CANCER wellness

MARCH/APRIL 2014

Atlanta classes and calendar

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

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 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 Cancer Wellness at Piedmont with a yearly gift of $2,500 or more. For more information or to donate in support of Cancer Wellness at Piedmont, visit piedmont.org/champions or call 404.605.2130.

We are proud to recognize the following:

PEACHTREE CHAMPIONS

Angels on Earth
Thomas F. Chapman Family
Clothes Less Traveled
Mr. 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
Coca-Cola Refreshments
Morris, Manning & Martin, L.L.P.
Renfroe Enterprises
Mr. and Mrs. Clarence B. Stowe
Mr. and Mrs. J. Robert Summer
SunTrust Robinson Humphrey, Inc.

CANCER WELLNESS CHAMPIONS

Allan Vigil Ford
Anonymous
CDH Partners Inc.
DeKalb Pathology, PC
EmergiNet-Henry, LLC
EPIC
Henry Anesthesia Associates, LLC
Ms. Stephanie S. Martin
Metro Atlanta Ambulance Service
National Property Solutions Group
Mr. John F. Statts
VITAS

HEALTH & WELLNESS CHAMPIONS

Anonymous (2)
Atlanta Gastroenterology Associates, LLC
Bennett International
Brighton Collectibles Perimeter
DPR Hardin Construction
Mr. and Mrs. Rick Fishman
Georgia Power Foundation, Inc.
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

Piedmont CANCER

Expressive Arts

ART AND HEALING: SEEING

Join us to explore color, texture, line and shape through the world of art and the images that evolve and 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. 3/11, 3/25, 4/8, 4/22

ART WITH MOTION

In a flowing balance, art materials will act as an extension of the energy and movement embodied in the practice of T'ai Chi. The expressive images created will reflect and speak to this energy and lead us into more movement, which inspires more art and the circle continues. No prior experience in T'ai Chi or art is required but will be welcomed! The group is led by Cate Morrill, certified T'ai Chi instructor and Edna Bacon, Board Certified Art Therapist. *To register, call 404.425.7944.* 4/4

CALLING ALL VOICES! LET'S SING – OUT LOUD!

Stretch. Imagine. Improvise. Explore.

If you've never sung before or have sung for years, let's make noise, play with our voices, and sing! From the humorous to the sublime, our voices can share a mood or move us to a better place. Through group singing, vocal exploration, movement, breath, and playful exercises, we will expand our music skills and horizons and delve into the fun of making music and spontaneous creations. *Facilitated by Virginia Schenck, MT-BC. To register, call 404.425.7944.* 3/4, 3/18, 4/1, 4/15

FEEDING THE SOUL: SOUL FOOD AND SOULCOLLAGE®

Lunch will be a healthy Southern-inspired soul food lunch prepared by Chef Beci Falkenberg. With guidance from Edna Bacon, SoulCollage® facilitator, the presence of actual food will be expanded through working with images from many sources to create SoulCollage® cards. The cards created as well as the food eaten, will speak to health and soulful living. *To register, call 404.425.7944.* 4/26

POETRY AS A HEALING FORCE

Join our sacred circle of community, a healing space, to listen deeply and share in the nourishment of poetry. Words have the power to uplift, inspire, understand and heal. Through poetry we connect intimately with ourselves and others. We laugh, cry, grieve, smile, contemplate and celebrate together. You may choose to bring a favorite poem to read, bring a poem you have written or just come to listen and enjoy. Delicious hors d'oeuvres prepared by Chef Nancy Waldeck will be served. Facilitated by Angela Buttimer, RYT, LPC. *To register, call 404.425.7944.* 4/10

SOUL COLLAGE®

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.* 3/27, 4/24

WALKING IN THIS WORLD: THE NEXT STEP ALONG THE ARTIST'S WAY

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

3/12: Chapter 3 – Discovering a Sense of Perspective

4/9: Chapter 4 – Discovering a Sense of Adventure

WRITING FOR RECOVERY

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. 3/14, 3/28, 4/11, 4/25

Individual Consultations

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 plus one-on-one exercise consultations with a degreed exercise physiologist. *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

