to our Bodies, noon to 3 p.m. Cancer WellFit™, 1 to 2 p.m. F Cancer WellFit™, 4 to 5 p.m. F Massage Therapy, By Appt
	A Cancer WellFit™, 1 to 2 p.m.	Cancer WellFit™, 1 to 2 p.m. A Cancer WellFit™, 1 to 2 p.m. 1 to 2 p.m.

EAT LIKE THERE IS NO TOMORROW AND GREAT FOOD STARTS FRESH A

All the way from California, special guest Chef Nathan Lyon will join his friend Chef Hans Rueffert for a fun tag team cooking demo. Come watch these two talented men cook up a simple meal and make it extraordinary! *To register, call 404.425.7944.* 5/29

EATING AROUND THE WORLD A

Learn how to eat the wonderful delicacies from around the world without having to leave home. Chef Nancy Waldeck and Dietitian Shayna Komar will highlight healthy foods from other countries as you learn how to incorporate them into your own kitchen right here in Georgia. This class is offered for participants who can not attend afternoon cooking demonstrations. *To register, call* 404.425.7944.5/9

EATING LOCAL AND SEASONAL A

Join Executive Chef Steven Satterfield of Miller Union and Dietitian Shayna Komar as they unpack the seasonal local produce of Georgia and why it is so good for you. We will start downstairs at the front of the building with Atlanta's own Farm Mobile, which is a mobile farmer's market where you can purchase fresh, locally-grown produce and meats. Much of the foods are certified organic and all are grown by the best small family farms in our area. *To register, call 404.425.7944.* 6/19

FAST FRESH FRENCH INSPIRATIONS F H N

French food doesn't always mean heavy sauces and lots of butter. Come enjoy a lunch and lesson with Chef Nancy Waldeck who will show you how to take traditional French peasant fare and turn it into bright, fresh flavors and tastes that are healthy, easy and delicious. To register at Fayette or Newnan, call 770.719.5860. To register at Henry, call 678.604.1040. 6/11, 6/13, 6/19

GRILLING HEALTHIER A

Grilling sometimes gets a bad rap in the health world but it's so fun and easy in the summer time! This class, led by Chef Nancy Waldeck and Dietitian Shayna Komar, will teach you how to grill the healthy way while enjoying the warm summer nights with good company. This class is for participants who cannot attend afternoon cooking classes. *To register, call 404.425.7944.* 6/20

HANDHELD & HEALTHY... BUILDING A BETTER SANDWICH A F

Ditch the deli! Come learn how fun, quick and healthy it can be to build a better sandwich at home. There are endless possibilities using quality ingredients for fillings and spreads, sandwiched inside breads, wraps

and rolls. You'll save money while improving nutrition, as Dietician Shayna Komar and Chef Beci Falkenberg in Atlanta and Chef Beci Falkenberg in Fayette unwrap the secrets to handheld and healthy sandwiches. *To register at Atlanta, call 404.425.7944 To register in Fayette, call 770.719.5860.* 5/1, 6/27

HEALTHY BODY, HEALTHY MIND: SPA DAY F

We all deserve a day of fun and rest to take care of ourselves and nourish our bodies. Come join Chef Nancy Waldeck to pause, reflect and cook up a menu full of delicious spa food - perfect for a day of pampering. *To register, call 770.719.5860.* 5/23

IT IS ALL GREEK TO ME! F

Explore the healthy cuisine of the original Mediterranean diet culture, Greek cuisine. Join Chef Nancy Jaworski for Greek cooking as we introduce classic Greek meals showcasing the freshest, local products available. OPA! *To register, call 770.719.5860.* 6/6

PREBIOTICS AND PROBIOTICS A

Digestive health is important for a well-balanced body. Learning how to improve your digestive health is key if you are immune suppressed. Chef Nancy Waldeck and Dietitian Shayna Komar will teach you how to prepare prebiotics and probiotics so they work together in a synergistic way to enhance your body. *To register, call* 404.425.7944. 5/15

Specialty Programs

AWAKENING YOUR ENERGY INTO WELLNESS A

Using tools such as massage, mindful breathing, movement, music and drumming, this class teaches you how to be more energized, calm, and centered. Wear loose comfortable clothing for working on yoga mats *To register, call 404.425.7944.* 5/13, 6/10

