

THOMAS F. CHAPMAN FAMILY

cancer wellness

MARCH/APRIL 2015
*Atlanta classes
and calendar*


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

Registration closes 48 hours or two business days prior to program, so please register early.

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. This calendar lists classes held in Atlanta. To view the class schedule at all our locations, visit piedmont.org/cancerwellness.

Atlanta

1800 Howell Mill Road
Suite 700
Atlanta, Georgia 30318
404.425.7944

Carolyn Helmer, LCSW • 404.425.7940

As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Chapman Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. Special thanks to the members of our Champions Giving Society who support Chapman Cancer Wellness at Piedmont with a yearly gift of \$2,500 or more. Would you like to give? We appreciate every act of generosity and no monetary gift is too small. For more information or to donate in support of Cancer Wellness at Piedmont, visit piedmont.org/champions or call 404.605.2130.

If you have Cancer Wellness books checked out from the Reading Room, please return them in a timely manner.

We are proud to recognize the following:

PEACHTREE CHAMPIONS

Angels on Earth
Cargill
Thomas F. Chapman Family
Clothes Less Traveled
Dr. and Mrs. Frank Cole
It's the Journey, Inc.
Piedmont Fayette Hospital
Auxiliary
The Southern Federal Credit
Union Cancer Wellness Walk
Mr. and Mrs. Philip Trickey

PIEDMONT CHAMPIONS

Ayco Charitable Foundation
Ms. Adele D. Andrews
Akers Foundation, Inc.
Atlanta Commercial Board
of Realtors, Inc.
Batson-Cook Company
Brasfield & Gorrie LLC
Mr. Rich Campbell
Coca-Cola Refreshments
Ms. Stephanie S. Martin
Morris, Manning & Martin, L.L.P.
Renfroe Enterprises
Mr. and Mrs. Clarence B. Stowe
Mr. and Mrs. J. Robert Summer
SunTrust Robinson Humphrey, Inc.
Tanger Properties LP

CANCER WELLNESS CHAMPIONS

Allan Vigil Ford
Anonymous
CDH Partners Inc.
DeKalb Pathology, PC
EmergiNet-Henry, LLC
EPIC
Henry Anesthesia Associates, LLC

Metro Atlanta Ambulance
Service
National Property Solutions
Group
Southern Crescent Breast
Specialist PC
Mr. John F. Statts
VITAS

HEALTH & WELLNESS CHAMPIONS

Anonymous (3)
Atlanta Gastroenterology
Associates, LLC
Atlanta Motor Speedway
Bennett International
Brighton Collectibles Perimeter
Mr. Jeff A. Cooper
DPR Hardin Construction
Eagles Landing OB/GYN
Mr. and Mrs. Rick Fishman
General Motors Corporation
Georgia Power Foundation, Inc.
Group VI Healthcare
Ms. Sherry Henderson
Dr. and Mrs. Sam Khair
Ms. Helena Kiely
Mr. William L. Kiely III
Ms. Terri Kight
Mr. and Mrs. Chad Koenig
Dr. and Mrs. Samuel J. Lorenzo
Mednax Services, Inc.
Mr. and Mrs. Fred Merkel
Mrs. Michele M. Molden
The Newnan High Cheerleader
Booster Club
OrthoAtlanta
Pace Family Partnership, LTD
South Atlanta Radiology
Associates, PC

Expressive Arts

CARLOS MUSEUM TOUR: AFRICAN COSMOS, STELLAR ARTS

This exhibit explores the historical legacy of African cultural astronomy and its intersection with traditional and contemporary African arts. *Facilitated by Edna Bacon. Parking costs will be addressed. To register, call 404.425.7944. 4/16*

COLOR...FROM THE PALETTE TO THE PLATE!

