THOMAS F. CHAPMAN FAMILY cancer wellness

JULY/AUGUST 2014

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 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.

T Piedmont CANCER

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

EmergiNet-Henry, LLC
EPIC
Henry Anesthesia Associates,
LLC
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Mr. John F. Statts
VITAS

DeKalb Pathology, PC

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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

Expressive Arts

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. 7/1, 7/8, 8/5, 8/19

CARTER CENTER ART GALLERY: KONGO ACROSS THE WATER (PART OF AFRICA-ATLANTA 2014)

This exhibit explores connections between the art and culture of the Kongo peoples of Western Central Africa and Africian American art culture in the United States. This magnificent collection showcases art held in Belguim and from collections across the US. We will tour the exhibit and have time for coffee and conversation after the tour. *To register, call 404.425.7944.* 8/21

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. Come and explore intention, art making and witnessing as a process in creating images. Curious? Join us. *To register, call 404.425.7944.* 7/21

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.* 7/24, 8/28

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*.

7/9: Chapter 7 – Discovering a Sense of Momentum8/13: Chapter 8 – Discovering a Sense of Discernment

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. 7/11, 7/25, 8/8, 8/29

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 WellFitTM 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 is possible for anybody who really wants it. Yoga is universal..." – Sri Krishna Pattabhi Jois

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. A healthy meal will be served. *Facilitated by Dennis Buttimer, MEd, RYT. To register, call 404.425.7944.* 7/22, 8/26

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; Thursdays (beginning 7/10)

Nutrition Workshops

GARDEN GOODIES

What can you cook up with your fantastic garden veggies and herbs? Chef Nancy Waldeck and Dietitian Shayna Komar will walk you through what's in season and how to make those wonderful garden goodies taste amazing in your kitchen. *To register, call 404.425.7944.* 7/9

MEDITERRANEAN EATING AT ITS BEST

Join George Skaroulis and Dietitian Shayna Komar as they explore Mediterranean eating in a new and fresh way. They will highlight the health benefits eating this way but bring to life new recipes for you to try at home. *To register, call 404.425.7944.* 7/30

FOODS IN BLACK: UNCOVERING BLACK FOODS WITH BENEFITS

The health benefits of eating green and colorful foods from the "rainbow" have become commonly accepted. Less well-know are the amazing nutrition and anti-inflammatory benefits of black or dark colored foods. In this cooking demo, Chef Beci Falkenberg and dietican Shayna Komar, RD, LD, will discuss the power of black foods (such as black pepper, rice/seeds, fruits, veggies, chocolate and tea) and fun simple ways to incorporate them in your diet. *To register, call 404.425.7944.* 8/6

LOCAL EATS

Join Chef Hans Rueffert and Dietitian Shayna Komar as they explore local GA summer food. Hans will bring his expertise from North Ga and get you excited about what is right in our own backyard to eat at this time of year. *To register, call 404.425.7944.* 8/20

CHILLED, STIRRED OR SHAKEN: HYDRATING FOR WELLNESS

Water has been called the "elixir of life" for its importance in keeping our body functions regulated, nourished and cleansed. Extreme outdoor temperatures and medical treatments make proper hydration even more essential. Come learn new ways to incorporate nutrient-dense smoothies, quick soups, salads and cooling drinks into your diet. Serving as nutrition mixologist and culinary coach will be dietican Taryn Tennyson, RD, LD and Chef Beci Falkenberg. *To register, call 404.425.7944.* 8/25

Specialty Programs

CENTERING PRAYER

Learn more about this meditative practice which focuses on spiritual words and themes. This sacred form of meditation encourages contemplation in a way that promotes connection with the sacred. 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. 7/11

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.* 8/21

CREATING THE LIFE YOU WANT WITH GREATER SELF-CONFIDENCE AND SELF-ESTEEM: IGNITING THE FIRE IN THE BELLY-THE SOLAR PLEXUS CHAKRA

The Solar Plexus Chakra is the energetic site of the glistening flame of personal integrity, self-esteem, and self-confidence. It is the energetic power site of self-honor and self-respect. Come learn how to ignite the fire of your own internal cauldron of power to speak and act from an immovable foundation of greater personal integrity to liberate your life to a powerful path of possibilities. In this program, through incorporating