BLISS OR BUST – SEEK, EAT, LOVE A

Bring an open heart, mind and appetite for a morning of exploration, contemplation and centering with a fresh take on the Eat Pray Love experience. Experience your own awakenings through the journey of self-inquiry and self-discovery through writing, dialogue and guided meditation. Savor treats from Italy, India and Indonesia while we devote time for brain and mood-busting culinary pleasures with Chef Beci Falkenberg. Connect, reflect, and restore...no packing or passport required! *To register, call 404.425.7944.* 5/18

THE BODY AS SACRED GROUND A

Living with cancer and its treatments can create inner conflict and a feeling that our bodies have betrayed us. In this workshop, we will do some honest self-inquiry and then do healing meditation practices to integrate feeling safe in our bodies. Please wear comfortable clothes and bring a journal. A healthy lunch will be provided. *This is a one-time workshop open to participants who have not taken it previously. To register, call 404.425.7944. 5/31

CELEBRATE SUMMER SOLSTICE: BE THE BEACH A

Join Angela Buttimer, LPC, RYT and Chef Beci Falkenberg for a "day at the beach" to honor the summer solstice. We will explore the psychological and spiritual metaphors of the beach experience and internalize the many powerful organic experiences of the beach. A healthy feast reminiscent of those summer days will be provided. *To register, call 404.425.7944.* 6/21

CHEMOFLAGE A

Chemoflage, founded by Cookie Aftergut, is a non-profit program designed to empower women who are undergoing chemotherapy for any type of cancer. Participants receive helpful information from healthcare professionals on how to combat the effects of chemotherapy. Topics include nutritional guidelines, relaxation/visualization techniques, scarf-tying, makeup suggestions, and much more. This class will be offered every third Thursday in May, July, September and November. *To register, call 770.394.6092 or email cookieafter@comcast.net.*

CLASSIC MOVIE MATINEE/NIGHT F

Plan a date with Cancer Wellness and save room for popcorn! Come revisit your favorite classic films. During each session, we will screen a different movie for you to enjoy. 5/16, 5/24, 6/20, 6/28

COMPRESSION - WHO NEEDS IT? A

In this lunch and learn, you will learn more about why your doctor would order or suggest compression garments for you; types of swelling, i.e. venous/lymphatic; and risks of swelling. You will also be educated on types of compression garments, circular vs. flat knit, classes of compression and which brand is best for you. *To register, call 404.425.7944.* 5/17

CREATING THE LIFE YOU WANT WITH BOLDNESS BY IGNITING THE FIRE IN THE BELLY: THE SOLAR PLEXUS CHAKRA

Learn how to speak and act from a solid foundation of self-respect and self-honor by opening and liberating your life to a powerful path of possibilities. This class teaches you how to do that through didactic and gentle yoga practices, silent reflection, writing and dialogue. Please wear loose comfortable clothing as we will be on yoga mats through the entire program. Lunch will be provided. *To register, call 404.425.7944.* 6/17

ENTERING THE CASTLE: MODERN DAY MYSTICISM A

Join us for an engaging exploration and discussion on the principles of modern day mysticism. We will explore the teachings of various mystics from the Sufi poets Rumi and Hafiz to St. Teresa of Avila. We will also explore existential issues and practice some experiential exercises to inquire into the soul's wisdom and access our own mystical inner workings. A healthy meal will be served in the café. *To register, call 404.425.7944.* 6/3

FINDING YOUR PASSION IN THE CREATIVITY AND WISDOM OF THE SACRAL CHAKRA

We will be exploring the open or closed energies blocks of "Chi" of the Sacral Chakra through didactic, writing, dialogue, and gentle yoga. The Sacral Chakra teach us how to open ourselves to our optimal creative and loving natures and how we insulate ourselves and remain "closed" off from giving and nurturing others and accepting love and nurturance from others. Please wear loose comfortable clothing as we will be on yoga mats throughout the session. Lunch will be provided. *To register, call 404.425.7944.* 5/20

