CANCER Wellness

MARCH/APRIL 2014

Fayette, Henry and Newnan 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. Cancer Wellness services are available 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 at Piedmont Fayette, Newnan and Henry. To view the class schedule for all of our locations, visit **piedmont.org/cancerwellness**.

F Fayette

1255 Highway 54 West Suite 3100 Fayetteville, Georgia 30214 770.719.5860

N Newnan

The Summit Healthplex 1755 Highway 34 East Suite 1400 Newnan, Georgia 30265 770,719,5860

H Henry

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

Radiation Oncology Center 960 Hospital Drive, Stockbridge, Georgia 30281

Tavari Taylor Brown, MPH, LAPC • 770.719.5861

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.

[] Piedmont

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
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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

OrthoAtlanta
Pace Family Partnership, LTD
South Atlanta Radiology
Associates, PC

Booster Club

Expressive Arts

ART AND HEALING F N

Even if you don't consider yourself an artist, come join us as we explore clay, mask making, altered books and more. Facilitated by Jenny Welty-Green, Ed.S, ATR-BC (Fayette). Facilitated by Gayle Torres, M.P.S., A.T.R.-BC (Newnan). 3/4, 4/1 @ Fayette; Thursdays @ Newnan

BUMBLE BEADS N

This bead class is buzzing with excitement. Make a necklace and earrings in March and join us for "Grandma & Me" in April. 3/29, 4/7

CHILDREN'S/FAMILY ART AND HEALING SUPPORT F

Meant for children ages 4 to 16 or children at heart, this class gives you or your child the chance to share your art and thoughts with other children and adults who have coped with the diagnosis of a family member or themselves. *Facilitated by Jenny Welty-Green, Ed.S, ATR-BC.* 3/18, 4/15

CRAFTING F

March: Easter Eggs – We will be celebrating Easter by making and decorating eggs with sequin and ribbon. Each attendee will leave with two colorful, shiny Easter eggs. *Call Alison at 770.719.5825 to register.* 3/19

April: Duct Tape – Duct tape crafts are the craze! Join us in crafting duct tape pouches/purses. We'll use decorative duct tape along with stickers and bling to make stylish pouches to hold coupons or to serve as a small purse. *Call Alison at 770.719.5825 to register.* 4/16

KNITTING CIRCLE F N

Knitting can be cathartic while in treatment or as a positive distraction. Knitting can help with neuropathy symptoms, stimulating nerves and promoting blood circulation. All experience levels are welcome. Bring supplies, if you have them, or another project. 3/12, 3/26, 4/9, 4/23 @ Newnan; Fridays @ Fayette

ONE HOUR DRUMMER F N

Join in the fun playing drums and other rhythm instruments. The interactive and energetic ensemble allows you to experience decreased stress, boost your immune system, feel a part of a caring community and enjoy an overall sense of well-being. The drums are provided. No prior musical experience necessary. Facilitated by Peter Marino, President, One Hour Drummer. Tuesdays @ Newnan; Wednesdays @ Fayette

SCRAPBOOKING F

Have you always wanted to learn how to make a beautiful scrapbook? Capture life's moments and treatment triumphs through a visual memoir! Bring 5 or more pictures and we will help you make the pages. March will feature winter pages and April will feature Easter pages. Facilitated by Lori Lindsey, CTR and Alison Townsend, CTR. To register, call 770.719.5825. 3/5, 4/2

WRITING IN VISION F N

Journal writing workshop, which will include poetry, haiku, and limerick writing. Participants are encouraged, but not required, to share your work with the group. Journals will be provided. *Facilitated by Gayle Torres, M.P.S., A.T.R.-BC.* 3/6, 3/20, 4/3, 4/17 @ Fayette; 3/13, 3/27, 4/10, 4/24 @ Newnan

Individual Consultations

INDIVIDUAL COUNSELING AND COACHING F H N

Short-term counseling with one of our counselors, counseling interns or licensed clinical social workers is available to anyone affected by cancer. *To register, call* 770.719.5861.

INDIVIDUAL NUTRITION CONSULTS F H N

Ellen Steinberg, MS, RD, LD specializes in nutrition counseling for food safety, cancer patients on treatment, and survivors. Ellen can provide consults to help you stay motivated, chart your progress, and make adjustments to your diet and exercise plans as needed. *To register, call* 770.719.5860.