Yoga made easy and accessible for everyone! No requirement to get up and down off the mat for this workshop. This is especially good for beginners. Experience the wonderful, beneficial effects of yoga practice from a chair. Learn practical ways to incorporate seated yoga in many situations. 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. Facilitated by Dennis Buttimer, MEd, RYT. A healthy meal in the Wellness Café will be served. *To register, call 404.425.7944.* 3/18, 4/15

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 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

Nutrition Workshops

SPICE UP YOUR LIFE

Join Chef Hans Rueffert and Dietitian Shayna Komar as they talk about some new and old spices that can really ramp up your meals. The team will discuss health benefits and easy ways to incorporate these spices into your daily routine. *To register, call 404.425.7944.* 3/5

ROOTS, SHOOTS & LEAVES: A FRESH SPIN ON SPRING SALADS

Nibble, munch and crunch tender young greens and crispy root vegetables in this spring salad demo! Come discover new seasonal ingredients while exploring fresh flavorful ways to prepare old favorites. Dietitian Taryn Tennyson, RD, LD and Chef Beci Falkenberg will share quick, useful tips on selecting, storing and enjoying these colorful nutrient-rich veggies. *To register, call 404.425.7944.* 3/10

KALE IS KING

Team up with Chef Nancy Waldeck and Dietitian Shayna Komar as they show you a lunch full of great kale recipes. We know the dark green is healthy but what are the reasons it is so great to eat? And how do you make the vegetable taste good? This is the demo for you to expand your palate and dig into kale. *To register, call 404.425.7944.* 3/19

GREENS AND BEANS

At Cancer Wellness, we are always promoting healthy greens and adding protein rich beans to any dish. Join Chef Hans Rueffert and Dietitian Shayna Komar as they educate you on fun ways to add these two powerfoods to your weekly menu. *To register, call 404.425.7944.* 3/26

GO FISH

Fish happens to be a healthy addition to a cancer fighting meal plan. Learn various ways to cook and prepare fish so that you get the most nutrition out of each and every bite. Chef Nancy Waldeck will be demo-ing the great recipes and Dietitian Shayna Komar will share the science behind the fish to eat. *To register, call 404.425.7944.* 4/9

FOOD SLEUTH

Back by popular demand! What do food labels really mean? Chef Hans Rueffert and Dietitian Shayna Komar tag team to go behind crazy food labels to help you understand what foods are best to eat and why. They will take you on a culinary journey back to whole foods and answer questions and concerns along the way. This is a great class to bring your own food labels in if you have questions on a food you are eating. *To register, call 404.425.7944.* 4/16

LOVE YOUR FOOD!

After a cancer diagnosis you may be asked, "What do you have to give up to eat healthier?" After cooking with Dietitian Shayna Komar and Chef Nancy Waldeck, you can answer, "I can eat more delicious and appetizing foods than ever." You'll never again think that "healthy" food has to be dull, bland or unappealing. Come learn how to plan ahead to cook once, eat twice or three times and prepare for easy breakfast, lunch, dinner and snacks that you'll love to make again and again. *To register, call 404.425.7944.* 4/24

AFRICIAN COOKING

The foods of Africa are as varied as the countries themselves, but one thing they have in common is the use of whole grains, luscious fruits and vegetables. Join dietician Taryrn Tenneyson, RD LD and healthy chef and partyologist Nancy Waldeck to explore the healthy delicious cancer fighting cuisine of Africa. *To register, call 404.425.7944.* 4/28