THE FIVE AGREEMENTS A

This workshop is based on the bestselling book, "The Five Agreements" by Don Miguel Ruiz, which incorporates the ancient Toltec wisdom of 900 A.D. from the peoples of Southern Mexico - "the ancient ones." Through didactic and writing exercises, reflection and dialogue, we will discuss how the ancient wisdom of the Five Agreements can lead us to better health and relationships, how they provide us a code of conduct for more joy and less suffering and how to access our inherent wisdom, power, goodness and divinity. Lunch will be provided. *To register, call 404.425.7944.* 5/24

GUYS NIGHT OUT A

Come share dinner and light-hearted fun with other men on their cancer journeys. Connection with others is a strong component in the healing process. Join us, along with Chef Hans Rueffert, for great food, drinks, and music in a relaxing atmosphere. This night is dedicated to men who are current cancer patients or men recovering from cancer. *To register, call 404.425.7944.* 5/16

THE HEALING HANDS PRAYER MINISTRY AT HOLY TRINITY F

During this healing session, you can expect to meet with two prayer ministers who will listen to your needs, support your healing experience, offer unique prayer tools and invite you to relax and receive in the presence of the Divine. For more information or to schedule an appointment, contact Paige Potter at 770.716.2489.

HEALING THROUGH DEEP LISTENING SERIES: RELATING MINDFULLY TO OUR THOUGHTS FOR OPTIMAL HEALTH A

We are not our thoughts, emotions, or bodies, and yet, each of these aspects of self play a powerful role in our lives and in the functioning of our immune systems. Dr. Candace Pert calls the interplay of these aspects "the mobile brain" – our selves in continuous dialogue. As we learn to respond more skillfully to what arises in our thoughts, emotions, and bodies, using the tools of mindfulness and deep listening practice, we can access our deepest and richest wisdom. Wear comfortable clothing as we will work with some gentle movement. You may choose to attend one or all within the Deep Listening offerings. *To register, call 404.425.7944.* 6/24

THE HEART OF A YOGI: PATANJALI'S YOGA SUTRAS A

While the yoga sutras developed over 2,000 years ago, only two principles are related to asana (postures). The rest of the verses are devoted to psychological and spiritual principles that lead us to an "inner strength" and "deep and abiding calm." In this workshop, we will explore the teachings from the Indian sage Patanjali to understand the deeper meanings within yoga practice. We will also weave in experiential practices of hand mudras, chanting/kirtan, gentle yoga, and guided meditation. Lunch will be provided. *To register, call 404.425.7944.* 6/10

LEARNING ABOUT METASTATIC CANCER F

An educational program for patients and caregivers provided by Genentech. Light lunch will be provided. *To register, call 770.719.5860.* 5/6

LEARNING AND GROWING THROUGH OUR JOURNEY OF GRIEF F

Living through grief is a common journey for all of us. In this class, we carefully examine the footprints of loss along this heavily traveled pathway. 5/22, 6/26

LOOK GOOD...FEEL BETTER® A F H N

This program teaches beauty techniques to women who are actively undergoing cancer treatment to help them combat the appearance-related side effects of radiation and chemotherapy. *To register at Atlanta, call*

404.605.2007. To register at Fayette and Henry, call 404.582.6153. To register at Newnan, call 770.631.0625. 5/6, 5/14, 5/15, 5/21, 5/22, 6/3, 6/11, 6/18, 6/19

MANTRAS, MUDRAS AND MINDFULNESS TO MANAGE YOUR MOOD A

Mood swings and changes in perception commonly arise with a cancer diagnosis and treatment. There are simple practices that you can learn to lift your spirits, calm and center, find relief and cultivate internal stability. We will guide you through experiential exercises including mantras, mudras and mindfulness. Learn about bhavanas and sankalpas, as well as some gentle mindful yoga that you can use at home. Please wear comfortable clothing. *To register, call 404.425.7944.* 5/22

MOTHER'S DAY TEA A

Come celebrate the joys of being a mother with other mothers from your Wellness community. "Tea is like a hug in a cup" and the custom of afternoon tea originated in England in the 1840's. We will also make herbal Sachets for you to take home. Join Cindy Stark Reid and Chef Nancy Waldeck for a lovely afternoon. *To register, call 404.425.7944.* 5/5

PINK AT PIEDMONT A

For women currently undergoing treatment and up to 8 months post-treatment for breast cancer, this 12-week program offers exercise three times weekly, nutrition consultation, education and stress reduction through guided imagery and yoga classes. *To register, call 404.605.1969*. Wednesdays