Movement and Exercise

CANCER WELLFIT™ F

Cancer WellFit™ is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. Participants must be followed by 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. Facilitated by Piedmont Fayette Hospital Fitness Center staff. To register, call 770.719.7290 and select option #3. Mondays, Wednesdays

CARDIO BOUNCE F

This music-driven stability ball class combines elements of dance, Pilates, and yoga movements with hand-held resistive equipment such as exercise bands, tubing and medicine balls. It is a fun, safe and effective way to burn fat. *Facilitated by Kurt Gillon, CPT.* Tuesdays, Thursdays (except 4/8, 4/10)

CHAIR YOGA F N

Yoga made easy and accessible for everyone! Experience the wonderful and beneficial effects of yoga practiced from a chair. *Facilitated by Mary Beth Kealy, CYT, NP.* Mondays except 3/3 and 4/7

FUN-CTIONAL PILATES F N

This is a strengthening and toning class that uses body weight and light resistance equipment. Based on the Pilates method. *Facilitated by Kurt Gillon, CPT.* Thursdays @ Fayette (except 4/10)

GENTLE YOGA F N

Participants are guided through breath-work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions so even first-time participants enjoy an improved sense of well-being.

Fayette:

Facilitated by Maureen "Mo" Dwyer, MA, RYT Tuesdays except 4/8

Facilitated by Shavonna Sumlin, MA/OTR/L, RYT 3/4, 3/8, 3/11, 4/8, 4/12

Facilitated by Mary Beth Kealy, CYT, NP 3/25, 4/1, 4/22, 4/29

Facilitated by Rawls Whittlesey, RYT, CNC 3/18, 4/15

Newnan:

Facilitated by Maureen "Mo" Dwyer, MA, RYT Wednesdays except 4/9, Saturdays except 4/5 and 4/12

STRENGTH TRAINING FOR SURVIVORS F N

This class combines sculpting and core work in 3 minute intervals for a total of 45 minutes with 5 minutes each of warm-up and cool down. *Facilitated by Kurt Gillon, CPT*. Tuesdays @ Fayette (except 4/8); 3/14, 3/28, 4/25 @ Newnan

Nutrition Workshops

EAT LIKE THERE IS NO TOMORROW F

Special guest Chef Hans Rueffert and Cancer Wellness dietitian Ellen Steinberg RD, LD will tantalize us with Fabulous Fiber in March to celebrate Colorectal Awareness Month and show us how to "eat like there is no tomorrow" in April. *Call 770.719.5860 to register.* 3/13, 4/10 @ Fayette; 3/18 @ Newnan; 4/30 @ Henry

COLOR YOUR PLATE F H N

Eating colorful foods are important in a healthy diet. Green, red, orange and yellow...so many colors to choose from! Join My Personal Chef Lana and Ellen Steinberg RD, LD for some insiders tip on choosing the most beneficial, and colorful, foods. *Call 770.719.5860 to register.* 3/27

VEGGIE LOVE: FIFTY SHADES OF GREEN F H N

Come discover the magnitude of spring vegetables and delicious way to incorporate them into your diet. Dietitian Ellen Steinberg, RD, LD and Chef Beci Falkenberg will share their love for gorgeous nutrient-dense greens in soups, salads, entrées, desserts and everything in between! *Call 770.719.5860 to register.* 3/26 @ Henry; 4/15 @ Newnan; 4/24 @ Fayette

Specialty Programs

HEALING HANDS PRAYER MINISTRY F

This is a ministry of hope, faith, and love. During the healing session you can meet with two prayer ministers who will listen to you needs, support your healing experience, offer unique prayer tools, and invite you to relax and receive in the presence of the Divine. *For more information, call 770.716.2489.*

LOOK GOOD...FEEL BETTER® F H

This program teaches beauty techniques to women who are actively undergoing cancer treatment to help them combat the appearance-related side effects. *To register at either location, call 800.227.2345.* 3/3, 4/7 @ Fayette; 3/18, 4/15 @ Henry

Stress Reduction

MINDFULNESS TRAINING 101/PRACTICE F N

Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Each participant receives a CD for daily practice.

