

Jan/Feb 2024

# Cancer Wellness Newsletter



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 and counseling 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. Visit [piedmont.org/cancerwellness](https://piedmont.org/cancerwellness) to view the class schedule for all of our locations. For more information about programs and services provided at Piedmont Atlanta, please contact Carolyn Helmer, LCSW, Manager at 404.425.7940.

**THOMAS F. CHAPMAN FAMILY**  
*cancer wellness*

 **Piedmont**  
ONCOLOGY

*Real change lives here*

# Programs

Please call 404.425.7944 to register for an in-person or virtual program. Registration is required.

## CREATIVITY

### **Writing for Recovery and Discovery (Virtual)**

Everyone has so much to express and journaling is a simple but profound path for expression. In this class, facilitator Angela Buttimer, MS, LPC offers prompts and structure to help you get words on the page with ease. Call to register.

1/5, 1/19, 2/2, 2/16; 10-11:30 a.m.

### **In the Realms of the Café (Virtual)**

This presentation is a window into life that Impressionists depicted; from cafes to parks to behind the scenes at theaters. Previously, art depicted more formal occasions. Call to register.

1/2; 10 a.m.-12 p.m.

### **Street Life in Paris/Street Life in Your Neighborhood (In person)**

Inspired by daily life participants will photograph a scene from one's everyday life and then depict it during the class. This may be a portrait of a friend, a table scene. Paints and paper or canvas will be provided. Call to register.

1/5; 11 a.m.-1:30 p.m.

### **Journaling (In person)**

This session is a re-visioning and imagined 2024. Be sure to register and receive a journal and materials if needed. The class will also feature a brief drawing tutorial on the still life. Call to register.

1/15; 11 a.m. -1 p.m.

### **A Class on Color Mixing (In person)**

This class will feature an examination of the ways that colors can be mixed in watercolor and acrylic paints. Call to register.

2/1; 11 a.m.-12:45 p.m.

### **Collage, Past, Present and Future (Virtual)**

This presentation has been given at this facility but is helpful to those who are newly interested in the medium. Call to register.

1/30; 10-11:45 a.m.

### **Paper Weaving (In person)**

This class is an opportunity to experiment with graphic elements in a 3 dimensional format. Based largely on the graphic forms of such quilting techniques as Amish quilts. For those who seek a more unconventional form, this simple technique will be combined with magazine images for a completely different effect. Call to register.

2/9; 11 a.m.-1 p.m.

### **Dream Exploration (Virtual)**

The group shares in the listening to one another's dreams. Sigmund Freud and Carl Jung called the dream, "the royal road to the unconscious." Dream exploration has been proven to increase wellness, calm and insight in practitioners. No experience is required, simply bring a written dream to share.

1/26; 10 a.m.-12 p.m.

## MOVEMENT

### **PINK at Piedmont (In person)**

PINK is a comprehensive, 12-week program for women who are currently undergoing or who have completed treatment for breast cancer within the last eight months. The program includes group exercise, nutrition, support and more and is offered at the Piedmont Atlanta Fitness Center at 2001 Peachtree Road. Call 404.605.1966 to register.

### **Cancer WellFit (In person)**

This 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. This class is held at the Piedmont Atlanta Fitness Center. Call 404.605.1966 to obtain class schedule and to register.

### **Chair Fitness (In person)**

Prefer not to get up and down off the floor? This class is for you! Movements draw from dance, cardio, core and basic yoga. Class is done seated in chairs as well as standing, using the chair for balance and support. Get breath and body moving in this energizing workout followed by a simple calming meditation. Taught by Cooper Friend.

Thursdays, 10:15-11:30 a.m.

### **Dance Cardio (In person)**

Easy-to-follow, uncomplicated steps get you moving. Music favorites keep you going! This class invigorates brain, body, and breath, gradually building core strength and endurance. Come join the fun! Taught by Cooper Friend.

Mondays, 1-2 p.m. No class on 1/1.

### **Restorative Yoga (In person)**

Tame stress through slow and restful floorwork. We use blankets and bolsters to support the body in poses that stimulate, yet also calm and balance the physical, emotional, and energetic systems. The poses do the work enabling you to relax deeply and arise refreshed. Taught by Cooper Friend.

Mondays, 2:15-3:15 p.m. No class on 1/1.