PINK HEALS A

For women in their twenties, thirties and early forties, a cancer diagnosis and the journey that follows can be especially devastating. Surgery, chemotherapy and radiation treatments can strip young women of their looks, confidence and sense of self. *To register, please visit pinkheals.org.*

SAVORING LIFE: MINDFULNESS AT THE TABLE A

Our patterns at meal time are often a reflection of how we are living our lives. Creating optimal health is about daily choices and mindful steps taken one day at a time. In this workshop, we will take the time to slow down and enjoy a sensory delight of delicious and healthy foods and drinks. Facilitator Angela Buttimer, LPC and Chef Nancy Waldeck will guide you through eating a meal mindfully as well as short meditations and the culinary pleasures of mindful eating held in the sanctuary of quiet. Participants will leave with daily meditations to take home. *To register, call 404.425.7944*. 6/13

TOUR OF INDIA A

India is not only home to delicious food, it's also the home of many healing practices that can help us become calmer, reduce stress and enhance our overall sense of well-being. Spend time with Facilitator Angela Buttimer, RYT, LPC and Chef Nancy Waldeck as we taste and touch some of the bright, colorful and intriguing customs of this interesting country including some Bollywood dancing. Wear comfortable clothing that will allow you to move freely. *To register, call 404.425.7944.* 6/22

Stress Reduction

COMMUNITY DRUMMING CIRCLE AND BAR-B-Q A

Please join Cindy Stark Reid and Chef Nancy Waldeck in a fun drumming circle, which will help you decrease stress, boost your immune system, increase an overall sense of well-being and foster a loving sense of community. No musical experience is necessary. Drums and rhythmic instruments will be provided but please feel free to bring your own. Children and family members are welcome. 6/8

HEALING TOUCH F

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered way to support your physical, emotional, mental and spiritual health. Healing Touch is especially recommended for individuals in treatment who cannot tolerate massage due to treatment side effects. *To register, call 770.719.5860.* 5/8, 5/22, 6/12, 6/26

LAUGHING YOGA / FEEL GOOD SUMMER FOODS A

Be ready to really tickle your insides. Even though cancer isn't funny, finding your funny bone can help you on your journey. This workshop will involve humorous stories, laughter yoga, and zany prizes! Research shows that through laughter the immune system is strengthened, pain-killing endorphins are released and your spirits are lifted. Heighten those wonderful feelings with a sumptuous, summer lunch prepared by Chef Beci Falkenberg. Wear comfortable clothes. *To register, call* 404.425.7944. 6/15

MASSAGE THERAPY AND RELAXATION A F N

Massage therapy can lower stress, improve immune function and increase overall well-being. Sessions are available for anyone who has a release from their oncologist, as well as survivors in the community. To register for chair massage in Atlanta, call 404.425.7944. To register for full massage in Fayette (Mondays, Tuesdays) and in Newnan (Thursdays), call 770.719.5860.

MINDFULNESS TRAINING 101/PRACTICE A F N

Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation, less anxiety and fewer depression symptoms. Tuesdays, Wednesdays and Saturdays (except 5/4, 5/18, 6/15, 6/29)

MINDFULNESS 201 A

For those who have completed Mindfulness Training 101, deepen your practice and continue to enhance your overall quality of life. Thursdays

REIKI: INDIVIDUAL CONSULTATIONS (BY APPT) F

Usui Reiki treatment is non-invasive and uses the light touch of a practitioner's hands on or over specific areas of the recipient's body to re-balance energy and stimulate the body's natural healing ability. *To register, call* 770.719.5860. 5/3, 5/17, 6/7, 6/21

SPECIAL SUNRISE RITUALS: START YOUR DAY THE YOGIC WAY A

Join Angela Buttimer, LPC, RYT and Chef Nancy Waldeck to learn healthy strategies to set the tone for each day. Rising early, we will practice setting the intention and creating experiences for energy, calm, balance, and optimal health. Then we will enjoy a healthy and delicious morning meal that nourishes and energizes. *To register, call 404.425.7944.* 6/7