CANCER ,,	
<u>wellness</u>	3

July 2014

piedmontcancer.org

weim						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This class mee the Piedmont in Fitness Center Peachtree Roa	ets at Atlanta , 2001	Iuesday I Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m. Calling All Voices, 1:30 to 3 p.m. Gentle Yoga, 6 to 7:30 p.m. 8 Mindfulness 101, 10:30 a.m. to noon	Wednesday 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. 9 Garden Goodies, 11:30 a.m. to 1:30 p.m.	Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m. 10 Tai Chi, 10 to 11:15	4 Closed 11 Writing for Recovery,	5 12
PINK Exercise, 2 to 3 p.m.*	10:30 a.m. to 1:30 p.m.	T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m.* Calling All Voices, 1:30 to 3 p.m. Look Good, Feel Better, 5 to 7 p.m. Women's Cancer Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Enrichment, 6:30 to 8:30 p.m.	PINK Exercise, 2 to 3 p.m.* The Artist's Way, 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.	Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m.	10:30 a.m. to 12:30 p.m. Centering Prayer, 10:30 a.m. to 1 p.m. PINK Exercise, 2 to 3 p.m.*	
13	14	15	16	17	18	19
Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	Finding Your Passion, Noon to 2:30 p.m. Dinner and Community for Guys, 6 to 8 p.m.	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.	Mystic's Journey: A Course in Miracles, 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.	Tai Chi, 10 to 11:15 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, 6:30 to 8:30 p.m.	The Heart of a Yogi, 10:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*	Tapping and Tapas For Greater Health and Well-Being 10:30 a.m .to 1:30 p.m.
20	21	22	23	24	25	26
Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	Making Marks: Energy Into Art, 10 a.m. to 2 p.m. Managing Stress, 6 to 7:15 p.m. Kitchen Table Wisdom, 6 to 8 p.m.	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.* Women's Cancer Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Enrichment, 6:30 to 8:30 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.	Tai Chi, 10 to 11:15 Soul Collage, 10 a.m. to 1 p.m. Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m. Loving Your Body/ Loving Yourself, 6 to 8:45 p.m.	Writing for Recovery, 10:30 a.m. to 12:30 p.m. PINK Exercise, 2 to 3 p.m.*	Lessons From the Dark Side, 10:30 a.m. to 1:30 p.m.
27	28	29	30	31		
Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	Mind and Medicine, 10:30 a.m. to 1:30 p.m.	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.	Mediterranean Eating, 11:30 a.m. to 1:30 p.m. Managing Stress, 1 to 2:15 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.	Tai Chi, 10 to 11:15 Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m.		



August 2014

piedmontcancer.org

<u>wellness</u>		August 2014			pleamontcancer.org		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
*This class me	ets at the Piedm	ont Atlanta Fitness Center, 2001 P	eachtree Road.		Power of Patience, 10:30 a.m. to 1:30 p.m.	MBTI For Couples, 10:30 a.m. to 1:30 p.m.	
					PINK Exercise, 2 to 3 p.m.*		
3	4	5	6	7	8	9	
Cancer Wellfit TM , 1 to 2 p.m.* Creating the Life You Want, Noon to 2:30 p.m.	Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m.	Foods in Black, 11:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*	Tai Chi, 10 to 11:15 Mindfulness 201, 10:15 a.m. to noon	Writing for Recovery, 10:30 a.m. to 12:30 p.m.	Power Up: Yin Yoga For Vigor and Vitality,		
2 to 3 p.m.*		Cancer Wellfit™, 1 to 2 p.m.* Calling All Voices, 1:30 to 3 p.m.	PINK Support, 3 to 4 p.m.* Men's Yoga, 6 to 7:30 p.m.	Gentle Yoga, 1 to 2:30 p.m.	Toltec Sacred Wisdom, Noon to 2:30 p.m.	10:30 a.m. to 1:30 p.m.	
		Gentle Yoga, 6 to 7:30 p.m.	Mindfulness 101, 6 to 7:30 p.m.		PINK Exercise, 2 to 3 p.m.*		
10	11	12	13	14	<i>15</i>	16	
Cancer Wellfit TM , L to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	Yin and Yang, 10:30 a.m. to 1:30 p.m. Dinner and Community for Guys, 6 to 8 p.m.	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 Cancer Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Enrichment, 6:30 to 8:30 p.m.	PINK Exercise, 2 to 3 p.m.* The Artist's Way, 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.	Tai Chi, 10 to 11:15 Mindfulness 201, 10:15 a.m. to noon Soar in the Summer, Noon to 1 p.m. Gentle Yoga, 1 to 2:30 p.m.	PINK Exercise, 2 to 3 p.m.*	Voice Yourself, 10:30 a.m. to 1:30 p.m	
17	18	19	20	21	22	23	
Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*		Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m. Cancer Wellfit™, 1 to 2 p.m.* Calling All Voices, 1:30 to 3 p.m. Gentle Yoga, 6 to 7:30 p.m.	Local Eats, 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.	Tai Chi, 10 to 11:15 Chemoflage, 10 a.m. to 1 p.m. Mindfulness 201, 10:15 a.m. to noon Gentle Yoga, 1 to 2:30 p.m. Carter Center Art Tour, 1 to 4 p.m. Prostate Cancer Support, 6:30 to 8:30 p.m.	Say "Yes" To Your Best, 10:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*		
24	25	26	27	28	29	30	
Cancer Wellfit™, 1 to 2 p.m.* PINK Exercise, 2 to 3 p.m.*	Chilled, Stirred or Shaken: Hydrating for Wellness, 11:30 a.m. to	Chair Yoga, 10 a.m. to noon Mindfulness 101, 10:30 a.m. to noon T'ai Chi, Noon to 1:15 p.m.	Mystic's Journey: Heart of Buddha, 10:30 a.m. to 1:30 p.m. PINK Exercise, 2 to 3 p.m.*	Tai Chi, 10 to 11:15 Soul Collage, 10 a.m. to 1 p.m. Mindfulness 201, 10:15	Writing for Recovery, 10:30 a.m. to 12:30 p.m.		
Cancer Wellfit™, to 2 p.m.* PINK Exercise, to 3 p.m.*	1:30 p.m. Kitchen Table Wisdom, 6 to 8 p.m.	Cancer Wellfit [™] , 1 to 2 p.m.* Women's Cancer Support, 5:30 to 7:30 p.m. Gentle Yoga, 6 to 7:30 p.m. Couples Enrichment, 6:30 to 8:30 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.	a.m. to noon Soar in the Summer, Noon to 1 p.m. Gentle Yoga, 1 to 2:30 p.m.	2 to 3 p.m.*		