### **Chair Yoga: Off the Mat and Into a Chair (Virtual)**

Experience the wonderful, beneficial effects of yoga practice from a chair. Learn practical ways to incorporate seated yoga in many situations. Learn effective breathing, sitting yoga poses and brief meditation. Great for beginners. Wear comfortable clothing. Facilitated by Dennis Buttimer, M.Ed, RYT, CHC. Call to register.

1/9, 1/23, 2/13, 2/27; 1-2:30 p.m.

### **Gentle Yoga (Virtual)**

Participants are guided through breath, simple mindful yoga postures and deep relaxation. Yoga calms the mind, body and emotions and promotes an improved sense of well-being. Call to register.

Tuesdays, 6-7:30 p.m. & Thursdays, 1-2:30 p.m.

### **Qi Gong for Positive Posturing, Moving Into Joy!**

### **(Virtual)**

We are all aware that we can read the emotions associated with certain postures. If you were asked, right now, to act proud, (yes, do it!) you might stand tall, lift your head to the sky, chin up, etc. or if we asked you to represent sad, you might stoop your shoulders, sink your body, drop your head, for example.

Emotions create postures, then postures create emotions. We know that smiling releases happy chemicals, for example. These positive postures are evident in many qi gong movements sets, and are shown to elevate mood, reduce stress, and encourage deep breathing! Please join us to open up, reach up, and breathe deeply into joy. Taught by Cate Morrill, CTCQI, CHC. Call to register.

2/12; 11 a.m.-1 p.m.

### **Power Qi Gong (Virtual)**

Using the deep focus and flow of easy yet physically powerful Qi Gong sets, the participant may regain physical strength that may have been depleted, or build new power for the goals ahead! There are three parts of the class: stretches for warming up and increasing flexibility; full body-engaging, powerful movements for building strength; and meditative flowing movements for cooling down and settling and calming your qi. Taught by Cate Morrill, CTCQI, CHC. Call to register.

Wednesdays, 10:30-11:30 a.m.

### **T'ai Chi and Qi Gong (Virtual)**

These healing arts are known to help students breathe deeply, alleviate stress and reduce pain, while building strength, flexibility, balance, focus, and energy of mind, body, and spirit. Taught by Cate Morrill, CTCQI, CHC. Call to register.

Tuesdays, 12 noon-1:30 p.m.

Thursdays, 11 a.m.-12:30 p.m.

### **T'ai Chi Advanced Form (Virtual)**

Learning the "24 Form" is shown to benefit strength, balance, and flexibility, boost mood, and brain power, while reducing stress, tension and pain levels. Instructor permission required. Taught by Cate Morrill, CTCQI, CHC.

Tuesdays, 1:30-2 p.m.

Thursdays, 12:30-1 p.m.

### **T'ai Chi To Let It Flow and Let It Go! (Virtual)**

This time of year, whether we celebrate auspicious holidays, gather with distant family and friends, or stay warm and cozy at home with more solitude, we often feel a bit more pressed with stress. With intention and effective action, we employ tools and techniques to strengthen your spirit by learning to let go of negative thoughts, old concerns, or recurring regrets, and look forward to the new possibilities that can arise. Using deep breathing practices, proper stretches, and awareness, you can help yourself handle potential stresses of the upcoming seasons, or at any time! Taught by Cate Morrill, CTCQI, CHC. Call to register.

1/8; 11 a.m.-1 p.m.

### **T'ai Chi and Qi Gong To Move Easily Into The New Year! (In Person)**

It's time to set our intentions and energies to open up for a fresh breath, an expanded vision, and renewed strength for the New Year! We'll use movements and philosophy to help build resilience and release tension and stress, enabling us to enjoy our days fully. Taught by Cate Morrill, CTCQI, CHC. Call to register.

1/ 22; 11 a.m.-1 p.m.

### **T'ai Chi To Celebrate the Lunar New Year of the Dragon! (In Person)**

February 10th begins the Lunar New Year of the Dragon, so let's celebrate! The Dragon is charismatic, intelligent, confident, powerful, naturally lucky, and usually quite gifted! The Dragon works to the best of its ability, and has high standards for itself, while being a benevolent protector and provider. We will move with intent and focus, stretch our Dragon wings, and breathe deeply into the fire belly to gather Dragon energy, strength and power! We will share the philosophy and concepts of the Chinese New Year events and practices while we create flexibility and energy flow! Taught by Cate Morrill, CTCQI, CHC. Call to register.