Support Groups

GENERAL CANCER SUPPORT GROUPS H

Have you been looking to meet other patients, survivors and caregivers? People who participate in support groups frequently report significant decreases in depression and loneliness, as well as increased hope and a new attitude toward their diagnosis. 5/20, 6/17

BREAST CANCER SURVIVOR'S NETWORK, INC. F

This positive group of ladies with occasional guest speakers gives hope of survival, social and emotional support, a hand to hold and lessened anxiety while creating new friends. *For more information, call* 770.487.4396. 5/21, 6/18

COLORECTAL/GASTROINTESTINAL SUPPORT GROUP F

This group is designed to provide support for the unique challenges associated with the diagnosis, treatment and recovery of colorectal and gastrointestinal cancers. This is open to patients, survivors, and family members affected by any gastrointestinal cancer. 5/6, 6/3

COUPLES ENRICHMENT AND SUPPORT GROUP A F

Having cancer doesn't have to be isolating. Come share your journey with your partner and meet other couples. Deepen your bond and connection within your relationship and the Cancer Wellness community. *To register in Atlanta, call 404.425.7940. To register in Fayette, call 770.719.5860.* 5/14, 5/23, 5/28, 6/11, 6/25, 6/27

COUPLES ENRICHMENT RETREAT A

Carve out time for you and your partner to enjoy a special and intimate day of retreat. Enjoy relaxing activities together such as massage, chair yoga, writing, and making music. Improve your communication and share bonding activities. This is a great in-town getaway and a wonderful way to deepen your relationship. If you have not participated in the Couples Enrichment and Support Group, please call 404.425.7940 prior to registering. *To register, call 404.425.7944.* 6/29

A GUY'S GROUP A

This group is for men at any stage of recovery from cancer. Gain strength and support through other men affected by cancer and gain helpful tools for recovery. 5/13, 6/10, 6/24

HEAD AND NECK CANCER INFORMATION GROUP F

The diagnosis and treatment of head and neck cancers can present many challenges to the patient and family. This group will provide information and support to those newly diagnosed, undergoing treatment or recovering from treatment. 5/22, 6/26

PROSTATE CANCER INFORMATION GROUP F

This group allows men and their families to share information and support in a confidential setting and is intended to enhance prostate cancer understanding but not to provide medical advice. *For more information, call* 770.632.2898. 5/28, 6/25

PROSTATE CANCER SUPPORT GROUP A

Recently diagnosed with prostate cancer? Considering a surgical option for prostate cancer or had prostate surgery? Experiencing one or more side effects from surgery? This is the one men's support group you absolutely should attend. Bring your caregiver, spouse, partner or friend. *To register, call 678.638.6388.* 5/16, 6/20

SUPPORTING YOUR LOVED ONE A F

The cancer journey can be highly stressful for both the patient and family and friends. This is an opportunity for caregivers to connect with others in the same roles. This workshop will assist you in striking a balance between helping the patient and taking care of yourself. Strategies, tips and ideas will be discussed. A healthy meal will be provided. *To register, call 404.425.7944.* 5/22, 6/17, 6/19

SISTERS BY CHOICE H

Sisters by Choice works to establish a network of support group chapters that provide helpful resources, information and counseling to individuals diagnosed with breast cancer and their families. 5/8, 6/12

A SPECIAL DINNER TO HONOR OUR CAREGIVERS A

This dinner will highlight the courageous efforts and loyalties of caregivers during the cancer journey. Research shows that those diagnosed with cancer stand a greater chance of recovery when they have support. Dennis Buttimer, MEd, RYT will facilitate the evening and celebration of loved ones and Chef Nancy Waldeck will provide a nourishing dinner. We request that each survivor bring one caregiver to this dinner. *Space is limited so register early at 404.425.7944.* 5/20

WOMEN'S CANCER SUPPORT A F

This group is for women who have been diagnosed with any type of cancer and are at any stage of recovery. Meet, gain support, and learn from women who share similar experiences through their cancer journey. 5/9, 5/14, 5/22, 5/23, 5/28, 6/11, 6/13, 6/19, 6/25, 6/27

YOUNG SURVIVOR'S GROUP F

This group, for those 40 years old or younger, is an opportunity to socialize and network with other young survivors, either during or post treatment. Discussion topics will range from career navigation and concerns, treatment and family-related concerns and social activities. 5/16, 6/20