CANCER wellness

March 2014

piedmontcancer.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.						1
2 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	3 The Power of Spring Rituals, 10:30 a.m. to 1:30 p.m.	4 Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Calling All Voices, 1:30 to 3 p.m. Tai Chi, Noon to 1:15 p.m. Gentle Yoga, 6 to 7:30 p.m.	5 Spice Up Your Life, 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.	6 Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m.	7 Grace and Grit, 10:30 a.m .to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*	8 Toltec Sacred Wisdom for Couples (1 & 2), 10:30 a.m. to 12:30 p.m.
9 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	10 Roots, Shoots and Leaves, 11:30 a.m. to 1:30 p.m. Kitchen Table Wisdom, 6 to 8 p.m.	11 Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Tai Chi, Noon to 1:15 p.m. Art and Healing, 1:30 to 3 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 Enrichment and Support, 6:30 to 8:30 p.m.	12 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.	13 Mindfulness 201, 10:15 a.m. to noon The Culinary Pharmacy, 1 to 2:15 p.m. Gentle Yoga, 1 to 2:30 p.m.	14 Exploring Grief, 10 to 11:30 a.m. Writing for Recovery, 10:30 a.m. to 12:30 p.m. PINK Exercise, 2 to 3 p.m.*	15 Celtic Wisdom, Irish Feast, 10:30 a.m. to 1:30 p.m.
16 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	17 Opening and Balancing the Throat Chakra, Noon to 2:30 p.m.	18 Chair Yoga, 10 a.m. to noon Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Calling All Voices, 1:30 to 3 p.m. Tai Chi, Noon to 1:15 p.m. Gentle Yoga, 6 to 7:30 p.m.	19 Kale is King, 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.	20 Chemoflage, 10 a.m. to 1 p.m. Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m. Prostate Cancer Support Group, 6:30 to 8:30 p.m.	21 T'ai Chi and Qi Gong, Noon to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*	22 Toltec Sacred Wisdom for Couples (3 & 4), 10:30 a.m. to 12:30 p.m.
23 Spring Has Sprung, 12:30 to 3 p.m. Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	24 Mystics Journey, 10:30 a.m. to 1:30 p.m. Guys Night Out, 6 to 8:30 p.m.	25 Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Tai Chi, Noon to 1:15 p.m. Art and Healing, 1:30 to 3 p.m. Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Enrichment and Support, 6:30 to 8:30 p.m.	26 Greens and Beans, 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.	27 Mindfulness 201, 10:15 a.m. to noon Soul Collage, 10 a.m. to 1 p.m. The Culinary Pharmacy, 1 to 2:15 p.m. Gentle Yoga, 1 to 2:30 p.m.	28 Writing for Recovery, 10:30 a.m. to 12:30 p.m. PINK Exercise, 2 to 3 p.m.*	29 Awakening Your Energy into Wellness, 11 a.m. to 1:30 p.m.
30 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	31 Aromatherapy, 11 a.m. to 1:30 p.m. Laughing Yoga, 6 to 8:30 p.m.					

CANCER wellness

April 2014

piedmontcancer.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Calling All Voices, 1:30 to 3 p.m. Tai Chi, Noon to 1:15 p.m. Gentle Yoga, 6 to 7:30 p.m.	**2** 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.	**3** Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m.	**4** Art with Motion, 10 a.m .to 2 p.m. PINK Exercise, 2 to 3 p.m.*	**5** From Zero to Zen, 10:30 a.m. to 1:30 p.m.
6 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	**7** Healing Through Deep Listening, 10:30 a.m. to 1:30 p.m.	**8** Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Tai Chi, Noon to 1:15 p.m. Art and Healing, 1:30 to 3 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 Enrichment and Support, 6:30 to 8:30 p.m.	**9** Go Fish, 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.	**10** Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m. Poetry as a Healing Force, 6 to 8:45 p.m.	**11** Writing for Recovery, 10:30 a.m. to 12:30 p.m. PINK Exercise, 2 to 3 p.m.*	**12** The Supreme Meal, 10:30 a.m .to 1:30 p.m.
13 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	**14** Opening and Balancing the Brow Chakra, Noon to 2:30 p.m. Kitchen Table Wisdom, 6 to 8 p.m.	**15** Chair Yoga, 10 a.m. to noon Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Calling All Voices, 1:30 to 3 p.m. Tai Chi, Noon to 1:15 p.m. Gentle Yoga, 6 to 7:30 p.m.	**16** Food Sleuth, 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.	**17** Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m. Prostate Cancer Support Group, 6:30 to 8:30 p.m.	**18** Exploring Grief, 10 to 11:30 a.m. Centering Prayer, 10 a.m. to noon PINK Exercise, 2 to 3 p.m.*	**19**
20 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	**21** Dinner and Community for Guys Only, 6 to 8 p.m.	**22** Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Tai Chi, Noon to 1:15 p.m. Art and Healing, 1:30 to 3 p.m. Women's Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Enrichment and Support, 6:30 to 8:30 p.m.	**23** MBTI, 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.	**24** Soul Collage, 10 a.m. to 1 p.m. Mindfulness 201, 10:15 a.m. to noon Love Your Food, 11:30 a.m. to 1:30 p.m. Gentle Yoga, 1 to 2:30 p.m.	**25** Writing for Recovery, 10:30 a.m. to 12:30 p.m. T'ai Chi and Qi Gong, Noon to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*	**26** Feeding the Soul, 11 a.m. to 3 p.m.
27 Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	**28** African Cooking, 11:30 a.m. to 1:30 p.m.	**29** Mindfulness 101, 10:30 a.m. to noon Cancer Wellfit™, 1 to 2 p.m.* Tai Chi, Noon to 1:15 p.m. Gentle Yoga, 6 to 7:30 p.m.	**30** Mystics Journey, 10:30 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.	**This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.*		