Arouse your senses as we explore color, from its impact on our emotions to what we eat. Chef Beci Falkenberg will start with a healthy lunch featuring a colorful palette of fresh ingredients. Then art therapist Edna Bacon will facilitate an interactive art experience focused on the psychology of color. Registration required. *To register, call 404.425.7944. 3/20*

FEEL BEAUTIFUL TODAY

Join Founder Biviana Franco, survivors and caregivers to assemble out of a one-of-a-kind kit that contains semi-precious stones, crystals and man-made pearls. It will become your own to wear daily for a source of inspiration and reminder to Feel Beautiful Today. *Lunch will be provided. To register, call 404.425.7944. 3/9*

MAKING MARKS: ENERGY INTO ART

Drawing is energy made visible by making marks on a page. Following impulse, pleasure and energy an image will appear. Explore intention, art making and witnessing as a process in creating images. *To register, call 404.425.7944. 3/17, 4/14*

POETRY: A HEALING FORCE

Through poetry, we connect intimately with others and ourselves. We laugh, grieve, smile, contemplate and celebrate together. You may choose to bring a favorite poem to read, one you have written or just come to listen and enjoy. Hors d'oeuvres prepared by Chef Nancy Waldeck will be served. *Facilitated by Angela Buttimer, RYT, LPC. To register, call 404.425.7944. 4/9*

SOUL COLLAGE®

Found images will be used 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. 3/26, 4/23*

WALKING IN THIS WORLD: THE ARTIST'S WAY

This group uses Julia Cameron's book, *Walking in This World*, as a guide and inspiration for us to recognize our creativity and be encouraged to apply it in all aspects of our lives. *Books will be provided. To register, call 404.425.7944. 3/11, 4/8*

WRITING FOR RECOVERY

3/13: Honoring and Listening to the Wisdom Within

3/27: Becoming Your Own S/Hero

4/10: Vulnerability, Authenticity, and Courage

A light snack will be provided. Facilitated by Angela Buttimer, MS, LPC, RYT.

Individual Consultations

CHAIR MASSAGE THERAPY AND RELAXATION

Massage therapy can lower stress, improve immune function and increase overall well-being. Sessions are available for anyone who is on treatment and has a release from their oncologist. *Offered by Cara Thurman, LMT. To register, call 404.425.7944.*

INDIVIDUAL COUNSELING AND COACHING

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

INDIVIDUAL NUTRITION CONSULTS

Shayna and Taryn provide nutrition counseling for cancer patients during treatment as well as remission. They provide consults to help you stay motivated, chart your progress and make adjustments to your diet and exercise plans as needed. *To register, call 404.425.7944.*

Movement and Exercise

CANCER WELLFIT™

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. *To register, call 404.605.1969. *This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road. Sundays and Tuesdays*

CHAIR YOGA: OFF THE MAT AND INTO A CHAIR

Experience the wonderful, beneficial effects of yoga practice from a chair and learn practical ways to incorporate seated yoga in many situations. Become educated on various aspects of the body and how yoga works to create healing. *Wear comfortable clothing. A healthy meal will be served. Facilitated by Dennis Buttimer, MEd, RYT. To register, call 404.425.7944. 3/17, 3/31, 4/7, 4/21*

GENTLE YOGA

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 and Thursdays*

MEN'S YOGA

This is 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*

T'AI CHI

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 and Thursdays](#)

T'AI CHI TO BUILD BACK STRENGTH, BOTH WAYS!

Gentle stretching and strengthening sets to build your strength back, and to build strength in your back! These movements can help create a strong base of support for your springtime activities, and to help regain and increase strength and flexibility. Practiced seated and standing, set lists will be provided. Lunch provided at noon. *Taught by Cate Morrill, Certified T'ai Chi Instructor, and her assistants. To register, call 404.425.7944. [4/20](#)*

T'AI CHI TO SPRING FORWARD WITH ENERGY

T'ai Chi and Qi Gong for waking up the body from Winter and easing into the days of brighter sun. These sets will use easy and powerful moves based on specific animals and their awakening practices, and are designed to stretch, open and "awaken" the energy from the winter's rest. Seated or standing work, with deep breathing, focus and attention to revitalization. Lunch provided at noon. *Taught by Cate Morrill, Certified T'ai Chi Instructor, and her assistants. To register, call 404.425.7944. [3/23](#)*

Nutrition Workshops

AMAZING OILS

Oils can be confusing when you see how many are available. Which ones are healthy? Which ones should I avoid? Join us to taste, learn, and experience the benefits of cooking oils. Chef Elisa Gambino and Dietitian Shayna Komar will cook up a wonderful meal focusing on the health benefits of oils. Beverly Seckinger, a member of Les Dames d'Escoffier International and an olive oil expert, will also be available to answer questions. [3/11](#)

