

JULY/AUGUST 2008



Cancer Wellness

AT PIEDMONT

Cancer Wellness at Piedmont offers comprehensive, complementary services and programs for anyone affected by cancer at any phase in his or her cancer journey. Professionally-led programs include education, relaxation and stress reduction, movement and exercise, expressive arts, meditation, support groups, individual nutritional and psychological counseling, cooking demos and social events.

Our mission is to consistently provide quality psychosocial programs as an adjunct to conventional medical care that improves quality of life and promotes health and well-being. All programs are free and open to anyone in greater Atlanta affected by cancer.

Parking is offered on site at 275 Collier Road. Note that after 6 p.m. the parking deck will be open during program hours. Please disregard signage stating that the deck is closed and give parking ticket to your program facilitator.

All programs take place at Cancer Wellness at Piedmont, located in the Piedmont Hospital Cancer Center, 275 Collier Road, N.W., (Piedmont Physicians Plaza), Suite 490, Atlanta, GA, 30309, unless noted in the class listing. Also, we realize people have good days and bad days, so registration is not required for classes unless noted.

We will be closed on July 4th.

Carolyn Helmer, LCSW
 Manager, Cancer Wellness at Piedmont
 Phone: 404-605-1962

Cancer Wellness New Member Orientation

Come for lunch and learn about the Cancer Wellness philosophy, programs and events. Meet the staff and enjoy a healthy lunch in the Wellness Café. For new members only.

DATE: Last Friday of every month

TIME: 11:30 a.m. to 12:30 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

Support Groups

These drop-in networking groups are led by licensed psychotherapists and designed to provide support, education and connection to others to enhance ones quality of life and ability to cope with the diagnosis.

Are you interested in joining a Women Recovering from Cancer Support Group? If so, please call **404-605-4464** to discuss your interest and needs in regard to adding this offering to the 2008 calendar.

BREAST CANCER SUPPORT

For women who have or have had breast cancer. Explore specific issues and concerns related to living with breast cancer. *Facilitated by Barbara Robey, LCSW.*

DATES/TIME: Second Tuesday, Noon to 1:30 p.m. and fourth Tuesday, 6 to 7:30 p.m.

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GYNECOLOGICAL CANCER SUPPORT

For women who have or have had any gynecological cancer.

Facilitated by Angela Buttimer, LPC.

DATES: Second and fourth Tuesdays

TIME: Noon to 1:30 p.m.

A GUY'S GROUP

For men at any stage of recovery from cancer. *Facilitated by Dennis Buttimer, M.Ed.*

DATES: Second and fourth Mondays

TIME: 6 to 7:30 p.m.

SUPPORTING YOUR LOVED ONE THROUGH CANCER

Open to partners, family members or friends of someone who has cancer. *Facilitated by Dennis Buttimer, M.Ed.*

DATES: First and third Mondays

TIME: 6 to 7:30 p.m.

LIVING WITH STAGE 4 CANCER?

Are you interested in opportunities to explore the meaning of life at this stage with others? Call Jackie Lawrence, LCSW at **404-605-4453**.

Symptom Management

LYMPHEDEMA EDUCATION

What is lymphedema and who is at risk for getting it? Is there anything that can be done to prevent it? If you get it, is there a treatment? During this session the participants will learn the answers to these questions by learning how the lymphatic system works, what can go wrong and what to do about it.

Facilitated by Gwen Forbes-Kirby, PT.

DATE: Wednesdays, July 9 and August 13

TIME: 11:30 a.m. to 12:30 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

WHERE DID MY BRAIN GO AND HOW CAN I GET IT BACK? STRATEGIES FOR COPING WITH "CHEMOBRAIN"

Some cancer patients experience difficulties with memory, attention and other "brain complaints" during and after chemotherapy. Others state that formerly easy tasks become more difficult. This is often referred to as "Chemo Brain." In this workshop, you will learn about the history of the phenomenon, contributing factors and ways of coping.

Facilitated by Lynne Padgett, Ph.D.

DATE: Tuesday, July 8

TIME: 1 to 2:30 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

CANCER FATIGUE – WHY AM I SO TIRED? WHAT CAN I DO TO FEEL BETTER?

Fatigue can be a distressing side effect during and after cancer treatment. This informative program will address cancer fatigue syndrome, common causes and ways to restore energy. *Facilitated by Arrington Leitch, RN.*

DATE: Monday, August 11

TIME: 10 to 11 a.m.

