

THOMAS F. CHAPMAN FAMILY

cancer wellness

JAN/FEB 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.

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

BEING SEEN: FUN PORTRAITS BY CORRINE ADAMS

Professional photographer Corrine Adams leads us in a playful exercises with props to help us choose how we want to be seen in our photography “shoot”. You will leave with this personal image captured by the camera. *Lunch will be provided. To register, call 404.425.7944. 1/29*

THE GIFT OF WORDS: DREAM IT, LIVE IT, WRITE IT

Capture and preserve your wishes, feelings or life moments in this soulful and engaging writing workshop facilitated by Angela Buttimer, MS, LPC, RYT. The simple act of jotting down words or thoughts helps to clarify and define our experiences, hopes and desires. Through dialogue and writing prompts you'll be inspired to write a “note to self” or a loved one, expressing a personal “aha” or Hallmark moment, a true gift from the heart. Chef Beci Falkenberg will prepare a healthy lunch inspired by her parent’s favorite recipes. Each participant will take home an originally designed note card for future use. *To register, call 404.425.7944. 2/28*

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. *To register, call 404.425.7944. 1/8, 2/5*

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. 1/22, 2/26*

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.*

1/14: Introduction and Chapter 1 • 2/11: Chapter 2

WRITING FOR RECOVERY

1/16: Honoring All of Me: The Voices in My Head & The Committee Meeting

1/30: Applying the Wisdom Of The Great Maya Angelou

2/13: Self-Love, Self-Honor, Self-Care

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

2015: GO WITH THE FLOW YOGA WORKSHOP

This flow vinyasa yoga workshop will emphasize movements through yoga poses utilizing the breath. Unlike yin yoga, this class will focus on continuous, active combinations of asanas (poses). It will build strength and endurance as another form of yoga. Chef Beci Falkenberg will help you flow into the New Year with a nurturing Zen-inspired meal. *To register, call 404.425.7944. 1/26*

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. 1/13, 2/10*

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](#)

REFRESHING T'AI CHI FOR A HAPPY LUNAR NEW YEAR!

February 19th marks the beginning of Spring on the Lunar New Year calendar, and therefore the awakening of bright energy! Come stretch, breathe deeply, and shake off the winter clouds with this nature-inspired set. As always, this set may be performed seated or standing. *Taught by Cate Morrill, Certified T'ai Chi Instructor and assistants. Lunch provided by Chef Beci Falkenberg. To register, call 404.425.7944. 2/23*

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](#)

Nutrition Workshops

SUPER BOWLS: SATISFYING ONE BOWL MEALS

Super Bowls aren't just for football fans! Using a little creativity and a few ingredients from the pantry or even left-overs, you'll be enjoying a delicious meal in a jiffy. Come join dietitian Shayna Komar RD, LD and Chef Beci Falkenberg as they share one bowl meal ideas that are both easy to prepare and healthy. [1/7](#)

BUFORD HIGHWAY FARMER'S MARKET TOUR AND DEMO

Our tour is back by popular demand! This time Chef Nancy Waldeck and Dietitian Shayna Komar will highlight the seasonal winter produce at this fun market. Wear comfortable shoes; you will be walking, talking, and taste testing morning and afternoon! *Tour at 10:30 a.m. or 12:30 p.m. Demo from 11:30 a.m. to 12:30 p.m. To register, call 404.425.7944. 1/21*

CHOCOLATE DEMO

Just because chocolate tastes good - doesn't mean it's not good for you! Come join Dietitian Shayna Komar RD, LD and Healthy Chef Partyologist Nancy Waldeck to explore the wonderful, delicious and healthy world of foods made with deep, dark chocolate. We'll create dishes from salad to dessert with luscious chocolate from countries around the world. *To register, call 404.425.7944. 2/11*

BACK TO CANNING BASICS: BEGINNING 101

During this hands-on course, participants will work as teams to experience all the steps of producing two recipes from start to finish; with special concentration on sterilizing jars, weighing and measuring products, knife skills, and managing the hot water bath processing. Students will be mise en place (putting in place) seasonal Dill Carrot Spears and making Cranberry Jelly. And if that's not fun enough, each participant will take home a jar of each. *Facilitated by the Can Can Girls, Jennifer and Brenda. *NOTE: Students should feel free to bring a chef's knife from home to aid in the preparation. All other equipment and ingredients will be provided. To register, call 404.425.7944. 2/12*

