

January/February 2024

# Cancer Wellness Calendar



## Programs

For more information about programs and services, visit [piedmont.org/cancerwellness](http://piedmont.org/cancerwellness).

### Acupressure

In this traditional Chinese healing method, Caren Rodriguez Huerta's fingertips apply pressure in order to stimulate key healing points. Deep breathing is encouraged to create a link between mind and body, and a topical magnesium complex is used to improve recovery time and release stress and toxins. This technique from will help you feel more alert, energized and pain free. Please call (770)400-4120 to schedule an appointment.

### Art & Soul

You CAN draw, paint and create art! Join Marie Estep, a retired educator, to learn how to build on your childhood art skills and connect with your "inner artist."

### Balance & Flex

Join Shari Weston in this low-impact class which focuses on improving balance and flexibility. All fitness levels are invited as all movements can be modified according to ability.

### Bumble Beads Beading Class

Join Nancy Twomey as she leads you through the creation of a unique piece of jewelry. This class has a loyal following of fun ladies who like to laugh and always welcome newcomers. Supplies are provided, and you keep the final product! Please reserve your spot.

### Chair Yoga

Mary Beth Kealy guides participants in postures, breathwork, and relaxation without strain on joints and ligaments. This practice promotes stability, flexibility and a sense of wellness and calm.

### Emotional Freedom Technique

EFT is a mind-body therapy used for release of physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.

Programs Continued... →

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



**Piedmont**  
ONCOLOGY

*Real change lives here*

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

# Programs

## Essential Oils

Join Tana Lee to find out more about the health benefits of essential oils and sample products that can help you with physical and emotional challenges.

## Everything's Gone to Pot

Participants in this monthly workshop will pick a plant and unique planter to pot in and take home. Instructors Michael and Tammy Laidlaw will instruct the class in plant and pot selection, pot decoration and proper watering techniques.

## Exercise is Medicine

Jennifer Dreyer instructs this class designed for people of all ages. It combines cardio, strength, flexibility and balance training to safely improve various chronic health condition symptoms.

## Exercising to the Oldies

Have fun and burn calories with Shari Weston as she leads this energized exercise class set to all your favorite songs! This class is for all fitness levels including those who choose to remain seated.

## Gentle Pilates

Pilates emphasizes flexibility and core strength using specific conditioning exercises. It is medically recommended to increase abdominal strength and improve body alignment and muscular balance. This class is instructed by Jennifer Dreyer directly after Exercise Is Medicine, so many participants stay for both classes.

## Good Food, Good Fuel

Chef Michael loves sharing the world of plant-based foods and illustrating how nutritious AND tasty it can be. Join him to learn how easy it is to incorporate simple and delicious vegan recipes into your diet. Reservations required.

## Guided Meditation

Caren Rodriguez Huerta leads this weekly group class which creates resilience for the mind and body, promotes relaxation and improves sleep and mental health. Please sign up in the office or call (770) 400-4120.

## Just Write

Writing is a powerful tool for personal growth, life management and the peace and health of mind/body/spirit. In this writing class, you'll be motivated to get your pen moving and incorporate journaling into your wellness routine.

## Let's Create Together

Anyone can be creative and experience the benefits of art! Each class, you will be guided in the process to create your own unique piece of art and gain the skills to create more for yourself, your friends and your family. All supplies are provided, and you keep the final product. Led by April Carroll and open for everyone regardless of skill level. Come create with us!

## Massage Therapy

Karen Jackson offers thirty-minute complimentary massage for cancer patients. Massage has been shown to improve quality of life for those with cancer and benefits include improved relaxation, sleep and immune function as well as decreased pain, fatigue and nausea. Please call (770)400-4120 to make an appointment.

## Oncology Support Group

Cancer patients and survivors in all stages of their journey are welcome to join Shannon Wooten, LMSW, for this monthly discussion group. Please call Shannon at (770)400-4052 or email her at Shannon.wooten@piedmont.org to RSVP.

## Prostate Support Group

Only men are invited to this support group that is led by a prostate cancer survivor. You will discuss the physical and emotional effects of prostate cancer with others who can relate to your experience.

## Recover, Relate, Renew: Heart to Heart

Did you know that heart disease is the leading cause of death for men and women in the United State? This month we will have heart-to-heart discussions about hearth health and how heart disease can be prevented. We will share tips, healthy habits, recipes and stories to learn and grow in knowledge to live healthier and happier lives.

## Recover, Relate, Renew: Declutter Your World

The discussion group, Recover, Relate, Renew, will be revisiting the topic of decluttering. Tips and assignments will be shared to clear out spaces in your home, brain and body. Look forward to sharing ideas, resources and experiences with this boisterous group!

## 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 systems to restore a state of homeostasis or balance. To schedule an appointment with Mary Beth Kealy, please call (770)400-4120.

## Reiki

Aida Dotson is a Reiki Master whose mission is to help people restore the body's natural ability to heal, purify and create balance by working with energy throughout the body. Please call (770)400-4120 to make an appointment.

## Taste & Savor with Chef Nancy

Join Healthy Chef Partyologist Nancy Waldeck as she cooks a delicious meal that you can duplicate at home. Stay until the end to enjoy a sample! Our dietitian, Andrea Swartz, will explain the health benefits of each recipe and offer ways to substitute ingredients according to your needs. Reservations required.