REGISTRATION REQUIRED: Call 404-605-1962

Stress Reduction

MASSAGE THERAPY

Chair massage can lower stress, improve immune function, reduce pain, reduce anxiety and increase general overall well-being. Short sessions are available for anyone who is undergoing cancer treatment and has a release from his or her oncologist. *Facilitated by Cindy Stark Reid, LMT.*

REGISTRATION REQUIRED: Call 404-605-1962



FINDING HUMOR IN IT ALL

Access your humor and improve your health. While cancer isn't funny, you don't have to lose your sense of humor – because laughing is good for your recovery. Norman Cousins wrote that some of the best medicine available is laughter. Find things to laugh about with others who may help you find your funny bone. *Facilitated by Dennis Buttmer, M.Ed.*

DATE: Thursday, July 24, 12:30 to 2:30 p.m. (with lunch provided at 12:30 p.m. in the Café) and Friday, August 29, 10 a.m. to Noon (with lunch provided at 11:30 a.m. in the Café)

REGISTRATION REQUIRED: Call 404-605-1962

HEALING RHYTHMS

Come learn to drum and experience how it decreases stress, boosts your energy and encourages feelings of community, while having great fun with your own natural rhythm.

Facilitated by Cindy Stark Reid, LMT.

DATES/TIMES: Tuesday, July 8 and August 12 from 7 to 8 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

GUIDED IMAGERY AND RELAXATION FOR OPTIMAL HEALTH

Come learn widely researched techniques for using the mind for healing and growth. Sessions will focus on key issues such as optimizing chemotherapy and radiation treatments, reducing side effects, preparing for surgery and actualizing your goals – turning insight into action. Each participant receives a CD for daily practice. *Facilitated by Tallulah Lyons, M.Ed.*

DATES: Mondays

TIME: 11 a.m. to 12:30 p.m.

MINDFULNESS TRAINING 101

Learn an approach to living that “brings one’s complete attention to the present experience on a moment-to-moment basis.” Participants will learn to meditate and move through the world in a more peaceful way. Benefits of this practice include a more enhanced immune system, reduced anxiety and depression symptoms, an increased ability to relax, better ability to reduce or work with chronic pain, and more ability to cope with the stress that life presents. No previous knowledge or experience necessary. Each participant receives a CD for daily practice. *Facilitated by Angela Buttmer, LPC.*

DATES/TIMES: Tuesdays, 10 to 11:30 a.m. and Wednesdays, 6 to 7:30 p.m.

MINDFULNESS TRAINING 201

For those who have completed Mindfulness Training 101, deepen your practice and continue to explore how the practice of mindfulness can enhance your overall quality of life. Experience how this eastern psychological/spiritual approach to treatment and healing can further support you. *Facilitated by Angela Buttmer, LPC.*

DATES: Thursdays

TIME: 10 to 11:30 a.m.

Expressive Arts ART THERAPY GROUP

This psychodynamic group allows you to use art materials and the art process to access and work through feelings related to the diagnosis of cancer and the changes that it most often brings. *Facilitated by Edna Bacon, ATR.*

DATES: Tuesdays

TIME: 2 to 3:30 p.m.

WRITING FOR RECOVERY

Explore your own internal landscape and tap your inner wisdom through the power and creativity of the written word. Research has shown that writing in a journal can be a strong ally in the healing process. In this workshop, we will be discussing the best strategies to get pen to paper and practicing a variety of creative writing techniques to broaden your journaling toolbox in a safe and non-judgmental environment. Previous journaling experience is not required. *Facilitated by Angela Buttmer, LPC.*

DATES: Fridays, July 11 and 25 and August 8 and 22

TIME: 10 a.m. to Noon

REGISTRATION REQUIRED: Call 404-605-1962

MAKING ONE-OF-A-KIND BOOKS

The instructions start with a simple, quick project – making a book from a single sheet of paper. You continue as other techniques are added that become building blocks for more complicated books. You already know or will quickly pick up the skills used: simple sewing, cutting with scissors, tearing with exuberance! In making the books your own, they become containers for your stories and images holding both facts and feelings. Join us! *Facilitated by Edna Bacon, ATR.*

DATE: Thursday, August 7

TIME: 11:30 a.m. to 3 p.m. (with lunch provided 11:30 a.m. in the Café)

REGISTRATION REQUIRED: Call 404-605-1962





Specialty Programs for Women

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. *Sponsored by American Cancer Society, CTFA Foundation and NCA.*

DATES: Monday, July 21 from 6 to 8 p.m. and Monday, August 18 from 1 to 3 p.m.