2/19; 11 a.m.-1 p.m.

## PEACE

### **The Mystic's Journey: A Spiritual Series into the Sacred (Virtual)**

Join Angela Buttimer, MS, LPC, RYT for an engaging exploration and discussion on spirituality and the principles of mysticism. We will examine the various aspects of the mystic's journey, explore the teachings from a variety of different paths and traditions, and practice experiential exercises to cultivate a rich interior life and inquire into your own soul's wisdom. You may attend one class in the series or all of the classes. Dress comfortably for possible movement. Call to register.

1/15; 12-2:30 p.m.

### **Blessings Abound in the New Year: Exploring Life's Big Questions (Virtual)**

What if the entire universe is conspiring to bless you? Seeking inspiration, perspective, and meaning? Join Angela Buttimer, MS, RYT, LPC as we hear from modern-day experts from around the world on life's big questions. We will enjoy guided dialogue, writing and reflection, as well as experiential exercises. Call to register.

2/19; 12-2:30 p.m.

### **Centering Prayer (Virtual)**

Learn more about this meditative practice, which focuses on spiritual words and themes. This workshop will be taught so that this practice is accessible regardless of spiritual orientation. In addition to the spiritual benefits, enjoy physical benefits of meditation including enhanced immune system functioning, reduction in inflammation, regulated blood pressure, sleep improvement, pain reduction and a feeling of well-being. Join facilitator Dennis Buttimer, M.Ed, RYT, CHC for this workshop. Call to register.

1/5, 2/2; 10:30 a.m.-12:30 p.m.

### **Mindfulness 101/Practice (Virtual)**

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. Facilitated by Angela Buttimer, LPC. Call to register.

Tuesdays, 11 a.m.-12:30 p.m.

### **Mindfulness 201 (Virtual)**

For those who have completed Mindfulness 101, deepen your practice and continue to enhance your overall quality of life. Facilitated by Angela Buttimer, LPC. Call to register.

Thursdays, 11 a.m.-12:30 p.m.

### **Exploring The Unknown Chakras: The Earth Star Chakra And The Soul Star Chakra (Virtual)**

In this workshop, we will introduce two little known Chakras: the Earth Star Chakra and The Soul Star Chakra. These two chakras are sometimes called the celestial chakras of the etheric body. They are not part of the physical body like the other seven chakras, but rather belong to our ether-body energy — human energy field aura systems. Come join us for this illuminating exploration of these subtle celestial chakras and how we can connect with these two chakras to enhance our Spiritual and Physical grounding and sharpen our awareness for our everyday encounters. Facilitated by Angela Buttimer, RYT, CHC, LPC and Dr. Jody D. Iodice, Ph.D. Call to register.

1/29; 12-2:30 p.m.

### **Opening and Balancing the Root Chakra: Igniting Life Force and Kundalini Energy(Virtual)**

We invite you to explore paths to open, clear and balance the root chakra by examining and reflecting on the psychological, emotional, physical and spiritual implications of the root chakra. In addition, we will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the chi energy of the root chakra. Please join us for this enlightening opportunity to experience and empower the internal energies of fire and earth for greater vitality and healing opportunities. Facilitated by: Angela Buttimer, LPC, CHC, RYT and Dr. Jody Iodice. Call to Register.

2/26; 12-2:30 p.m.

## KNOWLEDGE

### **Illuminate! (Virtual)**

Explore the light within you and its power to positively affect your health and your relationship with others. As external darkness descends earlier each day, it is helpful to connect with your internal light. Also, learn ways to cope with Seasonal Affective Disorder (SAD) externally and internally. Various experiential activities will empower you to ignite your inner light for greater health and happiness. Facilitated by Dennis Buttimer, M.Ed, RYT, CHC. Call to register.

11/6; 10:00am-12 p.m.

### **Part II Living Your Best Life Today: A Journey Through Recovery To Wholeness™ (Virtual)**

In Part II of this program, we will explore the tenets of Quantum Physics and how these tenets give rise to the energy of your emotions; how your conscious mind interprets your thoughts and sets them in motion...no matter what your thoughts are for yourself. Lastly, in the program you will construct a Living Your Best Life Today Intention so that your external self matches your internal intentions to manifest wholeness, health, and healing. I hope you will join me for the experience of Living Your Best Life Today and be renewed and reenergized. Facilitated by Dr. Jody Iodice, Ph.D. Call to register.