information of the physical, psychological and emotional interconnections of this Chakra, gentle yoga practices, silent reflection, writing and dialogue, participants will discover how to transform and open the "Chi" of the Solar Plexus to claim a life of greater personal power and expansiveness. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be served promptly at noon. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody lodice, Ph.D. To register, call 404.425.7944. 8/4

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

We invite you to rediscover the energy of your passions for living, loving, and creating. When "Chi" (life force) is open and flowing at the Sacral Chakra, we are at optimum energy for being "open" to all aspects of creativity and expressing creativity with others even in our differences. We find an ease in experiencing peak moments in physical and relational interactions with others and ourselves; we easily give and receive nurturing and find we are simply free to be our loveable selves, yet when "Chi" is blocked in our Sacral Chakra, giving love and nurturing and accepting love and nurturing is deeply diminished as is any energy for creative flow. Please wear comfortable loose clothing as we will be on yoga mats throughout the session. Lunch will be served promptly at noon. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice, Ph.D. To register, call 404.425.7944. 7/14

HEALING THROUGH DEEP LISTENING SERIES: RELATING MINDFULLY TO OUR EMOTIONS

"We will not find the solution to our problems at the same level of consciousness they were created." –Albert Einstein

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. 7/7

THE HEART OF A YOGI: PATANJALI'S YOGA SUTRAS

"Through yoga, your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive, and your discover yourself to be a greater person by far than you ever dreamed yourself to be." -Patanjali

In the yoga sutras developed over 2,000 years ago, only two principles are related to asana (postures). The rest of the verses are devoted to psychological and spiritual principles that lead us to an "inner strength" and "deep and abiding calm." In this workshop, we will explore the teachings from the Indian sage Patanjali to understand the deeper meanings within yoga practice. We will also weave in experiential practices of hand mudras, chanting, gentle yoga, and guided meditation. Wear comfortable clothing.A healthy meal will be served. *Facilitated by Angela Buttimer, MS, RYT, LPC. To register, call* 404.425.7944. 7/18

LESSONS FROM THE DARK SIDE OF THE LIGHT CHASERS: TRANSFORMING THE SHADOW

In Debbie Ford's bestseller, we learn that healing occurs through embracing all of who we are. Join Dennis Buttimer, M.Ed., RYT in shifting the "darkness" and resting into the wondrous light that you are. Enjoy a wonderful meal with Chef Nancy Waldeck that will nourish your light within. *To register, call 404.425.7944.* 7/26

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.* 7/8, 8/12

LOVING YOUR BODY/LOVING YOURSELF

After cancer diagnosis and treatment, it's more important than ever to love, honor and appreciate your body and yourself. It can be even more difficult after going through the process of surgery, radiation, and chemotherapy. Some people report feeling distanced from and betrayed by their bodies while other experience more awe and gratitude for their body's resilience. The power of self-acceptance and non-judging will be explored. Join Angela Buttimer, MS, RYT, LPC as she lead you through dialogue, reflection, experiential exercises around this important topic. Chef Nancy Waldeck will take you through how to love yourself with cooking healthy and eating well. Love the body you are in today! Wear comfortable clothing. *To register, call 404.425.7944. 7124*

MBTI FOR COUPLES: TOOL FOR RELATIONSHIP ENRICHMENT

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 to your relationship. The MBTI provides a tool to increase self-awareness and personal power. Understanding your MBTI personality profile, as well as the profiles of others, can be helpful through diagnosis, treatment and recovery. The results can be applied broadly across many vital areas

of your life, including your relationship: shedding light on patterns, strengths, and areas you may choose to tweak for better health and happier living. A healthy lunch will be served. *To register, call 404.425.7944.* 8/2