REGISTRATION REQUIRED: Call 404-605-4551

CHEMO CHIC

The Georgia Cancer Foundation sponsors this interactive empowerment class for women undergoing chemotherapy/radiation. A support person is welcome to attend.

DATES: Fourth Thursday of each month

TIME: 1 to 3 p.m.

REGISTRATION REQUIRED: Call 770-333-3314 or 770-656-3101

LIVING YOUR BEST LIFE TODAY:

A JOURNEY THROUGH RECOVERY TO WHOLENESS™

This program is for women recovering from cancer who are at least one year post-treatment with no evidence of active cancer. Living Your Best Life Today™ is an innovative 10-week interactive group program offering educational, psychological, spiritual and emotional support. Participants will explore and learn new ways to chart a course for living their best life today and finding their way to wholeness, despite diagnosis and prognosis. A commitment to attend 10 weeks is required. *Developed and facilitated by Jody Iodice, Ph.D.*

DATES: Thursdays, May 29 to July 31
(Next session will begin in September)

TIMES: 10:30 a.m. to 12:30 p.m.

REGISTRATION REQUIRED: 404-605-1962

LIVING YOUR BEST LIFE TODAY ALUMNI MEETING

A supportive opportunity to reconnect with your LYBLT group members, maintain the support from your initial LYBLT 10-week session, refresh yourself on the principles of LYBLT and keep the momentum of your intentions in a forward, energetic flow. Please bring your Living Your Life Intention for review and exploration. Facilitated by Jody Iodice, Ph.D.

DATE: Wednesdays, July 9 and August 6

TIMES: 11 a.m. to 12:30 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

DEPRESSION AND CANCER:

WHAT'S NORMAL? WHAT'S NOT?

Cancer patients frequently experience bouts of depression upon diagnosis and throughout treatment. Often people are afraid to discuss depression for fear of "staying positive". We will discuss signs of depression, both physical and emotional, as well as how you can assess the severity of it. Ways of coping will be discussed, including medication options, therapy and CAM therapies. *Facilitated by Lynne Padgett, Ph.D., health psychologist.*

DATE: Tuesday, August 19

TIME: 1 to 2:30 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

PINK: A CANCER WELLFIT PROGRAM FOR WOMEN COMPLETING TREATMENT FOR BREAST CANCER

This 12-week program offers an exercise class twice each week. The program includes nutrition consultation and education, stress reduction through guided imagery and yoga classes. It is designed to pamper, support and restore, while you return to the basics of good nutrition, exercise and a sense of well-being. All participants are required to have a release to exercise from their oncologist and to make a 12-week commitment. Program participation is open to women currently undergoing treatment and up to eight months post-treatment. *This program is provided in collaboration with the Piedmont Hospital Health and Fitness Club and the Doris Shaheen Breast Health Center at Piedmont Hospital.*

DATES: April 27 to July 25 (No classes on July 4 or July 6)
(Next session will begin in September)

TIME: Exercise component offered on Sundays, Wednesdays and Fridays from 2 to 3 p.m.

LOCATION: Exercise and movement components located at the Piedmont Hospital Health and Fitness Club at 2001 Peachtree Road, N.E.

REGISTRATION REQUIRED: 404-605-1969. Sponsored by It's the Journey, Inc., Atlanta 2-Day Walk for Breast Cancer.

INDIVIDUAL CONSULTATIONS

Does a group session seem more than you can handle during your journey? Maybe you'd like one-on-one consultations with our licensed professionals

INDIVIDUAL COUNSELING AND COACHING

CALL **404-605-4464** TO SCHEDULE AN APPOINTMENT WITH A LICENSED CLINICAL SOCIAL WORKER

Individual Nutrition Consultation: SHAYNA KOMAR, RD, LD
404-605-1962

Nutrition Workshops at Wellness Cafe & OTHER EDUCATIONAL PROGRAMS

FRESH SUMMERTIME SPECIALTIES

Chef, cooking show host and cancer survivor Hans Rueffert is back to celebrate summer with a menu showcasing fresh, Georgia-grown ingredients. Hans puts the "state on a plate" in his new GPTV cooking show "Hans Cooks the South: Georgia" and joins us to share his tips on healthy cooking. Hans puts the menu together at the last minute to ensure the ultimate in farm freshness, but no matter what the menu, plan to get "fresh" with Hans at this one-of-a-kind event. Cancer Wellness' dietician, Shayna Komar, will be joining in to provide essential information and answer any questions that you may have.