Specialty Programs

CENTERING PRAYER

Learn more about this sacred 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. A healthy lunch will be served. *To register, call 404.425.7944.* 4/18

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. Topics include nutritional guidelines, relaxation/visualization techniques, scarf-tying, makeup suggestions and much more. *To register, call 770.394.6092 or email cookieafter@comcast.net.* 3/20

EXPLORING GRIEF. DISCOVERING GRATITUDE.

Grief is defined as deep and poignant distress, a cause of suffering… synonymous to heartbreak, heartache, and sorrow. Join Deidre Knotts and Cason Wilson as we explore the individual grief and losses inherent to a cancer journey. We will discuss the importance of acknowledging grief as a process while discovering coping skills and beneficial tools to heighten your awareness for recognizing gratitude. *To register, call 404.425.7944.* 3/14, 4/18

FROM ZERO TO ZEN: HEALTH AND HAPPINESS ARE INSIDE JOBS

We do not need to rely on external circumstances to experience and enjoy health and happiness! Join Angela Buttimer, LPC, RYT as we address many strategies to bring health and happiness into your life including freeing yourself of material/emotional baggage, releasing that which no longer serves your greater good. A vibrant lunch will be prepared by Chef Beci Falkenberg. The menu will be consciously chosen for minimal processing and maximum enjoyment. *To register, call 404.425.7944.* 4/5

GRACE & GRIT

It takes both to navigate a cancer diagnosis, treatment, and life! Join Angela Buttimer, LPC, RYT to explore how these aspects complement one another, how to balance the two given your personality style and approach, and how to access more of each to navigate life's challenges. Chef Beci Falkenberg will create a feisty, flavorful lunch. *To register, call 404.425.7944.* 3/7

HEALING THROUGH DEEP LISTENING

We are not our thoughts, emotions, or bodies, and yet, each of these aspects play a powerful role in our lives and immune system. Dr. Candace Pert calls this "the mobile brain". As we learn to respond more skillfully to what arises in our thoughts, emotions, and bodies, we can learn to release painful, habitual reactionary patterns, feeling better and living better. Dress comfortably for movement. A healthy meal will be served. You may choose to attend one or all within the Deep Listening offerings. *Facilitated by Dennis Buttimer, MEd, RYT and Angela Buttimer, LPC, RYT.* 4/7

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.* 3/11, 4/8

THE MYSTIC'S JOURNEY: A SERIES INTO THE SACRED

Join Angela Buttimer, LPC, RYT for an engaging exploration and discussion on 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 movement. A healthy meal will be served. *To register, call 404.425.7944.*

