

May/June 2024

Cancer Wellness Calendar



Programs

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

Acupressure

In this traditional Chinese healing method, Caren Rodriguez Huerta's fingertips apply pressure in order to stimulate key healing points. Deep breathing is encouraged to create a link between mind and body, and a topical magnesium complex is used to improve recovery time and release stress and toxins. This technique from will help you feel more alert, energized and pain free. Please call (770)400-4120 to schedule an appointment.

Art & Soul

You CAN draw, paint and create art! Join Marie Estep, a retired educator, to learn how to build on your childhood art skills and connect with your "inner artist."

Breast Cancer Support Group

Those in any stage of their breast cancer journey are welcome to attend this monthly meeting. The group will provide information, emotional support, education and resources for breast cancer survivors.

Bumble Beads Beading Class

Join Nancy Twomey as she leads you through the creation of a unique piece of jewelry. This class has a loyal following of fun ladies who like to laugh and always welcome newcomers. Supplies are provided, and you keep the final product! Please reserve your spot.

Programs Continued... →

THOMAS F. CHAPMAN FAMILY
cancer wellness



Piedmont
ONCOLOGY

Real change lives here

Piedmont Medical Plaza • 775 Poplar Road, Suite 340, Newnan, Georgia 30265 • 770.400.4020

Programs

Chair Yoga

Mary Beth Kealy guides participants in postures, breathwork, and relaxation without strain on joints and ligaments. This practice promotes stability, flexibility and a sense of wellness and calm.

Drum Circle

Join Kim "Kiiom" Coker as she leads this weekly drum circle for people with all levels of drumming experience. With no set boundaries, these drumming sessions are intentionally freestyle in nature and allow you to maximize the creativity and relaxation found when drumming. No need to sign up – just show up!

Essential Oils

Join Tana Lee to find out more about the health benefits of essential oils and sample products that can help you with physical and emotional challenges.

Everything's Gone to Pot

Participants in this monthly workshop will pick a plant and unique planter to pot in and take home. Instructors Michael and Tammy Laidlaw will instruct the class in plant and pot selection, pot decoration and proper watering techniques.

Exercise is Medicine

Jennifer Dreyer instructs this class designed for people of all ages. It combines cardio, strength, flexibility and balance training to safely improve various chronic health condition symptoms.

Fascia Release Workshop

Learn how to relax and energize your body using the connective tissue of your feet and hands. Healthy fascia is smooth, slippery and flexible while unhealthy fascia equals discomfort and can lead to adhesions. In this workshop, we will work on releasing the fascia in our feet and hands using a simple squishy ball. The workshop is led by Mary Beth Kealy and based on the MELT Method of fascia therapy.

Fit4Life

Strength, Balance, Endurance and Flexibility are the 4 components of fitness. In this class, instructor Judy Dixon will focus on building total body strength and improving balance, flexibility and overall endurance. Enjoy a fun-filled hour of light cardio, hand weights, resistance bands and balance training to energizing music that you'll find yourself humming along with! Fitness for all levels.

Gentle Pilates

Pilates emphasizes flexibility and core strength using specific conditioning exercises. It is medically recommended to increase abdominal strength and improve body alignment and muscular balance. This class is instructed by Jennifer Dreyer directly after Exercise Is Medicine, so many participants stay for both classes.

Good Food, Good Fuel

Chef Michael loves sharing the world of plant-based foods and illustrating how nutritious AND tasty it can be. Join him to learn how easy it is to incorporate simple and delicious vegan recipes into your diet. Reservations required.

Just Write

Writing is a powerful tool for personal growth, life management and the peace and health of mind/body/spirit. In this writing class, you'll be motivated to get your pen moving and incorporate journaling into your wellness routine.

Let's Create Together

Anyone can be creative and experience the benefits of art! Each class, you will be guided in the process to create your own unique piece of art and gain the skills to create more for yourself, your friends and your family. All supplies are provided, and you keep the final product. Led by April Carroll and open for everyone regardless of skill level. Come create with us!

Massage Therapy

Karen Jackson offers thirty-minute complimentary massage for cancer patients. Massage has been shown to improve quality of life for those with cancer and benefits include improved relaxation, sleep and immune function as well as decreased pain, fatigue and nausea. Please call (770)400-4120 to make an appointment.

Men's Support Group

This group is open to men who have been diagnosed with ANY types of cancer and is led by a prostate cancer survivor. These monthly discussions will provide information, emotional support, education and resources.