DATE: Wednesday, July 23

TIME: Noon to 2 p.m.

REGISTRATION REQUIRED: 404-605-1962



THAI ONE ON

Come cook with your "girlfriends" Marti Yura, Kristen Salome and Beci Wong Falkenberg for a fun-filled cooking demo and tasting of some of the healthiest Thai recipes around.

DATE: Wednesday, August 27

TIME: Noon to 2 p.m.

REGISTRATION REQUIRED: 404-605-1962

Exercise

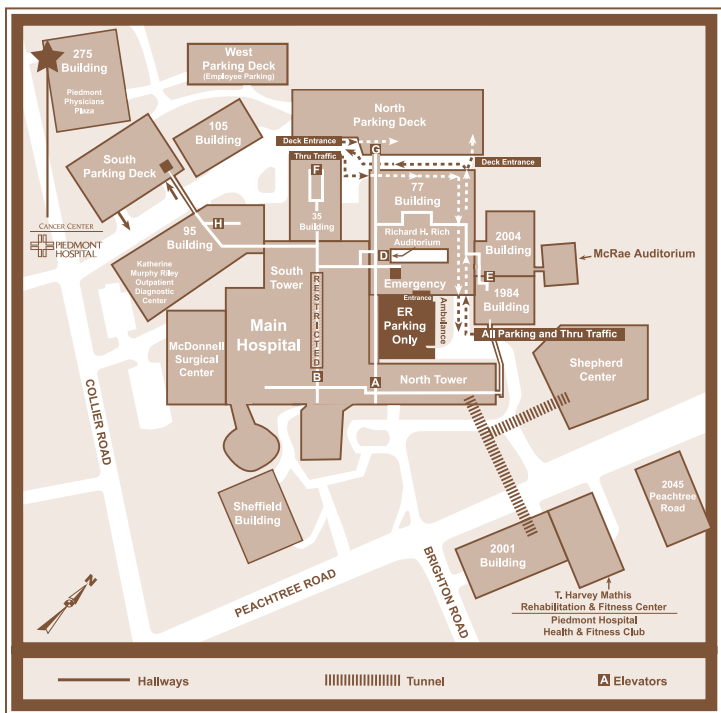
PEACE: PRACTICING YOGA & MEDITATION ANYTIME, ANYWHERE

In this experiential workshop we will show you how to take your Yoga and Meditation practice anywhere, whether you are at the office or on the city streets. Regardless of location or time constraints, there are creative ways to access the Peace that comes with practicing yoga and meditation. Join Rebecca Keane, CYT, Gentle Yoga Instructor and Angela Buttimer, LPC, Mindfulness Facilitator, as they facilitate a fun and peace-filled evening. This workshop will take place at Cancer Wellness at 275 Collier Road, Suite 490. A light meal will be provided.

DATE: Thursday, July 24

TIME: 6 to 8 p.m.

REGISTRATION REQUIRED: Call 404-605-1962



CANCER WELLFIT

Cancer WellFit is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. 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 the Piedmont Hospital Health and Fitness Club staff.*

DATES/TIMES: Sundays and Wednesdays, 1 to 2 p.m.

LOCATION: Group Exercise Studio at the Piedmont Hospital Health and Fitness Club, located on the ground floor at 2001 Peachtree Road, N.E.

REGISTRATION REQUIRED: 404-605-1969

GENTLE YOGA

These yoga classes are designed especially for cancer patients and cancer survivors. In a soothing, non-competitive environment, participants are guided through simple yoga postures, breathing and relaxation. The practice calms mind, body and emotions, so even first-time participants enjoy an improved sense of well-being. *Facilitated by Rebecca Keane, certified yoga instructor.*

DATES/TIMES: Mondays, 6 to 7:15 p.m. and Tuesdays, 10:45 a.m. to Noon

LOCATION: Mind Body Studio at the Piedmont Hospital Health and Fitness Club, located on the ground floor at 2001 Peachtree Road, N.E.