1/10; 12:30 p.m.-2:30 p.m.

### **Toltec Sacred Wisdom: The Mastery of Self Part II (Virtual)**

In the work of don Miguel Ruiz – New York Times bestselling author most celebrated for: The Four Agreements; The Fifth Agreement; and The Mastery of Love. His new book, The Mastery of Self, Ruiz delves deeper into the Toltec Sacred Wisdom and the true role of the Dream of the Planet and

our own personal Dream. In Part II, we will examine what Ruiz identifies as spotting the triggers, breaking old cycles of automatic response, how we wear masks to diminish the Mastery of Self and much more. Facilitated by Dennis Buttimer, M.Ed., RYT, CHC and Dr. Jody Iodice. Call to Register.

1/31; 12 p.m.-2:30 p.m.

### **The Shaman, Quantum Physics, and Dreaming the World Into Being: Being a Conscious Creator and Dreamer (VIRTUAL)**

According to Shamanic teachings, we are all “Conscious Creators” and “Conscious Dreamers” either “creating” a personal world of loving-kindness and collective world of loving-kindness or “creating” a personal world of conflict and therefore contribute to the “collective conflict” of the world! The principles of Quantum Physics suggests the past and future are not separate, location doesn’t exist, and our personal experiences only come into existence because we observe them into existence! Quantum Physicists believe what we call our “reality” is one which we have created and as “Creators”, we are part of multiple dimensions of the Universe. Facilitated by Dr. Jody Iodice. Call to Register.

2/21; 12:30 p.m.-2:30 p.m.

### **The Toltec Sacred Wisdom of the Five Agreements (Virtual)**

In this workshop we will explore the work of New York Times Best Selling author, Don Miguel Ruiz The Four Agreements and The Fifth Agreement. This is the sacred wisdom of the South American Toltec Sacred Spiritual teachers and mystics dating from 900 BC – the lineage of Ruiz. To live by these agreements, Ruiz tells us when we govern our lives by the Five Agreements we can surmount any difficulty, challenge or chaos and live more peaceful, assertive, and fulfilling daily experiences. Please join us for this rewarding and enriching program. Facilitated by Dennis Buttimer, MED and Dr. Jody D. Iodice, Ph.D. Call to register.

2/28; 12 p.m. – 2:30 p.m.

### **2024, Year of 8: The Wooden Dragon (Virtual)**

What does 2024 have in store for you? What would you like to create for yourself? What does wooden dragon symbolism mean? How can these be blessings for you in the new year? Join Angela Buttimer, MS, RYT, LPC to explore these ideas and how to enter the new year with greater peace and powerful psychological strategies to help you thrive. Call to register.

1/10; 12-2:30 p.m.

### **Divine Feminine and Divine Masculine (Virtual)**

What does it mean to embody the divine feminine and masculine in a balanced way? What traits do these energies represent and how can they serve your highest good? Join Angela Buttimer, MS, RYT, LPC to learn more about these psychological and spiritual mindsets and ways of being in the world. Call to register.

2/19; 12-2:30 p.m.

### **Valentines: A Workshop of Loving and Celebrating Yourself (Virtual)**

February is the month we typically think of romance and others. It is vital that we also honor the love that we have for ourselves. Our immune system responds positively when we send love and gratitude to our own minds, hearts, and bodies. Join Angela Buttimer, LPC, CHC, RYT as she guides you through experiential exercises around self-love, honor and care. We will celebrate ourselves as we re-establish and recommit to self-love, self-honor, and self-compassion.

Call to register.

2/14; 12-2:30 p.m.

### **Vagus Vacation: Accessing the 10th Cranial Nerve for Relaxation (Virtual)**

This “wandering nerve” plays a vital role in the restorative functions of the body in concert with the parasympathetic nervous system. Learn what its vital role is and how to activate it for a greater sense of relaxation. Practice ideas, techniques and practices to utilize and “tone” this nerve. Leave this workshop feeling renewed, renewed and relaxed. Call to register.

2/21; 10:30 a.m.-1 p.m.

### **The Quantum Field and Epigenetics for Greater Health (Virtual)**

Join Dennis Buttimer, MEd, CHC, RYT and Angela Buttimer, RYT, LPC for an in-depth explanation of the quantum field and its relationship to mind and by health. Learn about placebos and nocebos and how epigenetics can influence the expression of your genes. There will be discussion and experientials on these cutting-edge topics. Call to register.