WINTER SOUPS AND SALADS

How do you eat well and still enjoy the bountiful flavors of the season? Join Metro Fresh Chef Brian Kraatz (aka "Rockstar") as he whips up some wonderful soups and salads with in-season produce. Dietitian Shayna Komar will assist Rockstar for a fun and informative cooking demo. *To register, call 404.425.7944. 2/25*

Specialty Programs

AWAKENING THE SHAKTI OF INTENTION, IMAGINATION, & CREATIVITY IN THE NEW YEAR (AND THE REST OF YOUR LIFE)

What do you want to cultivate and create in the new year? And for the rest of your one wild and precious life? Participants will be guided by Angela Buttmer, MS, RYT, LPC through various exercises to access and ignite the internal creative feminine principle of Shakti to step boldly forward in the new year, and the new chapters of your life. Unlock the powerful forces in your own mind, body, heart, and spirit so you may clear and connect with the depth of your own authentic inner vision. *To register, call 404.425.7944. 2/2*

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. *Facilitated by Lauren Garvey, CRC, NCC. See reading room bulletin for details. 1/21, 1/23, 2/18, 2/20*

CENTERING PRAYER

This sacred form of meditation that focuses on spiritual words and themes encourages contemplation in a way that promotes connection with the sacred. This practice is accessible regardless of spiritual orientation and you will also 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. 2/4*

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><i>New Years Day, no classes</i></p>	<p>2</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>3</p>
<p>4</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>5</p>	<p>6</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>7</p> <p>Super Bowls, 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>8</p> <p>Making Marks, 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>9</p> <p>Power of 10, 10:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>10</p> <p>Winter Wonder Yin, 10:30 a.m. to 1:30 p.m.</p>
<p>11</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>12</p> <p>Life Lessons and Sacred Truths of the Chakras, Noon to 3 p.m.</p> <p>Kitchen Table Wisdom, 6 to 8 p.m.</p>	<p>13</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>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>14</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>15</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>Prostate Cancer Support, 6:30 to 8:30 p.m.</p>	<p>16</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>17</p> <p>Frozen: Let it Go, 10:30 a.m. to 1:30 p.m.</p>
<p>18</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>19</p> <p>Mystic's Journey, Noon to 3 p.m.</p> <p>Dinner and Community for Guys, 6 to 8 p.m.</p>	<p>20</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>21</p> <p>BHFM Tour and Demo, 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>22</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>Talk on Sexuality, 6 to 8:45 p.m.</p>	<p>23</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>Book Club, 6 p.m.</p>	<p>24</p> <p>Centering Prayer and Culinary Peace, 10:30 a.m. to 1 p.m.</p>
<p>25</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>26</p> <p>Mind and Medicine, 10 a.m. to 12:30 p.m.</p> <p>Go with the Flow, 6 to 8:30 p.m.</p>	<p>27</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>28</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>29</p> <p>Mindfulness 201, 10:15 a.m. to noon</p> <p>T'ai Chi, 10:45 a.m. to noon</p> <p>Being Seen, Noon to 3 p.m.</p> <p>Gentle Yoga, 1 to 2:30 p.m.</p>	<p>30</p> <p>Writing for Recovery, 10:30 a.m. to 12:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>31</p> <p>Peeling Off Labels, 10:30 a.m. to 1:30 p.m.</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>2</p> <p>Awakening the Shakti, Noon to 3 p.m.</p> <p>Mindful Path for Cultivating Healthy Relationships, 6 to 8:30 p.m.</p>	<p>3</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>4</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>5</p> <p>Making Marks, 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>Couples Date Night, 6 to 8:30 p.m.</p>	<p>6</p> <p>Loving and Celebrating Yourself, 10:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>7</p> <p>Men's Retreat, 10 a.m. to 3 p.m.</p>
<p>8</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>9</p> <p>Opening and Balancing the Root Chakra, Noon to 2:30 p.m.</p> <p>Kitchen Table Wisdom, 6 to 8 p.m.</p>	<p>10</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>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>11</p> <p>Chocolate Demo, 11:30 a.m. to 1:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>The Artist's Way, 2 to 4 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>12</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>Back to Canning Basics, 6 to 9 p.m.</p>	<p>13</p> <p>Writing for Recovery, 10:30 a.m. to 12:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>14</p> <p>Comic Relief, 10:30 a.m. to 1:30 p.m.</p>
<p>15</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>16</p> <p>Toltec Sacred Wisdom, Noon to 2:30 p.m.</p> <p>Mystic's Journey, Noon to 3 p.m.</p> <p>Dinner and Community for Guys, 6 to 8 p.m.</p>	<p>17</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>18</p> <p>Healing Through Deep Listening, 10 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>19</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>Prostate Cancer Support, 6:30 to 8:30 p.m.</p>	<p>20</p> <p>New Beginnings with Dreams and Guided Imagery, Noon to 2:30 p.m.</p> <p>PINK Exercise, 2 to 3 p.m.*</p> <p>Book Club, 6 p.m.</p>	<p>21</p>
<p>22</p> <p>Cancer Wellfit™, 1 to 2 p.m.*</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>23</p> <p>Refreshing T'ai Chi, 10:30 a.m. to 12:30 p.m.</p>	<p>24</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>25</p> <p>Winter Soups and Salads, 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>26</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>Talk on Sexuality, 6 to 8:45 p.m.</p>	<p>27</p> <p>PINK Exercise, 2 to 3 p.m.*</p>	<p>28</p> <p>Gift of Words, 10:30 a.m. to 1:30 p.m.</p>