Events to Help You "Chill" for the Summer

BUNKO-GIRL'S NIGHT OUT FOR GAME, DINNER AND COMRADERIE

DATE: Tuesday, July 1

TIME: 6:30 to 9 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

BLENDTEC DEMO

Shake it up with this great product. You can blend up a healthy meal at breakfast, lunch or dinner in no time at all. Join us for an informative demo to taste and take home many quick, immune-boosting recipes, as well as receive many discounts if you are interested in purchasing. No pressure though... you are welcome to come and get the information, taste the offerings and just have a good time with your friends at Cancer Wellness.

DATE: Wednesday, July 16

TIME: Noon to 2 p.m.

REGISTRATION REQUIRED: Call 404-605-1962



Cool. Hip. Dry. Comfort.™

NITESWEATZ TRUNK SHOW AND LUNCHEON

Come hang out with the girls and see the latest new hip, dry, cool clothing that wicks moisture that may be caused by conditions such as chemotherapy, hormone therapy or menopause. NiteSweatz offers moisture-wicking pajamas, daywear and intimates with cutting-edge designs. Opportunities to purchase online with discounts will be offered, as well as door prizes. A light, healthy lunch (featuring all fresh ingredients) will be prepared by Chef Michelle McKenzie.

DATE: Friday, July 18

TIME: 10 a.m. to 1 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

"LIFE'S A BEACH" PARTY: JOIN US FOR "ISLAND TIME"

Put on your flip flops and come celebrate summer with the music of Jimmy Buffet, Marvin Gaye and other R&B and Motown giants performed live by a terrific local band "Just Friends." Chef Brian R. Dinkins will prepare fresh island food in the Wellness Café. Drinks will have those little colorful umbrellas – a reminder that it's summer and time to kick-back and take it easy! This party is for adults only. Bring your partner or come solo.

DATE: Thursday, July 31

TIME: 6:30 to 8:30 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

SPA DAY AND LUNCH AT CANCER WELLNESS

Treat yourself to minis of restorative yoga, mindfulness training, reflexology, chair massage and make-up consultation with Saks Fifth Avenue-Atlanta makeup artists. Join everyone for a healthy spa lunch at the Wellness Café while observing the heat of summer from the Café's magnificent view. First-time Spa Day participants only, please. Space is limited, so call early!

DATE: Friday, August 15

TIME: 10 a.m. to 2 p.m.

