

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Step into Wellness (indoor walking) Fairview Recreation Center 12 to 12:45pm (35 Austin Rd. Stockbridge GA 30281)		Vinings Massage and Wellness - "A Moment of Relaxation, A Journey Towards Wellness" 12 to 4pm (IP) Cancer Wellness Building	Step into Wellness (indoor walking) Fairview Recreation Center 12 to 12:45pm (35 Austin Rd. Stockbridge GA 30281)	Journaling, Expressive Art, & Creative Writing 11:30 to 12:30pm (IP) With Rhonda Cancer Wellness Room (Inside of the Educational Building)- 1133 Eagles Landing Pkwy, Stockbridge, GA 30281	
8	9	10	11	12	13	14
	Step into Wellness (indoor walking) Fairview Recreation Center 12 to 12:45pm (35 Austin Rd. Stockbridge GA 30281)			Harvest of Health Cooking Demo 11:30am-1:30pm Women with Cancer Support Group 12-1 pm Step into Wellness (indoor walking) Fairview Recreation Center 12 to 12:45pm		
15	16	17	18	19	20	21
	Step into Wellness (indoor walking) Fairview Recreation Center 12 to 12:45pm (35 Austin Rd. Stockbridge GA 30281)			Step into Wellness (indoor walking) Fairview Recreation Center 12 to 12:45pm (35 Austin Rd. Stockbridge GA 30281)	Journaling, Expressive Art, & Creative Writing 11:30 to 12:30pm (IP) With Rhonda Cancer Wellness Room (Inside of the Educational Building)- 1133 Eagles Landing Pkwy, Stockbridge, GA 30281	
22	23	24	25	26	27	28
		Friendsgiving 11:30am-2pm in Cancer Wellness Kitchen (Education Building) at 1133 Eagles Landing Pkwy, Stockbridge GA 30281		HAPPY THANKSGIVING! 	CENTER CLOSED	
29	30					
	Step into Wellness (indoor walking) Fairview Recreation Center 12 to 12:45pm (35 Austin Rd. Stockbridge GA 30281)		REGISTER HERE: 	IN-PERSON PROGRAMS		

Call 678-289-7717 with any questions. As part of a not-for-profit healthcare system, ALL services offered through the Thomas Chapman Cancer Wellness Center are complimentary for patients and family members. Please consider supporting our mission by clicking: [Donate Now - Piedmont Healthcare Foundation](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6
	1:00p (V) EVOLVE 2:00p (V) Living in the In-Between: Liminal Spaces	Virtual Mindfulness Training 11am (V) Virtual S-T-R-E-T-C-H (V) 12:39PM Gentle Yoga 6pm (V)	Power Qi Gong 10:30am (V)	Tai Chi Qi Gong 11:30 (V)	2:00p (V) The Medicine Wheel
8	9	10	11	12	13
	1:00p (V) EVOLVE 2:00p (V) The Art of Receiving 6:00p (V) Community for Guys	Virtual Mindfulness Training 11am (V) Virtual S-T-R-E-T-C-H (V) 12:39PM	Power Qi Gong 10:30am (V) 5:00p (V) The Road We Share Support Group	Tai Chi Qi Gong 11:30 (V)	
15	16	17	18	19	20
	1:00p (V) EVOLVE	Virtual Mindfulness Training 11am (V) Virtual S-T-R-E-T-C-H (V) 12:39PM Gentle Yoga 6pm (V)	10:30 – (V) Power Qi Gong 6:00p (V) Breathwork with Robin	Eat Smart During Treatment 10:30 am (V) Tai Chi Qi Gong 11:30 (V) Community for Guys Group (V) 12:35pm Virtual Brain Health Nutrition Group 12:35 (V)	
22	23	24	25	26	27
	Nutrition for Energy 12:32 pm (V) 1:00p (V) Holiday Webinar Maintain Energy and Focus during the Holidays	Virtual Mindfulness Training 11am (V) Virtual S-T-R-E-T-C-H (V) 12:39PM Gentle Yoga 6pm (V)	Power Qi Gong 10:30am (V) 10:30 – (V) Power Qi Gong 5:00p (V) The Road We Share Support Group	HAPPY THANKSGIVING! 	CENTER CLOSED
29	30				
	2:00pm (V) Quiet Season: Rediscovering the gifts of Solitude		REGISTER HERE: 	VIRTUAL PROGRAMS	

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