Favette:

Facilitated by Maureen "Mo" Dwyer, MA, RYT Tuesdays except 4/8

Newnan:

Facilitated by Maureen "Mo" Dwyer, MA, RYT Wednesdays except 4/9, Saturdays except 4/5 and 4/12

CANCER	<u>Uness</u>	$M_{ m c}$	<i>March</i> 2014		piedr	piedmontcancer.org
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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8	E Look GoodFeel Bettere, 10 a.m. to noon Cancer WellFit**, 4 to 5 p.m. Colorectal/ Gastrointestinal Cancer Support Group, 6 to 7:30 p.m. F Massage Therapy, By Appt Chair Yoga, 10 to 11 a.m. F Chair Yoga, 12:15 to 1:15 p.m. F Cancer WellFit**, 4 to 5 p.m. F Massage Therapy, By Appt	## Gentle Yoga, 9 to 10 a.m. Mindfulness 101, 10:15 to 11:15 a.m. Mindfulness 101, 10:15 to 11:15 a.m. Strength Training, 11:30 a.m. to 12:15 p.m. Sisters Supporting Sisters, 2 to 4 p.m. Massage Therapy, By Appt Massage Therapy, By Appt Mindfulness 101, 10:15 to 11:15 a.m. Mindfulness 101, 10:15 to 11:15 a.m. Strength Training, 11:30 a.m. to 11:30 a.m. Mindfulness 101, 10:15 to 11:15 p.m. Mindfulness 101, 10:15 to 11:15 a.m. Mindfulness 101, 10:15 to 11:15 p.m. Mindfulness 101, 10:15 to 11:15 p.m. Mindfulness 101, 10:15 to 11:15 p.m. Mindfulness 101, 10:15 p.m.	F Scrapbooking, 10 a.m. to noon a.m. N Gentle Yoga, 10:30 to 11:30 a.m. N Mindfulness, 11:30 a.m. to 1:30 p.m. I:30 p.m. F Cancer WellFit TM , 4 to 5 p.m. F Cancer WellFit TM , 4 to 5 p.m. N Gentle Yoga, 10:30 to 11:30 a.m. N Mindfulness, 11:30 a.m. to 12:30 p.m. F One Hour Drummer, 12:30 to 12:30 p.m. F Cancer WellFit TM , 4 to 5 p.m. F Healing Touch, By Appt N Reiki, By Appt	Fun-ctional Pilates, 9:45 to 10:30 a.m. N Art and Healing, 10 to 11:30 a.m. E Cardio Bounce, 10:45 to 11:30 a.m. N Fun-ctional Pilates, 1 to 2 p.m. N Massage Therapy, By Appt Fun-ctional Pilates, 9:45 to 10:30 a.m. N Art and Healing, 10 to 11:30 a.m. F Cardio Bounce, 10:45 to 11:30 a.m. F Sabulous Fiber, Noon to 2 p.m. Writing in Vision, 12:30 to 2 p.m. Whassage Therapy, By Massage Therapy, By Massage Therapy, By Massage Therapy, By Massage Therapy, By	F Knitting Circle, 10 a.m. to noon 1 to 3 p.m. Reiki, By Appt, 1 to 3 p.m. Training, 10 to 11 a.m. F Knitting Circle, 10 a.m. to noon 10 a.m. to noon	M Gentle Yoga, 11 a.m. F Gentle Yoga, 10:30 to noon I p.m. Mindfulness, Noon to to noon I p.m. Mindfulness, Noon to 1 p.m.

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Knitting Circle, 10 a.m. to noon Reiki, By Appt, 1 to 3 p.m.	Strength Training, 10 to 11 a.m. Knitting Circle, 10 a.m. to noon
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Chair Yoga, 10 to 11 a.m. Chair Yoga, 12:15 to 1:15 p.m. Cancer WellFit TM , 4 to 5 p.m. Massage Therapy, By Appt	24 Chair Yoga, 10 to 11 a.m. Chair Yoga, 12:15 to 1:15 p.m. Massage Therapy, By Appt Appt Chair Yoga, 10 to 11 a.m. Chair Yoga, 10 to 11 a.m. Chair Yoga, 12:15 to 1:15 p.m. Chair Yoga, 12:15 to 5 p.m. Massage Therapy, By 5 p.m.
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CANCER Wellness	<u>1688</u>	Apr	April2014		piedr	piedmontcancer.org
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9	Look GoodFeel Bettere, 10 a.m. to noon to 12:30 p.m. Cancer WellFit**, 4 to 5 p.m. Colorectal/ Gastrointestinal Cancer Support Group, 6 to 7:30 p.m. Massage Therapy, By Appt	Mone Hour Drummer, 10:30 to 11:30 a.m. Gentle Yoga, 6 to 7 p.m. Sisters Supporting Sisters, 6 to 8 p.m. Sisters By Choice, 7:30 to 8:30 p.m. Massage Therapy, By Appt	E Card-Making, 10 a.m. to noon 12:30 to 1:30 p.m. Knitting Circle, 1 to 3 p.m. Cancer WellFit TM , 4 to 5 p.m. Healing Touch, By Appt N Reiki, By Appt	Art and Healing, 10 to 11:30 a.m. Eat Like There is No Tomorrow, Noon to 2 p.m. Writing in Vision, 12:30 to 2 p.m. Women's Support, 2 to 3 p.m. Massage Therapy, By Appt	Strength Training, 10 to 11 a.m. Knitting Circle, 10 a.m. to noon	Gentle Yoga, 10:30 to noon
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HEALING TOUCH (BY APPT) F