1/8; 12-2:30 p.m.

## SUPPORT

### **Caregivers Connection (Virtual)**

The caregiver is significantly affected by the cancer diagnosis and process and needs assistance with their feelings, experiences and self-care. In this support group, caregivers will share with other caregivers while learning ideas and tools. This support meeting is ONLY for caregivers. Facilitated by Dennis Buttimer, M.Ed, CHC, RYT. Call to register.

1/15, 2/19; 10:30 a.m.-12 p.m.

### **Community for Guys Only (Virtual)**

This is an opportunity for men with cancer to connect in an informal way. Share discussion with other guys on the cancer journey. Lean into the strength of other men and learn tools to assist you. This meeting is for men recovering from cancer or male caregivers. Facilitated by Dennis Buttimer, M.Ed, RYT, CHC. Call to register.

1/22, 2/12; 6-8 p.m.

### **Community Coffee Chat (Virtual)**

Join Angela Buttimer, MS, CHC, LPC and Dennis Buttimer, M.Ed, CHC for a biweekly one-hour program to better connect with those in the community. There will be a simple structure and idea each time with an opportunity to converse with other participants. Bring your coffee, tea or other morning beverage and enjoy an hour of updates, sharing and invigorating conversation. Call to register.

1/17, 2/7; 10-11 a.m.

### **Couples Enrichment Support Group (Virtual)**

Learn enriching ideas to improve the quality of your relationship. Connect with other couples who are also on the cancer journey. Practice proven ideas to boost your connection with your significant other. Join facilitator Dennis Buttimer, M.Ed., RYT, CHC for this workshop. Call to register.

1/29, 2/26; 6-8 p.m.

### **Prostate Support Group (In person)**

Whether you are in active surveillance or living with metastatic prostate cancer, you will find answers to common questions at our Prostate Cancer support group. Emotional and social

support is offered for all attendees including caregivers, spouses, and partners. Facilitated by Henry Oat and Brady Radford, LPC. Registration is required.

1/18, 2/15; 6:30-8:30 p.m.

### **The Road We Share: Women Managing Cancer (Virtual)**

Our women’s support group is devoted to exploring concerns faced from the time of receiving cancer diagnosis through active treatment and into survivorship. Facilitated by Dr. Gwen Davies, clinical psychologist and Camber Dougher, LCSW, oncology social worker. Pre-registration and screening are required. Call to register.

1/10, 1/24, 2/14, 2/28; 5-6:30 p.m.

### **Georgia Neuroendocrine Tumor Support (GANETS) (In person)**

Our Atlanta group is here to support all patients and caregivers that are going through a Neuroendocrine Tumor/ Carcinoma diagnosis. The group has been in Atlanta for over 20 years and we continue to grow. We meet every other month on Saturdays at Piedmont West. We are here to listen and to guide you to the best care which includes seeing Neuroendocrine specialists. If you’d like to join us please contact Susan at 609.731.0322 or susan@netsmission.org.

2/17; 11 a.m.-1:30 p.m.

## SUSTENANCE

### **Nutrition Counseling (via phone or in person)**

Shayna Komar, RD, LD provides nutrition counseling for cancer patients during and post treatment. She provides customized consults to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. Call for appointment.

### **Power Foods to Bring in the New Year (In person)**

Join Chef Moshi and Dietitian Shayna Komar as they unpack many powerful foods that you can incorporate into your wellness plan. You do not have to change your whole meal plan in the New Year but sometimes adding in a few new ideas will energize your eating habits! Call to register.

1/10; 11:30 a.m-1:30 p.m.

### **Winter Soups (Virtual)**

Watch Chef Elina on a taped virtual cooking demo as she shares many warming winter soups. She will share some of her favorite recipes from her cookbook (Soupelina!) and also a few new recipes. Shayna Komar will send email of videos as well as nutrition information on recipes that Chef Elina cooks. Call to register. 1/24

### **Spanish Food (In person)**

The heart of Spanish cooking remains in its rustic, homespun nature, a legacy of a time when hard pressed Spaniards had to work the land for everything it would offer. This demo with Chef Nancy Waldeck and Dietitian Shayna Komar will share lots of colorful veggies, healthy oils, and other favorites that are simple and easy to cook. Call to register. 2/7, 11:30 a.m-1:30 p.m.