## Virtual Gentle Yoga

Shena Hernandez VIRTUALLY guides participants through breathwork, simple yoga postures and deep relaxation. Offered remotely in the evenings, it is the perfect way to unwind after a long day in the comfort of your own home.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p><b>CLOSED FOR NEW YEAR'S DAY 2024</b></p>	<p><b>2</b></p> <p><b>11a</b> - Exercising to the Oldies <b>5:30p</b> - Virtual Gentle Yoga <b>Massage by Appt.</b></p>	<p><b>3</b></p>	<p><b>4</b></p> <p><b>10a</b> - Exercise Is Medicine <b>10:50a</b> - Gentle Pilates <b>5:30p</b> - Virtual Gentle Yoga <b>Massage by Appt.</b></p>	<p><b>5</b></p> <p><b>10:30a</b> - Exercising To The Oldies <b>11:15a</b> - Balance &amp; Flex <b>12:30p</b> - Just Write</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b></p> <p><b>12:30p</b> - Bumble Beads <b>2p</b> - Recover, Relate, Renew: Decluttering <b>Reiki by Appt.</b></p>	<p><b>9</b></p> <p><b>11a</b> - Exercising to the Oldies <b>12p</b> - Taste &amp; Savor <b>1:30p</b> - Art &amp; Soul <b>5:30p</b> - Virtual Gentle Yoga <b>Massage/Reflexology by Appt.</b></p>	<p><b>10</b></p> <p><b>9:30a</b> - Chair Yoga <b>Acupressure/Reflexology by Appt.</b></p>	<p><b>11</b></p> <p><b>10a</b> - Exercise Is Medicine <b>10:50a</b> - Gentle Pilates <b>12p</b> - Guided Meditation <b>5:30p</b> - Virtual Gentle Yoga <b>Massage by Appt.</b></p>	<p><b>12</b></p> <p><b>10:30a</b> - Exercising To The Oldies <b>11:15a</b> - Balance &amp; Flex <b>12:30p</b> - Just Write</p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b></p> <p><b>Reiki by Appt.</b></p>	<p><b>16</b></p> <p><b>11a</b> - Exercising to the Oldies <b>12p</b> - Good Food Good Fuel <b>5:30p</b> - Virtual Gentle Yoga <b>Massage/Reflexology by Appt.</b></p>	<p><b>17 New Year, New You Day</b></p> <p><b>10a</b> - Emotional Freedom Technique <b>11a</b> - Let's Create Something New <b>12p</b> - Healthy Eating <b>1p</b> - Everything's Gone to Pot <b>2p</b> - Essential Oils <b>3p</b> - Oncology Support Group <b>Acupressure by Appt.</b></p>	<p><b>18</b></p> <p><b>10a</b> - Exercise Is Medicine <b>10:50a</b> - Gentle Pilates <b>12p</b> - Guided Meditaion <b>5:30p</b> - Virtual Gentle Yoga <b>Massage by Appt.</b></p>	<p><b>19</b></p> <p><b>12:30p</b> - Just Write</p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p> <p><b>12:30p</b> - Bumble Beads <b>2p</b> - Recover, Relate, Renew: Decluttering <b>Reiki by Appt.</b></p>	<p><b>23</b></p> <p><b>11a</b> - Exercising to the Oldies <b>5:30p</b> - Virtual Gentle Yoga <b>Massage/Reflexology by Appt.</b></p>	<p><b>24</b></p> <p><b>9:30a</b> - Chair Yoga <b>Acupressure/Reflexology by Appt.</b></p>	<p><b>25</b></p> <p><b>10a</b> - Exercise Is Medicine <b>10:50a</b> - Gentle Pilates <b>12p</b> - Guided Meditaion <b>5:30p</b> - Virtual Gentle Yoga <b>Massage by Appt.</b></p>	<p><b>26</b></p> <p><b>10:30a</b> - Exercising To The Oldies <b>11:15a</b> - Balance &amp; Flex <b>12:30p</b> - Just Write</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p><b>12:30p</b> - Let's Create Together <b>2p</b> - Recover, Relate, Renew: Decluttering <b>Reiki by Appt.</b></p>	<p><b>30</b></p> <p><b>11a</b> - Exercising to the Oldies <b>1:30p</b> - Art &amp; Soul <b>5:30p</b> - Virtual Gentle Yoga <b>Massage/Reflexology by Appt.</b></p>	<p><b>31</b></p> <p><b>9:30a</b> - Chair Yoga <b>1p</b> - Prostate Support Group <b>Acupressure/Reflexology by Appt.</b></p>			



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<p><b>4</b></p>	<p><b>5</b></p> <p><b>12:30p</b> - Let's Create Together</p> <p><b>2p</b> - Recover, Relate, Renew: Heart to Heart</p> <p>Reiki by Appt.</p>	<p><b>6</b></p> <p><b>11a</b> - Exercising to the Oldies</p> <p><b>12p</b> - Taste &amp; Savor</p> <p><b>5:30p</b> - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p>	<p><b>7</b></p> <p><b>9:30a</b> - Chair Yoga</p> <p><b>11:30a</b> - Emotional Freedom Technique</p> <p>Acupressure/Reflexology by Appt.</p>	<p><b>8</b></p> <p><b>10a</b> - Exercise Is Medicine</p> <p><b>10:50a</b> - Gentle Pilates</p> <p><b>12p</b> - Guided Meditaion</p> <p><b>5:30p</b> - Virtual Gentle Yoga</p> <p>Massage by Appt.</p>	<p><b>9</b></p> <p><b>10:30a</b> - Exercising To The Oldies</p> <p><b>11:15a</b> - Balance &amp; Flex</p> <p><b>12:30p</b> - Just Write</p>	<p><b>10</b></p>
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