COOKING WITH HERBS

Herbs give pretty foliage but you can also eat many of them and take in the health benefits of what you grow. Join Gardener Casey Norris as he teaches us how to create a beautiful and edible container garden. Dietitian Shayna Komar and Chef Hans Rueffert will round out the fabulous team as you "play in the dirt", learn about the herbs, and enjoy them in a light lunch. Please wear comfortable clothes/shoes and provide your own transportation. *To register, call 404.425.7944. [4/18](#)*

*This class is off-site: Ladyslipper Rare Plant Nursery
7418 Hickory Flat Highway, Woodstock, Georgia 30188

EATING LOCAL: A CELEBRATION WITH THE EARTH

Join Steven Satterfield and Dietitian Shayna Komar as they explore what it means to build a better future and commit to protecting our environment by eating local. Chef Steven, executive chef and co-owner of Miller Union restaurant has just published his first book, *From Root to Leaf*, and will have it here for purchase and signing as well. [4/22](#)

FOOD TRENDS IN 2015

We love powerfoods and there are a bunch of food trends that are focusing on them! Join Chef Nancy Waldeck and Dietitian Shayna Komar as they unpack which trends you could follow and which to avoid. [4/8](#)

HEALTHY MEXICAN

Do you love the taste of fresh Mexican food? It can by nature be higher in fat, calories, and sodium but we can change that. Chef Nancy Waldeck and Dietitian Shayna Komar will help you navigate through a Mexican meal, make it better for you, and taste great! [3/4](#)

SPRING SUPERFOODS

Chef Hans Rueffert and Dietitian Shayna Komar will be in the wellness cafe today teaching about seasonal produce and how to cook it. Spring is full of wonderful vegetables and fruits so bring a notebook and be ready to learn some great recipes. [4/29](#)

Specialty Programs

BOOK CLUB

Come explore literature selected by our Cancer Wellness community. We will discuss the book of the month including plot, themes, characters, and impact. Drop in for some wine and healthy snacks and sit back, relax, and meet with some new or familiar faces who share a love of books. *To register, call 404.425.2944. Facilitated by Lauren Garvey, CRC, NCC. See reading room bulletin for details. [3/18](#), [4/15](#)*

Everybody's Got Something (March) – A New Earth (April)

THE CANCER DOCUMENTARY

For as long as we can remember, our world has been plagued by cancer. Not only does it end lives yearly, it also kills around 1600 people per day in the United States alone. The Cancer Documentary seeks to revolutionize the way we look at cancer. It focuses on teaching what cancer is and how it forms; the importance of living a healthy lifestyle; and the importance of cancer prevention. Join us for the screening of The Cancer Documentary. Hosted by filmmaker Jerome Heaven and producer Antonio Periera. A healthy lunch will be provided by our own Chef Nancy Waldeck. *If you have any questions please email thecancerdocumentary@gmail.com. To register, call 404-425.7944. Seating limited. [3/6](#)*