3/24: On Suffering: The Dark Night of the Soul

4/30: The Divine in the Details

OPENING AND BALANCING THE BROW CHAKRA

Join us for this opportunity to move beyond linear time to the limitless possibilities of envisioning and manifesting from the higher realms of our internal wisdom and divine intuition. We will explore what keeps the "Chi" of the Brow chakra open and what closes it. The psychological, emotional, physical, and spiritual implications of the Brow chakra will be examined through writing and dialogue. In addition, we will be practicing gentle yoga, meditation, breath work and chanting. Wear comfortable clothing. Lunch provided promptly at noon. *Facilitated by: Angela Buttimer, RYT, LPC and Dr. Jody Iodice, Ph.D. To register, call 404.425.7944.* 4/14

OPENING AND BALANCING THE THROAT CHAKRA

Join us for this enlightening opportunity to experience and empower yourself and take responsibility for your personal needs through finding your voice and speaking your truths. We will examine and reflect on the psychological, emotional, physical and spiritual implications of the throat chakra through writing and dialogue and will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the "Chi". Please wear comfortable clothing. Lunch provided promptly at noon. *Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice, Ph.D. To register, call 404.425.7944.* 3/17

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, nutrition consultation, education and stress reduction through guided imagery and yoga classes. *To register, call 404.605.1969.* Next program begins May 18

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.*

THE POWER OF SPRING RITUALS

As winter turns to spring, join Angela Buttimer, LPC, RYT and Healthy Chef Nancy Waldeck as they help you make the most of the season with mental, emotional, physical, and spiritual rituals. *To register, call 404.425.7944.* 3/3

THE SUPREME MEAL: A LIFE FULLY LIVED

Join Angela Buttimer, LPC, RYT and Chef Nancy Waldeck for this Zen-based workshop that teaches us that we can find joy and peace within the ups and downs of life and that we can live a full, rich, and complete life with exactly what life brings us. Likewise in the kitchen, we can learn to make a supreme meal with whatever ingredients are on hand. *To register, call 404.425.7944.* 4/12

TOLTEC SACRED WISDOM FOR COUPLES: PARTS 1 & 2

Come explore with your spouse/partner, the work of New York Times bestseller, don Miguel Ruiz, The Four Agreements. In this workshop, we will examine the first two agreements: "Be Impeccable With Your Word" and "Don't Take Things Personally". We will engage in writing, dialogue, meditation, and experiential exercise to practice ways to be more congruent with our word and to be less judgmental and more accepting of ourselves and of our spouse/partner. When we employ these first two agreements in our relationship, we come to be free from regrets so that we live and love more easily. Lunch provided at noon. *Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944.* 3/8

TOLTEC SACRED WISDOM FOR COUPLES: PARTS 3 & 4

In this workshop, we take an in depth look at the Third Agreement: "Don't Make Assumptions" and the Fourth Agreement: "Always Do Your Best". Through writing, dialogue, meditation, and experiential exercises we will explore how to successfully live in our daily experiences with our spouse/partner from a place of open mindedness, patience, tolerance, and simultaneous active listening. Lunch is provided at noon. *Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944.* 3/22

Stress Reduction

AROMATHERAPY

The popularity of aromatherapy continues to grow, boosted in large part by research that shows how aromatherapy benefits a variety of conditions. There are many studies showing how certain aromas can lower blood pressure, ease headaches, help emotional stress, reduce anxiety and tension as well as have analgesic and anti-inflammatory qualities. In this workshop you will learn about aromatherapy and its benefits as well as make some aromatic products for your personal use to take home. A healthy lunch will be provided. *Facilitated by Cindy Stark Reid, M.A.,LMT,LPC. To register, call 404.425.7944.* 3/31

AWAKENING YOUR ENERGY INTO WELLNESS

Come learn how self-massage and stretching help you influence your energy levels. Experience how choosing elements of sound, smell and taste can help you feel more relaxed and centered. Share in a meal prepared by Chef Beci and learn how and what foods can increase your energy. Please wear loose comfortable clothing. *Facilitated by Cindy Stark Reid, MA, LMT, LPC and Chef Beci Falkenberg. To register, call 404.425.7944.* 3/29