*This class meets at the Piedmont Atlanta Fitness Center, 2001 Peachtree Road.

CENTERING PRAYER AND CULINARY PEACE

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. Chef George Skaroulis will prepare a delicious lunch to enhance the spiritual theme. George will also discuss ways to cultivate peace in the kitchen. *To register, call 404.425.7944. 1/24*

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.*

**Class held at Nordstrom Perimeter.*

AN EVENING TALK ON SEXUALITY AND INTIMACY

While it's not talked about comfortably often, cancer often impacts how we think about sex and intimacy. Join us to learn many ways to reconnect with yourself and your sexuality. Whether you are thinking about dating to in a committed relationship, these evenings will have something for you to learn. All topics will be discussed sensitively and comfortably. Sit and relax as you listen to a presentation on making sex and intimacy comfortable and fun again. These talks are led by Kristina Tucker, counselor in training working on a certificate in Christian Sex Therapy. *Call 404.425.7944 to register.*

For singles: 1/22

For those in committed relationships or married: 2/26

FROZEN: LET IT GO

Like the cold weather, our thoughts and emotions can become frozen, stuck in patterns that block healing. In this workshop, learn tools to release blocks, discharge pain, melt your fears and unfreeze your vision. What would you like to let go of for a greater sense of well-being? Chef Beci Falkenberg will create a Scandinavian theme lunch to warm the winter chills with a healthy frozen hot chocolate beverage and a special frozen dessert. *Facilitated by Dennis Buttimer, M.Ed., RYT. To register, call 404.425.7944. 1/17*

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 powerful role in our lives and in our immune system functioning. Dr. Candace Pert calls the interplay of these aspects "the mobile brain" – ourselves in continuous dialogue. As we learn to respond

more skillfully 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. We can learn to release painful, habitual reactionary patterns, feeling better and living better. Wear comfortable clothing as we will work with some gentle movement. You may choose to attend one or all within the Deep Listening offerings. *Facilitated by Dennis Buttimer, MEd, RYT and Angela Buttimer, LPC, RYT. A healthy meal will be served. To register, call 404.425.7944. 2/18*