CAREER DOGS: DOING THE WORK WHEN HUMANS CAN'T

Whether you are a dog lover or not, you'll love this luncheon program and book-signing with Jennifer Arnold, founder of Canine Assistants and New York Times best-selling author and featured PBS special, "Through A Dog's Eyes: Understanding Our Dogs by Understanding How They See the World". Jennifer will share the story of how her struggle with MS as a teenager lead to the founding and development of her non-profit organization in 1991, Canine Assistants.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	2 Finding Your Passion in teh Creativity and Wisdom of the Sacral Chakra, Noon to 2:30 p.m.	3 Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m.* Survivorship Series, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.	4 Healthy Mexican, 11:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Men's Yoga, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m.	5 Mindfulness 201, 10:15 a.m. to noon T'ai Chi, 10:45 a.m. to noon Gentle Yoga, 1 to 2:30 p.m.	6 The Cancer Documentary, 11:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*	7
8 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	9 Feel Beautiful Today, 10:30 a.m. to noon Breathing Room, 6 to 8:45 p.m.	10 Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m.* Look Good, Feel Better, 5 to 7 p.m. Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Support, 6:30 to 8:30 p.m.	11 Making Marks, 10 a.m. to 1 p.m. Amazing Oils, 11:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.* Walking in this World, 2 to 4 p.m. PINK Support, 3 to 4 p.m.* Men's Yoga, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m.	12 Mindfulness 201, 10:15 a.m. to noon T'ai Chi, 10:45 a.m. to noon Gentle Yoga, 1 to 2:30 p.m.	13 Writing for Recovery, 10:30 a.m. to 12:30 p.m. PINK Exercise, 2 to 3 p.m.*	14
15 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	16 Mystics Journey, Noon to 3 p.m.	17 Chair Yoga, 10 a.m. to noon Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m.* Survivorship Series, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m.	18 Career Dogs, 11:30 a.m. to 2 p.m. Book Club, 2 p.m. PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Men's Yoga, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m.	19 Mindfulness 201, 10:15 a.m. to noon T'ai Chi, 10:45 a.m. to noon Gentle Yoga, 1 to 2:30 p.m. Prostate Cancer Support, 6:30 to 8:30 p.m.	20 Color...From the Palette to the Plate, Noon to 3 p.m. PINK Exercise, 2 to 3 p.m.*	21 Tapping and Tapas, 10:30 a.m. to 1:30 p.m.
22 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	23 Tai Chi to Spring Forward with Energy, 10:30 a.m. to 12:30 p.m. Celtic Wisdom, Irish Feast, 6 to 9 p.m.	24 Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m.* Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Support, 6:30 to 8:30 p.m.	25 Centering Prayer, 10 a.m. to 12:30 p.m. Parenting with Cancer, 10:30 a.m. to 12:30 p.m. PINK Exercise, 2 to 3 p.m.* PINK Support, 3 to 4 p.m.* Men's Yoga, 6 to 7:30 p.m. Mindfulness 101, 6 to 7:30 p.m.	26 Soul Collage, 10 a.m. to 1 p.m. Mindfulness 201, 10:15 a.m. to noon T'ai Chi, 10:45 a.m. to noon Gentle Yoga, 1 to 2:30 p.m.	27 Writing for Recovery, 10:30 a.m. to 12:30 p.m. The Fifth Agreement, Noon to 2:30 p.m. PINK Exercise, 2 to 3 p.m.*	28
29 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	30 Healing Through Deep Listening, Noon to 3 p.m. Spiritual Partnership, 6:15 to 8:45 p.m.	31 Chair Yoga, 10 a.m. to noon Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m.* Gentle Yoga, 6 to 7:30 p.m.	<i>*This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.</i>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>*This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.</i></p>			<p>1</p> <p>Centering Prayer, 10 a.m. to 12:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>PINK Support, 3 to 4 p.m.*</p> <p>Men's Yoga, 6 to 7:30 p.m.</p> <p>Mindfulness 101, 6 to 7:30 p.m.</p>	<p>2</p> <p>Mindfulness 201, 10:15 a.m. to noon</p> <p>T'ai Chi, 10:45 a.m. to noon</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p>	<p>3</p> <p>Spring Rituals, 10:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>4</p> <p>Pull of the Full Moon, 10:30 a.m. to 1:30 p.m.</p>