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered way to support and facilitate their physical, emotional, mental and spiritual health. Healing Touch is highly recommended for individuals in treatment who cannot tolerate massage due to treatment side effects. *Facilitated by Cathy Bowen, RN. To register, call* 770.719.5860. 3/12, 3/26, 4/9, 4/23

MASSAGE THERAPY AND RELAXATION (BY APPT) F N

Massage can lower stress, improve immune function, reduce pain and increase general overall well-being. Sessions are available for those undergoing cancer treatment and has a release from his or her oncologist. Facilitated by Mary Burke, LMT, CDT. To register, call 770.719.5860. Mondays, Tuesdays @ Fayette; Thursdays @ Newnan

REIKI: INDIVIDUAL CONSULTATIONS (BY APPT) F N

A traditional Usui Reiki treatment is non-invasive and uses the light touch of a practitioner's hands on or over specific areas of the recipient's body to re-balance energy and stimulate the body's natural healing ability. Facilitated by Maureen "Mo" Dwyer, MA, RYT; please call to register, 770.719.5860. Wednesdays except 4/9 @ Newnan; 3/7, 3/21, 4/4 @ Fayette

Support Groups

GENERAL CANCER SUPPORT GROUP H

Have you been looking to meet other patients, survivors, and caregivers? People who participate in support groups frequently report significant decreases in depression and loneliness, as well as increased hope and a new attitude toward their diagnosis. *Facilitated by Brenda Kemp, LPC.* 3/22, 4/26

BREAST CANCER SURVIVOR'S NETWORK, INC. F

A group of ladies that gives social and emotional support. Facilitated by Janet Beebe and Leesa Merritt with occasional speakers. For information, call 770.487.4396. 3/18, 4/16

COLORECTAL/GASTROINTESTINAL SUPPORT GROUP F

Open to patients, survivors and family, this group is designed to address challenges associated with the diagnosis, treatment and recovery of colorectal and gastrointestinal cancers (anal, colorectal, pancreatic, stomach, kidney, and liver). *Facilitated by a fellow survivor*. 3/3, 4/7

HEAD AND NECK CANCER INFORMATION GROUP F

This group will provide information and support to those newly diagnosed, undergoing treatment or recovering from treatment of head and neck cancers. 3/26, 4/23

PROSTATE CANCER INFORMATION GROUP F

Prostate Cancer Information Group is a chapter of Us TOO Int'l. The group is intended to allow men (and their families) to share information and to enhance prostate cancer understanding (but not provide medical advice). Facilitated by Jim O'Hara. For more information call 770.632.2898. 3/25, 4/22

SISTERS BY CHOICE H

Sisters by choice works to establish a network of support group chapters that provide resources and counsel to individuals diagnosed with breast cancer and their families. 3/11, 4/8

SISTERS SUPPORTING SISTERS SURVIVORSHIP F N

This group is for African American breast cancer survivors to connect and provide hope through laughter and social support. Atlanta Southern Region Chapter of Sisters Network Inc. Facilitated by Letitia Price, PA-C and Diana Galloway, survivor. 3/4, 4/1 @ Fayette; 4/8 @ Newnan

SUPPORTING YOUR LOVED ONE THROUGH CANCER F

When you are caring for a loved one, you have an enormous responsibility. You can often neglect your own needs. Taking care of yourself will make you a much more effective caregiver. *Facilitated by Brenda Kemp, LPC, 3*/19, 4/16

WOMEN'S CANCER SUPPORT F

For women who have been diagnosed with any type of cancer and are at any stage of recovery. *Facilitated by Tavari Brown, LAPC.* 3/13, 3/27, 4/10, 4/24

YOUNG SURVIVORS F N

For individuals aged 21-45 years, this is an opportunity to socialize and network with other young survivors, either during or post treatment. *Facilitated by Ayana Saron Days and Rebekah Dinkler, LAPC.* 3/20, 4/17 @ Fayette; 3/29, 4/26 @ Newnan