REGISTRATION REQUIRED: Call 404-605-1962

July 2008

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6	Cancer WellFit™, 1 to 2 p.m.** PINK, 2 to 3 p.m.**		1	Mindfulness Training 101, 10 to 11:30 a.m. Gentle Yoga, 10:45 a.m. to Noon** Art Therapy Group, 2 to 3:30 p.m. BUNKO-Girl's Night Out for Game, Dinner and Comraderie, 6:30 to 9 p.m.	2	Cancer WellFit™, 1 to 2 p.m.** PINK, 2 to 3 p.m.** Mindfulness Training 101, 6 to 7:30 p.m.	3	Mindfulness Training 201, 10 to 11:30 a.m. Living Your Best Life Today, 10:30 a.m. to 12:30 p.m.	4	CLOSED FOR HOLIDAY			
7	Guided Imagery, 11 a.m. to 12:30 p.m. Gentle Yoga, 6 to 7:15 p.m.** Supporting your Loved One Through Cancer, 6 to 7:30 p.m.	8	Mindfulness Training 101, 10 to 11:30 a.m. Gentle Yoga, 10:45 a.m. to Noon** Breast Cancer Support, Noon to 1:30 p.m. Gynecological Cancer Support, Noon to 1:30 p.m. Strategies for Coping with "Chemo Brain," 1 to 2:30 p.m. Art Therapy Group, 2 to 3:30 p.m. Healing Rhythms, 7 to 8 p.m.	9	Living Your Best Life Today Alumni Meeting, 11 a.m. to 12:30 p.m. Lymphedema Education, 11:30 a.m. to 12:30 p.m. Cancer WellFit™, 1 to 2 p.m.** PINK, 2 to 3 p.m.** Mindfulness Training 101, 6 to 7:30 p.m.	10	Mindfulness Training 201, 10 to 11:30 a.m. Living Your Best Life Today, 10:30 a.m. to 12:30 p.m.	11	Writing for Recovery, 10 a.m. to Noon PINK, 2 to 3 p.m.**				
13	Guided Imagery, 11 a.m. to 12:30 p.m. Gentle Yoga, 6 to 7:15 p.m.** A Guy's Group, 6 to 7:30 p.m.	15	Mindfulness Training 101, 10 to 11:30 a.m. Gentle Yoga, 10:45 a.m. to Noon** Art Therapy Group, 2 to 3:30 p.m.	16	Blendtec Demo, Noon to 2 p.m. Cancer WellFit™, 1 to 2 p.m.** PINK, 2 to 3 p.m.** Mindfulness Training 101, 6 to 7:30 p.m.	17	Mindfulness Training 201, 10 to 11:30 a.m. Living Your Best Life Today, 10:30 a.m. to 12:30 p.m.	18	NiteSweatz Trunk Show, 10 a.m. to 1 p.m. PINK, 2 to 3 p.m.**				
20	Guided Imagery, 11 a.m. to 12:30 p.m. Gentle Yoga, 6 to 7:15 p.m.** Supporting Your Loved One Through Cancer, 6 to 7:30 p.m. Look Good...Feel Better, 6 to 8 p.m.	21	Mindfulness Training 101, 10 to 11:30 a.m. Gentle Yoga, 10:45 a.m. to Noon** Gynecological Cancer Support, Noon to 1:30 p.m. Art Therapy Group, 2 to 3:30 p.m. Breast Cancer Support, 6 to 7:30 p.m.	22	Fresh Summertime Specialties, Noon to 2 p.m. Cancer WellFit™, 1 to 2 p.m.** PINK, 2 to 3 p.m.** Mindfulness Training 101, 6 to 7:30 p.m.	23	Mindfulness Training 201, 10 to 11:30 a.m. Living Your Best Life Today, 10:30 a.m. to 12:30 p.m. Finding Humor In It All!, 12:30 to 2:30 p.m. Chemo Chic, 1 to 3 p.m. Peace: Yoga and Meditation, 6 to 8 p.m.	24	Mindfulness Training 201, 10 to 11:30 a.m. Living Your Best Life Today, 10:30 a.m. to 12:30 p.m. Cancer WellFit™, 1 to 2 p.m.** PINK, 2 to 3 p.m.** Orientation, 11:30 a.m. to 12:30 p.m. PINK, 2 to 3 p.m.**	25	Writing for Recovery, 10 a.m. to Noon Cancer Wellness New Member Orientation, 11:30 a.m. to 12:30 p.m. PINK, 2 to 3 p.m.**		
27	Guided Imagery, 11 a.m. to 12:30 p.m. Gentle Yoga, 6 to 7:15 p.m.** A Guy's Group, 6 to 7:30 p.m.	29	Mindfulness Training 101, 10 to 11:30 a.m. Gentle Yoga, 10:45 a.m. to Noon** Art Therapy Group, 2 to 3:30 p.m.	30	Cancer WellFit™, 1 to 2 p.m.** PINK, 2 to 3 p.m.** Mindfulness Training 101, 6 to 7:30 p.m.	31	Mindfulness Training 201, 10 to 11:30 a.m. Living Your Best Life Today, 10:30 a.m. to 12:30 p.m. "Life's a Beach," 6:30 to 8:30 p.m.						

**These classes will be held in the Mind Body Studio at the Piedmont Hospital Health and Fitness Club, located on ground floor at 2001 Peachtree Road, N.E.

August 2008

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TUESDAY

WEDNESDAY

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17	Guided Imagery, 11 a.m. to 12:30 p.m. Gentle Yoga, 6 to 7:15 p.m.** Supporting Your Loved One Through Cancer, 6 to 7:30 p.m. Look Good... Feel Better, 1 to 3 p.m.	18	Mindfulness Training 101, 10 to 11:30 a.m. Gentle Yoga, 10:45 a.m. to Noon** Depression and Cancer: What's Normal? What's Not?, 1 to 2:30 p.m. Art Therapy Group, 2 to 3:30 p.m.	19	Mindfulness Training 101, 10 to 11:30 a.m. Gentle Yoga, 10:45 a.m. to Noon** Supporting Your Loved One Through Cancer, 6 to 7:30 p.m. Look Good... Feel Better, 1 to 3 p.m.	20	Mindfulness Training 201, 10 to 11:30 a.m.	21	Writing for Recovery, 10 a.m. to Noon PINK, 2 to 3 p.m.**	22	
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