<p>5</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>6</p> <p>Humor Me: Laugh Along and Enjoy the Journey, 6 to 8:45 p.m.</p>	<p>7</p> <p>Chair Yoga, 10 a.m. to noon</p> <p>Mindfulness 101, 10:30 a.m. to noon</p> <p>T'ai Chi, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Survivorship Series, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p>	<p>8</p> <p>Food Trends, 11:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>Walking in this World, 2 to 4 p.m.</p> <p>PINK Support, 3 to 4 p.m.*</p> <p>Men's Yoga, 6 to 7:30 p.m.</p> <p>Mindfulness 101, 6 to 7:30 p.m.</p>	<p>9</p> <p>Mindfulness 201, 10:15 a.m. to noon</p> <p>T'ai Chi, 10:45 a.m. to noon</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p> <p>Poetry As A Healing Force, 6 to 8:45 p.m.</p>	<p>10</p> <p>Writing for Recovery, 10:30 a.m. to 12:30 p.m.</p> <p>Toltec Sacred Wisdom, Noon to 2:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>11</p>
<p>12</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>13</p> <p>Creating the Life You Want with Boldness, Noon to 2:30 p.m.</p>	<p>14</p> <p>Making Marks, 10 a.m. to 1 p.m.</p> <p>Mindfulness 101, 10:30 a.m. to noon</p> <p>T'ai Chi, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Look Good, Feel Better, 5 to 7 p.m.</p> <p>Women's Support, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p> <p>Couples Support, 6:30 to 8:30 p.m.</p>	<p>15</p> <p>Living Well Through Integrative Medicine, 10:30 a.m. to 1:30 p.m.</p> <p>Book Club, 2 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>PINK Support, 3 to 4 p.m.*</p> <p>Men's Yoga, 6 to 7:30 p.m.</p> <p>Mindfulness 101, 6 to 7:30 p.m.</p>	<p>16</p> <p>Mindfulness 201, 10:15 a.m. to noon</p> <p>T'ai Chi, 10:45 a.m. to noon</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p> <p>Carlos Museum Tour, 1 to 4 p.m.</p> <p>Prostate Cancer Support, 6:30 to 8:30 p.m.</p>	<p>17</p> <p>Creating Balance and Optimal Health, 10:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>18</p> <p>Cooking with Herbs, 9 to 11 a.m.</p>
<p>19</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>20</p> <p>Tai Chi Build Back Strength, 10:30 a.m. to 12:30 p.m.</p> <p>Mystics Journey, Noon to 3 p.m.</p> <p>Yin is In, 6 to 8:45 p.m.</p>	<p>21</p> <p>Chair Yoga, 10 a.m. to noon</p> <p>Mindfulness 101, 10:30 a.m. to noon</p> <p>T'ai Chi, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Survivorship Series, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p>	<p>22</p> <p>Eating Local, 11:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>PINK Support, 3 to 4 p.m.*</p> <p>Men's Yoga, 6 to 7:30 p.m.</p> <p>Mindfulness 101, 6 to 7:30 p.m.</p>	<p>23</p> <p>Soul Collage, 10 a.m. to 1 p.m.</p> <p>Mindfulness 201, 10:15 a.m. to noon</p> <p>T'ai Chi, 10:45 a.m. to noon</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p>	<p>24</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>25</p>
<p>26</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>27</p> <p>Aromatherapy in the Kitchen, 6:30 to 8:30 p.m.</p>	<p>28</p> <p>Mindfulness 101, 10:30 a.m. to noon</p> <p>T'ai Chi, Noon to 1:15 p.m.</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>Women's Support, 5:30 to 7:30 p.m.</p> <p>Gentle Yoga, 6 to 7:30 p.m.</p> <p>Couples Support, 6:30 to 8:30 p.m.</p>	<p>29</p> <p>Spring Superfoods, 11:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>PINK Support, 3 to 4 p.m.*</p> <p>Men's Yoga, 6 to 7:30 p.m.</p> <p>Mindfulness 101, 6 to 7:30 p.m.</p>	<p>30</p> <p>Mindfulness 201, 10:15 a.m. to noon</p> <p>T'ai Chi, 10:45 a.m. to noon</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p>		