Recover, Relate, Renew: Build The Life You Want

The Recover, Relate, Renew group for March and April will be discussing the Build the Life You Want book and workbook activities. This will be an opportunity to explore and share experiences and actions toward a life of "greater happiness, no matter how challenging the circumstances." The book by Arthur C. Brooks and Oprah Winfrey is not required reading as we will be walking through the topics as a group.

Programs

Reflexology

Reflexology is a holistic science using the feet as a map of the body. It is a natural, non-invasive practice of stimulating reflex areas in the feet that correspond with the body's systems to restore a state of homeostasis or balance. To schedule an appointment with Mary Beth Kealy, please call (770)400-4120.

Reiki

Aida Dotson is a Reiki Master whose mission is to help people restore the body's natural ability to heal, purify and create balance by working with energy throughout the body. Please call (770)400-4120 to make an appointment.

Sound Bath

Join Mary Beth Kealy in this monthly gathering to reduce stress and physical tension. Whether lying down or seated, you will be able to close your eyes and receive the benefits of her crystal singing bowls. No reservation needed but comfortable clothing suggested.

Sound Journey

Kim "Kiiom" Coker uses tuning forks, crystal singing bowls, crystal pyramids and other instruments in this sound vibration experience. This class is an opportunity to explore a sense of peace and tranquility while also possibly releasing emotions that have been stagnant. The experience will be unique for everyone yet beneficial for all. No need to pre-register.

Spiritual Wellness

We are spiritual beings and how we connect to our spiritual side is unique to all. Some connect to their spiritual side through religion, others through meditative practice and some feel most connected when in nature. This class is open to all people who wish to find a deeper sense of peace in their lives. You will connect to your spiritual self through self-reflection and introspection, formal practices, silence, guided meditation, wisdom literature and more. Join Rev. Brigitte Kemink, Chaplain at Piedmont Newnan Hospital, in this time to discover and increase your relationship with your spiritual nature.

Survivors'/Caregivers' Support Group

This support group is open to survivors of all cancer types and their caregivers whether you are newly diagnosed, in treatment or have completed treatment. Our group will provide information, emotional support, education and resources.

Taste & Savor

Join Healthy Chef Partyologist Nancy Waldeck as she cooks a delicious meal that you can duplicate at home. Stay until the end to enjoy a sample! Our dietitian, Andrea Swartz, will explain the health benefits of each recipe and offer ways to substitute ingredients according to your needs. Reservations required.

The Turquoise Table

There is a special connection made between people when they gather around a table. Conversations occur that may not take place in any other context. We often don't remember what food was served, how the table was decorated or the weather outside, but we can always remember who was there and how it made us feel. Join us as we gather around the table to connect, share and build friendships in a safe, trusted space. Facilitated by Kim Maniaci.

Virtual Gentle Yoga

Shena Hernandez VIRTUALLY guides participants through breathwork, simple yoga postures and deep relaxation. Offered remotely in the evenings, it is the perfect way to unwind after a long day in the comfort of your own home.

The Thomas F. Chapman Family Cancer Wellness Program's

Cancer Survivor Celebration!

Join Us!

JUNE 18

11am TO 1pm

THE PIEDMONT NEWNAN HOSPITAL PATIO
(OUTSIDE BISTRO 745 ON THE LOWER LEVEL)

Join us for a fun summer cookout
with live music!

For cancer survivors only
RSVP: (770)400-4020



Cancer Wellness is a free program for anyone who has ever been diagnosed with cancer at any point in their cancer journey whether treated at Piedmont or not. Our classes and services focus on six aspects of wellness: Creativity, Nutrition, Knowledge, Exercise, Relaxation and Socialization. Please stop by or call to learn more!