THE LIFE LESSONS AND SACRED TRUTHS OF THE CHAKRAS: LEVEL I

For over thousands of years, the ancient practice of balancing the Chakra system has been a means of physical, emotional and spiritual healing, deepening the inherent wisdom of one's soul, and nurturing and illuminating the absolute essence of who one really is in the world. This workshop will introduce you to the emotional, psychological, physical and spiritual principles of each of the seven Chakras. Additionally, through the practice of gentle yoga poses, meditation, breathwork, and chanting the unique mantras of each chakra, we will open and balance "Chi" (the energy of life force) of each chakra allowing for greater harmony, balance, and peace of mind, body and spirit. Please wear comfortable clothing as we will be on yoga mats throughout the entire program. *Lunch provided at noon. Facilitated by Angela Buttimer, LPC, RYT and Dr. Jody D. Iodice, Ph.D. To register, call 404.425.7944. 1/12*

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. 1/13, 2/10*

LOVING AND CELEBRATING YOURSELF

February is the month we typically think of romance and others. It is vital that we also honor the love that we have for ourselves. Our immune system responds positively when we send love and gratitude to our own minds, hearts, and bodies. Join Angela Buttimer, LPC, RYT as she guides you through experiential exercises with both movement and stillness around self-love and Chef Nancy Waldeck as she prepares a feast to nourish all of you. *To register, call 404.425.7944. 2/6*

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. Lissa 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. From nocebos to placebos, we will journey into the cutting edge science of epigenetics and integrative medicine. Dress comfortably for exercises to integrate these ideas and concepts. *A healthy meal will be served. To register, call 404.425.7944. 1/26*

A MINDFUL PATH FOR CULTIVATING HEALTHY RELATIONSHIPS

Join Angela Buttimer, RYT, LPC and Dennis Buttimer, MEd, RYT to learn skills and strategies for creating healthier, more satisfying relationships in your life. Whether you are needing help with difficult people, wanting to change ineffective patterns, or wanting to enrich the relationships you enjoy, the principles and skills of mindfulness can help. We will lead you through reflection, dialogue, and experiential exercises to explore these issues. *A healthy meal will be served. To register, call 404.425.7944. 2/2*

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.*

1/19: Forgiveness Surrender & Letting Go

2/16: The Power of Humility & Faith

OPENING AND BALANCING THE ROOT CHAKRA: IGNITING LIFE FORCE AND KUNDALINI ENERGY

We invite you to explore paths to open, clear and balance the ROOT CHAKRA. We will examine and reflect on the psychological, emotional, physical and spiritual implications of the Root Chakra through writing and dialogue. In addition, we will be practicing gentle yoga, meditation, breathwork and chanting to balance and clear the "Chi" energy of the Root Chakra thereby igniting the flow of Kundalini energy in the body. We hope you will join us for this enlightening opportunity to experience and empower the internal energies of fire and earth for greater vitality and healing opportunities. Please wear comfortable clothing as we will be on yoga mats throughout the session. *Lunch will be served at noon. Facilitated by Angela Buttimer, RYT, LPC and Dr. Jody Iodice, Ph.D. Registration is required. To register, call 404.425.7944. 2/9*

PEELING OFF LABELS: YOUR REDEFINING MOMENTS

Who we are is far greater than any labels we may have acquired in this life. Join Angela Buttimer, RYT, LPC to explore the existential question of "Who am I?" and redefine what the answer looks and feels like for you. We spend a lot of time in the kitchen, and others may label us as a "southern cook" or a "quick cook". Come join Chef Nancy Waldeck in the kitchen to discover new ways to expand your kitchen repertoire with delicious and better-for-you-food. *To register, call 404.425.7944. 1/31*

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 2/8*

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.*

POWER OF 10 FOR ATTAINING GOALS

Join Angela Buttimer LPC, RYT and Chef Nancy Waldeck to learn the principles of the power of 10. Taking 10 minutes each today for self-care, planning, and organization feels doable and can have a sustainable impact in your life. Learn how to break down those big goals into manageable pieces and walk away with a concrete plan for next steps. Join us to discuss and experience strategies for optimal health. *A healthy meal will be served. To register call 404.425.7944. 1/9*