Canine Assistants trains and provides service dogs for people with physical disabilities, special needs or emotional needs enabling a person to achieve greater independence, confidence, hope and happiness. A scrumptious lunch will be provided by our own Chef Nancy Waldeck. *Facilitated by Dr. Jody Iodice. Registration required, call 404.425.7944. Seating limited. 3/18*

CENTERING PRAYER

This form of meditation focuses on spiritual words and themes and encourages contemplation which promotes connection with the sacred. Regardless of spiritual orientation, you will enjoy the benefits of meditation including enhanced immune system functioning, reduction in inflammation, regulated blood pressure, pain reduction and a feeling of well-being. *A healthy lunch will be served. To register, call 404.425.7944. 3/25, 4/1*

CHEMOFLAGE

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. *To register, call 770.394.6092 or email cookieafter@comcast.net. *Class held at Nordstrom Perimeter.*

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

Learn how to ignite your internal fire and act from a solid foundation of self-respect and self-honor 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. *Facilitated by Angela Buttimer, LPC, RYT and Dr. Jody Iodice, Ph.D. To register, call 404.425.7944. 4/13*

FIFTH AGREEMENT: BE SKEPTICAL, BUT LEARN TO LISTEN

In this workshop, we will continue the series based on the bestseller by Don Miguel Ruiz, The Four Agreements. We will look at the deeper teachings offered to us in the Fifth Agreement. We will explore the benefits of being skeptical and yet not judging ourselves or others, the benefits of “listening and feeling” the truths offered to us, as well as “listening and feeling” for distorted dreams and how their message influences our choices. Lunch provided at noon. *Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice, Ph.D. Registration required, call 404.425.7944. 3/27*

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

We will be exploring through didactic, writing, dialogue, and gentle yoga the open or closed energies blocks of “Chi” of the Sacral Chakra; that is, how do open ourselves to our optimal creative and loving natures and how do we insulate ourselves and remain “closed” off from giving and nurturing others and accepting love from others. Please wear loose comfortable clothing, as we will be on yoga mats throughout the session. Lunch will be provided. *Facilitated by Angela Buttimer, LPC, RYT, and Dr. Jody Iodice, Ph.D. To register, call 404.425.7944. 3/2*

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

We are not our thoughts, emotions, or bodies, and yet, each of these aspects of self plays a role in our lives and in our immune system functioning. As we learn to respond 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. You may choose to attend one or all within the Deep Listening offerings. Wear comfortable clothing. *Facilitated by Dennis Buttimer, MEd, RYT and Angela Buttimer, LPC, RYT. A healthy meal will be served. To register, call 404.425.7944. 3/30*

LIVING WELL THROUGH INTEGRATIVE MEDICINE

Learn about the most recent research on neurobiology, applied psycho-neuro-immunology and wellness. We will discuss the implications of staying well with a cancer diagnosis, review the latest research, as well as practice the modalities experientially that the research indicates as beneficial to your optimal health. Wear comfortable clothing. A healthy meal will be served. *Facilitated by Dennis Buttimer, MEd, RYT and Angela Buttimer, RYT, LPC. 4/15*

LOOK GOOD...FEEL BETTER®

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, call 404.605.4551. 3/10, 4/14*

THE MYSTIC'S JOURNEY: A SPIRITUAL SERIES

Join Angela Buttimer, MS, LPC, RYT for an 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. *You may attend one or all classes in the series. Dress comfortably for possible movement. A healthy meal will be served. To register, call 404.425.7944.*

3/16: Open Heart/Soft Belly Meditation & Life

4/20: Your Soul Signature

PARENTING WITH CANCER

Do you have school age children (or grandchildren)? Are you wondering how to talk to them about your diagnosis, treatment, or recurrence? Learn the latest recommendations for talking with school age children and adolescents about cancer. This class is appropriate for anyone with a school age child (or grandchild) at any point in your cancer journey. Adults only please. *Facilitated by Karen Whitehead, MS (Education), Advanced MSW Intern. Lunch will be provided. To register, call 404.425.7944. 3/25*

PINK AT PIEDMONT

For women currently undergoing treatment and up to 8 months post-treatment for breast cancer, this 12-week program offers exercise three times weekly, life coaching, weekly support group, nutrition consultation, education and stress reduction through guided imagery and gentle yoga classes. *To register, call 404.605.1969. Next session begins 5/17*

PINK HEALS

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.*

PULL OF THE FULL MOON: THE LUNAR EQUATION

We will have a full moon on April 4th! This is a powerful time to release the things that no longer serve you and are holding you back. Join Angela Buttimer, RYT, LPC as she guides you through stepping into your personal power with the joy of movement, ritual, and self-expression as well as stillness and contemplation. Chef Beci Falkenberg will create a moon-centric lunch highlighting nourishing ingredients to keep you in the flow of life. *To register, call 404-425-7944. 4/4*