CELTIC WISDOM, IRISH FEAST

Celtic languages and cultural traditions have 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 Celtic feast in an atmosphere of music, laughter, pictures, poetry and stories. *Facilitated by Dennis Buttimer, M.Ed., RYT and Chef Nancy Waldeck. To register, call 404.425.7944.* 3/15

LAUGHING YOGA: GOOD VIBE-RATIONS

This is not a yoga class but will make you feel like you attended one! Laughter boosts the immune system, releases endorphins and improves circulation. Join us for some creative laughing exercises, effective breathing, zany prizes and a scrumptious meal. Expect to feel exhilarated! *Facilitated by Dennis Buttimer, M.Ed, RYT and Chef Beci Falkenberg. To register, call 404.425.7944.* 3/31

MASSAGE THERAPY AND RELAXATION

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, call 404.425.7944.*

MBTI: TOOL FOR PERSONAL POWER

Join Angela Buttimer, LPC, RYT and Dennis Buttimer, M.Ed, RYT to learn more about the Myers-Briggs Type Indicator (MBTI) and how it can be applied in your life. Understanding your MBTI personality profile, as well as the profiles of others, can be helpful through diagnosis, treatment and recovery. The results can shed light on patterns, strengths, and areas of your life you may choose to tweak for better health and happier living. A healthy lunch will be served. *To register, call 404.425.7944.* 4/23

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

SPRING HAS SPRUNG

Spring is a time when the hemisphere begins to warm causing new plant growth to "spring forth," giving the season its name. Come join Chef Nancy Waldeck as she offers the opportunity to enjoy the new foods of the season and celebrate the wonders of the garden. Afterwards we will join in a vibrant drum circle guaranteed to help you shake off any winter blues and find your spring rhythm. No musical experience necessary, drums and rhythm instruments provided but please feel free to bring your own. Children and families are welcome. *Facilitated by Cindy Stark Reid, MA,LPC,LMT and Healthy Chef Partyologist Nancy Waldeck. To register, call 404.425.7944.* 3/23

T'AI CHI AND QI GONG FOR MARCH: "THE BEAR COMES OUT OF ITS DEN"

Shake off your winter "coats" and ease into the days of greater sun. These T'ai Chi and Qi Gong sets will use easy and powerful moves based on the steady, focused energy of the bear emerging from its den, and are designed to stretch, open and "awaken" the energy from the winter's rest. Also using movements of other animals who are beginning their yearly cycles of growth, this set includes movements for seated or standing work, with deep breathing, focus and attention to revitalization! Lunch will be provided after the program. *Facilitated by Cate Morrill, Shoulders Down, Inc. To register, call 404.425.7944.* 3/21

T'AI CHI AND QI GONG FOR APRIL: "PUTTING SPRING INTO YOUR STEP"

This T'ai Chi and Qi Gong set is designed to stimulate the energy and spirit for the sunny days of opening flowers, emerging sprouts and renewing patterns of "outward" activity. Recognizing the gift of longer, lighter days and cool, crisp breezes, we perform gentle meditative movements that help us build more physical energy. *Facilitated by Cate Morrill, Shoulders Down, Inc. Lunch will be provided after the program.* 4/25

Support Groups

COUPLES ENRICHMENT AND SUPPORT GROUP

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, call 404.425.7940.* 3/11, 3/25, 4/8, 4/22

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.* 4/21

GUYS NIGHT OUT

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, men recovering from cancer, or male caregivers. *Facilitated by Dennis Buttimer, M.Ed., RYT. To register, call 404.425.7944.* 3/24

KITCHEN TABLE WISDOM FOR CAREGIVERS

In this workshop, learn tools to better assist and give you relief in the cancer journey. Both the survivor and the caregiver are significantly affected by the cancer diagnosis and each needs assistance in coping with their feelings and perceptions. Share a meal with other caregivers while learning ideas and tools. *To register, call 404.425.7944.* 3/10, 4/14

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 the one men's support group you absolutely should attend. Bring your caregiver, spouse, partner or friend. *To register, call 678.638.6388.* 3/20, 4/17

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. 3/11, 3/25, 4/8, 4/22