Cancer Wellness

at Piedmont Locations

Piedmont Newnan Hospital
770.400.4020

Piedmont Atlanta Hospital
404.425.7944

Piedmont Henry Hospital
678.604.5990

Piedmont Fayette Hospital
770.719.5860

Piedmont Athens Regional
706.475.4900



Real change lives here

Cancer Wellness Online - a virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|--|--|--|--|------------------|
| | | | <p>1</p> <p>9:30a - Chair Yoga</p> <p>10:45a - Fit4Life</p> <p>12p - Drum Circle</p> <p>Acupressure/ Reflexology by Appt.</p> | <p>2</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>3</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | <p>4</p> |
| <p>5</p> | <p>6</p> <p>10a - Sound Journey</p> <p>12:30p - Bumble Beads</p> <p>2p - Recover, Relate, Renew: Build The Life You Want</p> <p>Reiki by Appt.</p> | <p>7</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage by Appt.</p> | <p>8</p> <p>12p - Drum Circle</p> <p>3p - Breast Cancer Support Group</p> <p>Acupressure by Appt.</p> | <p>9</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>10</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | <p>11</p> |
| <p>12</p> | <p>13</p> <p>10a - Spiritual Wellness</p> <p>12:30p - Let's Create Together</p> <p>Reiki by Appt.</p> | <p>14</p> <p>12p - Taste & Savor</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p> | <p>15</p> <p>9:30a - Chair Yoga</p> <p>10:45a - Fit4Life</p> <p>12p - Drum Circle</p> <p>3p - Survivors'/Care- givers' Support Group</p> <p>Reflexology by Appt.</p> | <p>16</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>Massage/Reiki by Appt.</p> | <p>17</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> | <p>18</p> |
| <p>19</p> | <p>20</p> <p>10a - Sound Journey</p> <p>12:30p - Bumble Beads</p> <p>2p - Recover, Relate, Renew: Build The Life You Want</p> <p>Reiki by Appt.</p> | <p>21</p> <p>12p - Good Food Good Fuel</p> <p>1p - Essential Oils</p> <p>Massage/Reflexology by Appt.</p> | <p>22</p> <p>9:30a - Chair Yoga</p> <p>10:45a - Fit4Life</p> <p>1p - Everything's Gone To Pot</p> <p>12p - Drum Circle</p> <p>Acupressure/ Reflexology by Appt.</p> | <p>23</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>12p - Sound Bath</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>24</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | <p>25</p> |
| <p>26</p> | <p>27</p> <p>Closed for Memorial Day</p>  | <p>28</p> <p>1:30p - Art & Soul</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p> | <p>29</p> <p>9:30a - Chair Yoga</p> <p>12p - Drum Circle</p> <p>1p - Men's Cancer Support Group</p> <p>Acupressure/ Reflexology by Appt.</p> | <p>30</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>31</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|--|----------|
| | | | | | | 1 |
| 2 | <p>3</p> <p>10a - Sound Journey</p> <p>12:30p - Let's Create Together</p> <p>2p - Recover, Relate, Renew: Build The Life You Want</p> <p>Reiki by Appt.</p> | <p>4</p> <p>1:30p - Art & Soul</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage by Appt.</p> | <p>5</p> <p>10:45a - Fit4Life</p> <p>12p - Drum Circle</p> <p>Acupressure/Reflexology by Appt.</p> | <p>6</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>7</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | 8 |
| 9 | <p>10</p> <p>10a - Spiritual Wellness</p> <p>12:30p - Bumble Beads</p> <p>2p - Recover, Relate, Renew: Build The Life You Want</p> <p>Reiki by Appt.</p> | <p>11</p> <p>1p - Essential Oils</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p> | <p>12</p> <p>9:30a - Chair Yoga</p> <p>12p - Drum Circle</p> <p>3p - Breast Cancer Support Group</p> <p>Acupressure/Reflexology by Appt.</p> | <p>13</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>14</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | 15 |
| 16 | <p>17</p> <p>10a - Sound Journey</p> <p>12:30p - Let's Create Together</p> <p>2p - Recover, Relate, Renew: Build The Life You Want</p> <p>Reiki by Appt.</p> | <p>18</p> <p>11-11 CANCER SURVIVOR CELEBRATION! *RSVP Required*</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p> | <p>19</p> <p>9:30a - Chair Yoga</p> <p>10:45a - Fit4Life</p> <p>12p - Drum Circle</p> <p>3p - Survivors'/Care-givers' Support Group</p> <p>Acupressure/Reflexology by Appt.</p> | <p>20</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>12p - Sound Bath</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>21</p> <p>10a - The Turquoise Table</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | 22 |
| 23/30 | <p>24</p> <p>10a - Spiritual Wellness</p> <p>12:30p - Bumble Beads</p> <p>2p - Recover, Relate, Renew: Build The Life You Want</p> <p>Reiki by Appt.</p> | <p>25</p> <p>12p - Good Food Good Fuel</p> <p>1:30p - Art & Soul</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reflexology by Appt.</p> | <p>26</p> <p>9:30a - Chair Yoga</p> <p>10:45a - Fit4Life</p> <p>12p - Drum Circle</p> <p>1p - Everything's Gone To Pot</p> <p>1p - Men's Cancer Support Group</p> <p>Acupressure/Reflexology by Appt.</p> | <p>27</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1p - Fascia Release Workshop</p> <p>5:30p - Virtual Gentle Yoga</p> <p>Massage/Reiki by Appt.</p> | <p>28</p> <p>12:30p - Just Write</p> <p>Acupressure by Appt.</p> | 29 |