SPIRITUAL PARTNERSHIP: RELATIONSHIP AS PATH TO AWAKENING

Spiritual partnership is a connection between people for the purpose of spiritual growth. How can we learn to reduce suffering (our own and others) and connect more deeply to our loved ones? We are brought together for the purpose and possibility of healing and to be of service to one another. Learning to relate to one another through a spiritual lens and approach, one of service and loving-kindness, allows a deepening of compassion, acceptance and connection in all of our relationships. This workshop, led by Angela Buttimer, M.S., LPC, RYT and Dennis Buttimer, M.D., RYT, is open to anyone whether you are in a couples relationship or not. A healthy meal will be served. *To register, call 404.425.7944. 3/30*

SPRING RITUALS

Join Chef Nancy Waldeck and Angela Buttimer, LPC, RYT as they guide you through spring rituals that organically arise during this time of year. Each season presents itself with natural ways to care for your mind, heart, body and spirit as well as your kitchen and cooking. In this workshop, we will discuss, reflect, and experience healthy rituals for springtime. Wear comfortable clothing. *To register, call 404.425.7944. 4/3*

TOLTEC SACRED WISDOM: BREAKING ANCESTRAL AGREEMENTS

A continuation of the work of Don Miguel Ruiz: The Four Agreements. In the tradition of the Toltec ancient wisdom, which has existed since 900 AD from the Spiritual Mystics of the Toltecs of Southern Mexico, we will now learn how to “break” Old Agreements and our ancestral “Book of Law.” This “chain of training” has been “programmed in us” from generation to generation and prevented us from living in the fullness of happiness, play, love, and exploration. It is not necessary to have attended the prior Four Agreements workshops, however; if you have not as yet attended any of the Toltec Sacred Wisdom workshops, we encourage you to read the Four Agreements prior to attending this workshop. We will serve lunch promptly at noon. *Facilitated by Dennis Buttimer, M.Ed., RYT and Dr. Jody Iodice, Ph.D. Registration required, call 404.425.7944. 4/10*

Stress Reduction

AROMATHERAPY IN THE KITCHEN

There is nothing better than the aroma of fresh herbs. Refreshing, revitalizing and delicious, herbs are not only the backbone of many recipes, but used the world over as refreshing, revitalizing tonics. Come join Master Gardener Sandra Moore and Healthy Chef Partyologist Nancy Waldeck to explore the world of aromatherapy in the kitchen and out. You will enjoy the benefits of herbs in class and leave with aromatherapy information and treats to enjoy at home. *4/27*

BREATHING ROOM: CREATING SPACE, CLARITY AND CALM

The most immediate and direct means to stress reduction is the breath. Breathing efficiently is a vital factor in health and wellness. Learn various breathing techniques to apply to everyday problems as well as to larger issues. Join Dennis Buttimer, M.Ed, RYT to understand the importance of pause, slowing down and stopping in order to gain more clarity. A nutritious restorative meal designed to oxygenate the body and support mental clarity will be prepared by Chef Beci Falkenberg. *To register, call 404.425.7944. 3/9*

CELTIC WISDOM, IRISH FEAST

There are seven areas in Northern and Western Europe whose Celtic Languages and cultural traditions have survived, including Ireland. This culture provided a fertile ground for the emergence of storytelling, literature, wit, love of beauty and music for which Ireland and the Celtic nations are so famous. Experience some of the richness of Celtic history and ideas and how they can apply to your own immune-enhancing journey. Enjoy a healthy, contemporary (and delicious) Celtic feast in an atmosphere of music, laughter, pictures, poetry and stories. Facilitated by Dennis Buttimer, M.Ed., RYT and Chef Nancy Waldeck. Join Dennis and Chef Nancy as they share the beautiful traditions and foods of Celtic lands. A healthy Celtic meal will be served. *To register, call 404.425.7944. 3/23*

CREATING BALANCE AND OPTIMAL HEALTH WITH AN EYE TOWARDS AYURVEDIC

Ayurveda, the 5,000 year old healing science originating in ancient India, is derived from the Sanskrit words “ayus” meaning life or longevity and “veda” meaning knowledge or wisdom. Ayurveda seeks to achieve balance of mind, body, heart, and spirit through psychological insights, yoga, meditation, and eating well. There are 3 doshas: body and psychological types that each have different needs in order to achieve balance. Join facilitator Angela Buttimer, LPC, RYT as she guides participants through gaining deeper insight into the psychological, physical, emotional and spiritual Ayurvedic principles as well as some experiential exercises to achieve harmony and balance within. Chef Nancy Waldeck will then lead you through the culinary principles of Ayurvedic eating for optimal health and show you how to prepare a nutritious and delicious Ayurvedic meal. *To register, call 404.425.7944. 4/17*