### **Winter Root Veggies with an Irish Twist (In person)**

Join Chef Judith McLaughlin, author of two cookbooks, as she takes you on a culinary journey of root vegetables and other favorites from Ireland. Dietitian Shayna Komar and Chef Judith will give tips and tricks on cooking the best root veggies of the season in a healthy and creative way. In person. Call to register. 2/28, 11:30 a.m-1:30 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Happy New Year!</i>	2 In the Realms of the Café, 10 a.m.–12 p.m. Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12 a.m.–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Gentle Yoga, 6–7:30 p.m.	3 Power Qi Gong, 10:30–11:30 a.m. PINK Exercise, 2–3 p.m.	4 Chair Fitness, 10:15–11:30 a.m. Mindfulness 201, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m. T'ai Chi Advanced Form, 12:30–1 p.m. Gentle Yoga, 1–2:30 p.m.	5 Writing for Recovery and Discovery, 10–11:30 a.m. Centering Prayer, 10:30 a.m.–12 p.m. Street Life in Paris, 11 a.m.–1:30 p.m. PINK Exercise, 2–3 p.m.	6
7 PINK Exercise, 2–3 p.m.	8 T'ai Chi To Let it Flow and Let it Go, 11 a.m.–1 p.m. Quantum Field and Epigenetics for Greater Health, 12–2:30 p.m. Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m.	9 Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Chair Yoga, 1–2:30 p.m. Gentle Yoga, 6–7:30 p.m.	10 Power Qi Gong, 10:30–11:30 a.m. Power Foods Demo, 11:30 a.m.–1:30p.m. 2024, Year of 8: The Wooden Dragon, 12–2:30 p.m. Living Your Best Life Today, Part II, 12:30–2:30 p.m. PINK Exercise, 2–3 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m.	11 Chair Fitness, 10:15–11:30 a.m. Mindfulness 201, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m. T'ai Chi Advanced Form, 12:30–1 p.m. Gentle Yoga, 1–2:30 p.m.	12 PINK Exercise, 2–3 p.m.	13
14 PINK Exercise, 2–3 p.m.	15 Caregivers Connection, 10:30 a.m.–12 p.m. Journaling, 11 a.m.–1 p.m. Mystics, 12–2:30 p.m. Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m.	16 Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Gentle Yoga, 6–7:30 p.m.	17 Power Qi Gong, 10:30–11:30 a.m. Community Coffee Chat, 10–11 a.m. PINK Exercise, 2–3 p.m.	18 Chair Fitness, 10:15–11:30 a.m. T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m. T'ai Chi Advanced Form, 12:30–1 p.m. Prostate Support Group, 6:30–8:30 p.m.	19 Writing for Recovery and Discovery, 10–11:30 a.m. PINK Exercise, 2–3 p.m.	20
21 PINK Exercise, 2–3 p.m.	22 T'ai Chi & Qi Gong to Move Easily into the New Year, 11 a.m.–1 p.m. Dance Cardio, 1–2 p.m. Community for Guys, 6–8 p.m. Restorative Yoga, 2:15–3:15 p.m.	23 Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Chair Yoga, 1–2:30 p.m. Gentle Yoga, 6–7:30 p.m.	24 Winter Soups Demo (taped) Power Qi Gong, 10:30–11:30 a.m. PINK Exercise, 2–3 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m.	25 Chair Fitness, 10:15–11:30 a.m. Mindfulness 201, 11 a.m.–12:30 p.m. Gentle Yoga, 1–2:30 p.m.	26 Dream Exploration, 10 a.m.–12 p.m. PINK Exercise, 2–3 p.m.	27
28 PINK Exercise, 2–3 p.m.	29 Exploring the Unknown Chakras, 12–2:30 p.m. Dance Cardio, 1–2 p.m. Couples Enrichment, 6–8 p.m. Restorative Yoga, 2:15–3:15 p.m.	30 Collage, 10–11:45 a.m. Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Gentle Yoga, 6–7:30 p.m.	31 Power Qi Gong, 10:30–11:30 a.m. The Mastery of Self, Part II, 12–2:30 p.m. Divine Feminine and Divine Masculine, 12–2:30 p.m.			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>Chair Fitness, 10:15–11:30 a.m. Color Mixing, 11 a.m.–12:45 p.m. Mindfulness 201, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m. T'ai Chi Advanced Form, 12:30–1 p.m. Gentle Yoga, 1–2:30 p.m.</p>	<p>2</p> <p>Centering Prayer, 10:30 a.m.–12 p.m. Writing for Recovery and Discovery, 10 a.m.–11:30 p.m. PINK Exercise, 2–3 p.m.</p>	<p>3</p>