TOLTEC SACRED WISDOM: ENRICHING YOUR DAILY LIVING WITH THE FIRST AND SECOND AGREEMENTS

Based on the New York Times bestseller, The Four Agreements and A Toltec Wisdom Book The Fifth Agreement by don Miguel Ruiz, this workshop will examine the Toltec Sacred wisdom of the first two agreements: "Be Impeccable with Your Word" and "Don't Take Things Personally" and how living these agreements can enhance your daily life and the relationships around you. To live these agreements successfully, we must first examine the impact of our own internal dialogue; how this internal "chatter" shapes our daily choices, our past and present relationships and our daily interactions with our significant relationships be they spouse and/or partner, family members, friends and/or co-workers. We will engage in writing, dialogue, meditation, and experiential exercise to practice ways to be more congruent with our word, to be less judgmental of ourselves and others, and to be more accepting and forgiving of ourselves and others in order to be free from regrets so that we live and love more easily with joy, love, and good health. *Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice, Ph.D. Registration is required. To register, call 404.425.7944. 1/16*

TOLTEC SACRED WISDOM: LIVING THE THIRD AND FOURTH AGREEMENTS FOR GREATER CONTENTMENT, JOY, AND PEACE IN YOUR LIFE

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. *Lunch is provided at noon. Facilitated by Dennis Buttimer, M.Ed., RYT, and Dr. Jody D. Iodice, Ph.D. Registration is required. To register, call 404.425.7944. 2/16*

WINTER WONDER YIN

Winter is the perfect time to go within, and practicing yin yoga is a healthful way to do it. Tune-in, stay balanced, and strengthen your immune system during this workshop incorporating mindful reflection and heart-opening, restorative yoga. Join Angela Buttimer, MS, RYT, LPC as she guides you through a deep opening and release – mentally, emotionally, and physically – along with spiritual connection. Replenish your energy with a yang-strengthening (warming) lunch prepared by Chef Beci Falkenberg. Wear comfortable clothing for on-the-mat yoga. *To register, call 404.425.7944. 1/10*

Stress Reduction

COMIC RELIEF: THE WIT & WISDOM OF DR. SEUSS AND LAUGHING YOGA

Join Dennis Buttimer, M.Ed, RYT as he facilitates discussion on some of the classics and also leads some laughing yoga exercises. (This is NOT a yoga class). Bring in a book or some favorite lines. A nutritious Dr. Seuss inspired lunch will be prepared by Chef Beci Falkenberg. Wear comfortable clothes or a Dr. Seuss story outfit. *To register, call 404.425.7944. 2/14*

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*

NEW BEGINNINGS WITH DREAMS AND GUIDED IMAGERY

Come learn how to access the healing power of your dreams; how to transform disturbing nightmares and to invite healing “waking dreams” through guided imagery. Enjoy an engaging power point presentation on the basics of dreams and guided imagery, and participate in playful encounters with the realm of the imagination. Benefits of this practice include reduced anxiety and stress; improved immune functioning; and increased sense of how to live fully now – no matter the circumstances. *A healthy lunch will be served promptly at noon. Facilitated by Tallulah Lyons, M.Ed. To register, call 404.425.7944. 2/20*

Support Groups

COUPLES DATE NIGHT

Show up with your “date” and enjoy an evening of warmth and connection! Dennis Buttimer, M.Ed, RYT and Chef Nancy Waldeck will facilitate this night of romance in sync with Valentine’s Day. Have fun together with light games and feast on a delicious dinner. *To register, call 404.425.7944. 2/5*

COUPLES ENRICHMENT AND SUPPORT GROUP

The cancer journey can be very challenging for couples in terms of communication, emotions and intimacy. Being in community with other couples and having their support and understanding can make a huge difference in your relationship. Join us for dinner, education and discussion. *Facilitated by Dennis Buttimer, M.Ed., RYT. To register, call 404.425.7944. 1/13, 1/27, 2/10, 2/24*

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. 1/19, 2/16*

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. 1/12, 2/9*

MEN’S RETREAT: BUILDING THE BONDS OF CONNECTION

This retreat will be a time of renewal, focusing on various aspects of who we are as men. Enjoy this time of self-care and bonding with activities such as movement, humor, cooking, and other activities. This day will be focused on both reflection as well as fun. Chef Hans Rueffert will lead us in creating a delicious meal. This retreat is open to male cancer patients, survivors and caregivers. *To register, call 404.425.7944. 2/7*

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. 1/15, 2/19*

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. 1/6, 1/20, 2/3, 2/17*

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. *1/13, 1/27, 2/10, 2/24*