HUMOR ME: LAUGH ALONG AND ENJOY THE JOURNEY

Humor has been described as “the best medicine.” Laughter produces endorphins and other neuro-hormones which reduce the stress response and promote relaxation in the body for improved health. Join other participants in finding your funny bone in an atmosphere of spontaneity and joy. Participate with facilitator Dennis Buttimer, M.Ed, RYT in “laughter yoga” which includes laughter-inducing exercises and breathing techniques. This workshop is guaranteed to make you feel better! Chef Beci Falkenberg will prepare a “feel good” endorphin stimulating dinner, including healthy homemade Good Humor bars for dessert. Call 404.425.7944 to register. 4/6

MINDFULNESS TRAINING 101/PRACTICE

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 and Wednesdays

MINDFULNESS 201

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

THE MYSTIC’S JOURNEY: A SPIRITUAL SERIES INTO THE SACRED

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. A healthy meal will be served. To register, call 404.425.7944.

3/16: Open Heart/Soft Belly Meditation & Life

4/20: Your Soul Signature

TAPPING & TAPAS FOR GREATER HEALTH AND WELL-BEING

Research shows that a process called Tapping (also referred to as Emotional Freedom Technique) can improve your health outcomes and sense of well-being and wellness. Join Angela Buttimer, MS, RYT, LPC as she reviews the principles of EFT and guides you through the practices. Chef Nancy Waldeck will then show you how to create delicious, better for you Tapas for optimal wellness. To register, call 404.425.7944. 3/21

YIN IS IN: A DEEP RELEASE

Join Angela Buttimer, MS, RYT, LPC for a deeply restorative and rejuvenating yin yoga class. She will lead you through held poses for a deeper “letting go” and “lightening up”. Yin yoga provides a platform for spiritual connection, offers a

profound emotional and muscular release while also calming the mind, heart, and body. Wear comfortable clothes for on-the-mat yoga. To register, call 404.425.7944. 4/20

Support Groups

COUPLES SUPPORT FOR NEWLY-DIAGNOSED PARTICIPANTS

This support group is for participants, and their partners, who have been recently diagnosed and in treatment within the last year. The cancer journey can be difficult to navigate. For couples, the journey can adversely affect the relationship. Join us for some enriching activities around communication, intimacy and support while connecting with other couples. A healthy meal will be served in the Wellness Café. Facilitated by Dennis Buttimer, M.Ed, RYT. To register, call 404.425.7944 to register. 3/10, 3/24, 4/14, 4/28

DINNER AND COMMUNITY FOR GUYS ONLY

This is an opportunity for men with cancer to connect in an informal way. Eat dinner, have drinks and share discussion with other guys on the cancer journey. Lean into the strength of other men and learn tools to assist you. Facilitated by Dennis Buttimer, M.Ed, RYT. To register, call 404.425.7944. 3/16, 4/13

KITCHEN TABLE WISDOM FOR CAREGIVERS

In this workshop, learn tools to better assist and give you relief in the cancer journey. The caregiver is also significantly affected by the cancer diagnosis and needs assistance in coping with their feelings and perceptions. Share a meal with other caregivers while learning ideas and tools. Facilitated by Dennis Buttimer, M.Ed., RYT. To register, call 404.425.7944. 3/2, 4/20

PROSTATE CANCER SUPPORT GROUP

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 another men’s support group you absolutely should attend. Bring your caregiver, spouse, partner or friend. Offered by Men’s Health and Wellness. To register, call 678.638.6388. 3/19, 4/16

SURVIVORSHIP SERIES

Come connect with other survivors. Twice each month we will hold a series of groups designed specifically for you and your journey through post-treatment. What now? Come join us. Facilitated by Lauren Garvey, CRC, NCC. Dinner will be provided at 5:30 p.m. 3/3, 3/17, 4/7, 4/21

WOMEN’S CANCER SUPPORT

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. 3/10, 3/24, 4/14, 4/28