<p>4</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>5</p> <p>Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m.</p>	<p>6</p> <p>Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Gentle Yoga, 6–7:30 p.m.</p>	<p>7</p> <p>Power Qi Gong, 10:30–11:30 a.m. Community Coffee Chat, 10–11 a.m. Spanish Food Demo, 11:30 a.m.–1:30 p.m.</p>	<p>8</p> <p>Chair Fitness, 10:15–11:30 a.m. Mindfulness 201, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m. T'ai Chi Advanced Form, 12:30–1 p.m. Gentle Yoga, 1–2:30 p.m.</p>	<p>9</p> <p>Paper Weaving, 11 a.m.–1 p.m. PINK Exercise, 2–3 p.m.</p>	<p>10</p>
<p>11</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>12</p> <p>Illuminate, 10 a.m.–12 p.m. Qi Gong for Positive Posturing, Moving Into Joy!, 11 a.m.–1 p.m. Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m. Community for Guys, 6–8 p.m.</p>	<p>13</p> <p>Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. Chair Yoga, 1–2:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Gentle Yoga, 6–7:30 p.m.</p>	<p>14</p> <p>Power Qi Gong, 10:30–11:30 a.m. Valentines: Loving and Celebrating Yourself, 12–2:30 p.m. PINK Exercise, 2–3 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m.</p>	<p>15</p> <p>Chair Fitness, 10:15–11:30 a.m. Mindfulness 201, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m. T'ai Chi Advanced Form, 12:30–1 p.m. Gentle Yoga, 1–2:30 p.m. Prostate Cancer Support, 6:30–8:30 p.m.</p>	<p>16</p> <p>Writing for Recovery and Discovery, 10–11:30 a.m. PINK Exercise, 2–3 p.m.</p>	<p>17</p> <p>NETS Support Group, 11 a.m.–1:30 p.m.</p>
<p>18</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>19</p> <p>Caregivers Support, 10:30 a.m.–12 p.m. T'ai Chi to Celebrate the Lunar New Year of the Dragon, 11 a.m.–1 p.m. Blessings Abound, 12–2:30 p.m. Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m.</p>	<p>20</p> <p>Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Gentle Yoga, 6–7:30 p.m.</p>	<p>21</p> <p>Power Qi Gong, 10:30–11:30 a.m. Vagus Vacation, 10:30 a.m.–1 p.m. The Shaman, Quantum Physics, 12:30–2:30 p.m.</p>	<p>22</p> <p>Chair Fitness, 10:15–11:30 a.m. Mindfulness 201, 11 a.m.–12:30 p.m. Gentle Yoga, 1–2:30 p.m.</p>	<p>23</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>24</p>
<p>25</p> <p>PINK Exercise, 2–3 p.m.</p>	<p>26</p> <p>Root Chakra, 12–2:30 p.m. Dance Cardio, 1–2 p.m. Restorative Yoga, 2:15–3:15 p.m. Couples Enrichment, 6–8 p.m.</p>	<p>27</p> <p>Mindfulness 101, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 12–1:30 p.m. T'ai Chi Advanced Form, 1:30–2 p.m. Chair Yoga, 1–2:30 p.m. Gentle Yoga, 6–7:30 p.m.</p>	<p>28</p> <p>Winter Root Veggies Demo, 11:30 a.m.–1:30 p.m. The Five Agreements, 12–2:30 p.m. PINK Exercise, 2–3 p.m. The Road We Share: Women Managing Cancer, 5–6:30 p.m.</p>	<p>29</p> <p>Chair Fitness, 10:15–11:30 a.m. Mindfulness 201, 11 a.m.–12:30 p.m. T'ai Chi and Qi Gong, 11 a.m.–12:30 p.m. T'ai Chi Advanced Form, 12:30–1 p.m. Gentle Yoga, 1–2:30 p.m.</p>		

# 17th Annual Angels on Earth

Thursday, February 29, 2024

All proceeds support the Thomas F. Chapman Family Cancer Wellness Center at Piedmont Atlanta

To learn more about sponsorship opportunities, Cancer Wellness and Angels on Earth, or to make a gift, please visit: [give.piedmont.org/angels](https://give.piedmont.org/angels)

## 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

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



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