MIND AND MEDICINE

Join Dennis Buttimer, M.Ed., RYT and Angela Buttimer, LPC, RYT as they review the latest fascinating compilation of research from Dr. Lisa Rankin, M.D. We will look at case studies and research that examine the powerful healer within. We know that self-efficacy is essential to immune system functioning, and that our lifestyles, beliefs, emotions, intentions, environments, and stress levels have a tremendous influence on our physiology. Dress comfortably for various experiential exercises for integration of these ideas and concepts. A healthy meal will be served. *To register, call* 404.425.7944. 7/28

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.

7/16: A Course in Miracles

8/27: The Heart of Buddha's Teachings

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, 8/17

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.*

THE POWER OF PATIENCE: IN LIFE AND IN THE KITCHEN

Join Angela buttimer, MS, RYT, LPC to explore the inherent power in practicing patience in various situations throughout your life. Impatience is linked to stress, cortisol, and inflammation. While patience is not always

easy, Angela will lead you through various practices to access it more skillfully and readily. Chef Nancy Waldeck will then guide you through how to apply patience in the kitchen – in all the situations that arise while preparing a meal. Greater Patience equals better health! *To register, call 404.425.7944.* 8/1

POWER UP: YIN YOGA FOR VIGOR & VITALITY

Boost your energy level through this powerful, restorative practice! Enjoy the deeply relaxing effects and renewed flexibility. No experience necessary but participants must be able to get up and down on the mat on their own. Dennis Buttimer, RYT will facilitate this workshop. Chef Beci Falkenberg will prepare a delicious meal around power foods that promote energy, mental clarity and balance in your body. *To register, call 404.425.7944.* 8/9

SAY "YES" TO YOUR BEST: LIVING FROM THE INSIDE OUT

Our authentic power always comes from within. Join Angela Buttimer, MS, RYT, LPC as she leads you through the process of saying "YES" to your best and accessing your authentic power. Chef Beci will prepare a delicious meal highlighting foods which support your health from the inside out. During the lunch she will explain the natural healing power of the ingredients used in each course. *To register, call 404.425.7944*. 8/22

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. 7/*19

TOLTEC SACRED WISDOM: LIVING THE THIRD AND FOURTH AGREEMENTS FOR GREATER ENRICHMENT AND LOVE AND JOY IN YOUR LIFE

"Imagine living a life where you are not afraid to take the risk to explore life...imagine loving yourself just the way you are. Imagine you love your body just the way it is; you love your emotions just the way they are. Imagine that just by being yourself, you are happy and truly enjoy your life..." – don Miguel Ruiz

Come explore the Third and Fourth Toltec Agreement from the work of New York Times bestseller, don Miguel Ruiz, The Four Agreements and A Toltec Wisdom Book The Fifth Agreement. 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 and how incorporating these in our

daily interactions with ourselves and others will lead us to greater confidence, tolerance, flexibility, peace, satisfaction and contentment with ourselves so that we successfully navigate through our day-to-day experiences with ease. Through writing, dialogue, meditation, and experiential exercises we will explore how to successfully live in our daily experiences from a place of greater open mindedness, self-acceptance, patience, and authentic active listening. We will explore what it means to know that each day our "best" can be different and that striving and driving ourselves every day for an optimal "best" is really unreasonable and unrealistic because Toltec Sacred Wisdom tells us our "best" changes from moment to moment and hour to hour...and living our "best" at times means letting go of rather than holding on to. Lunch is provided promptly at noon. Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944. 8/8

VOICE YOURSELF WITH VIRGINIA SCHENCK

Our voices allow us to connect more deeply with the body, mind, and self. Through group chants, song circles, and improvisatory games, we will explore the vast array of tones we can employ and learn to integrate these into our whole being. Wear comfortable clothing. Lunch will be provided. 8/16

YIN AND YANG: BALANCING THE ENERGIES OF THE SEASON

Summertime can be a time of focused movement (Yang), along with moments of deep reflection and being (Yin). Join Angela Buttimer, MS, LPC, RYT and Dennis Buttimer, M.Ed., RYT in exploring and balancing these constantly changing energy forms. A healthy meal in the Wellness Café will be served. *To register, call 404.425.7944*. 8/11

Stress Reduction

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

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. *Facilitated by Dennis Buttimer, M.Ed., RYT. To register, call 404.425.7944.* 7/8, 7/22, 8/12, 8/26

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.* 7/14, 8/11

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. *Facilitated by Dennis Buttimer, M.Ed., RYT. To register, call* 404.425.7944. 7/21, 8/25

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 678.638.6388.7/17, 8/21

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. 7/8, 7/22, 8/12, 8/26