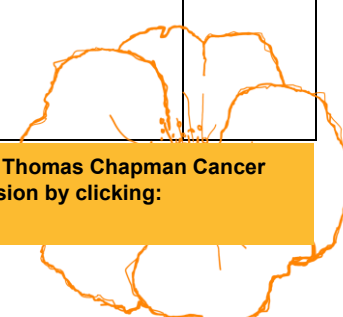


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	<b>REGISTER HERE:</b> 	<b>VIRTUAL PROGRAMS</b>			7:45am- (V) Tapping Micro class	
3	4	5	6	7	8	9
	1:00p (V) EVOLVE  2:00 (V) Mind & Medicine	10:00a –(V) Morning Stretch  11:00a – (V) Mindfulness Training  6:00p (V) Gentle Yoga	10:30 - V Power Qi Gong  1:00 (V) The Vagus Nerve & Cancer Recovery	10:30a (V) Food for Thought Nutrition Group  11:30a (V) - Tai Chi /Qi Gong Combo  12:30p –(V) Food for Thought Brain Health	7:45am- (V) Tapping Micro class  10:00a – (V) Writing for Recovery  12:30p –(V) Food for Thought Brain Health  11:30a –(V) Dream Exploration	
10	11	12	13	14	15	16
	1:00p (V) EVOLVE  6:00p (V) Community for Guys	10:00a –(V) Morning Stretch  11:00a – (V) Mindfulness Training  6:00p (V) Gentle Yoga	10:30 - V Power Qi Gong - Cate  5:00p (V) The Road We Share Support Group	10:30a (V) Eating Smart During Treatment  11:30a (V) - Tai Chi /Qi Gong Combo  1:30p (V) The Spring Brain	7:45am- (V) Tapping Micro class	
17	18	19	20	21	22	23
	10:00a (V) Couples Enrichment  1:00p (V) EVOLVE	10:00a –(V) Morning Stretch  11:00a – (V) Mindfulness Training  2:00p-(V) Blessings Abound  6:00p (V) Gentle Yoga	10:30 – (V) Power Qi Gong  6:00p (V) Breathwork with Robin	11:30a (V) - Tai Chi /Qi Gong Combo  2:00p (V) Digital Overload, Dopamine, and Cognitive Fatigue	7:45am- (V) Tapping Micro class  10:00a – (V) Writing for Recovery	
24	25	26	27	28	29	30
	<b>CENTER CLOSED</b> 	10:00a –(V) Morning Stretch  11:00a – (V) Mindfulness Training  6:00p (V) Gentle Yoga	10:30- (V) Power Qi Gong  2:00p (V) Post-Traumatic Growth: The Psychology of Rising Strong  5:00p (V) The Road We Share Support Group	10:30a (V) Eating Smart During Treatment  11:30a (V) - Tai Chi /Qi Gong Combo	7:45am- (V) Tapping Micro class	

Call 404-425-7944 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: [www.Give.piedmont.org/cancerwellness](http://www.Give.piedmont.org/cancerwellness)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
	<b>REGISTER HERE:</b> 	<b>IN-PERSON PROGRAMS</b>			<b>10:00a IP</b> Myofascial Movement  <b>11:00a IP</b> First Friday Art Studio  <b>2:00p IP - PINK @ PAH Fitness Center</b>	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<b>11:00a IP</b> Look Good Feel Better  <b>12:30p IP</b> Rolling Restorative & Functional Movement  <b>1:45p IP</b> Dance Mastery	<b>12:30p IP</b> Mindfulness Meditation  <b>1:30p IP</b> Qi Gong/Tai Chi  <b>2:00p IP</b> Cancer Wellfit @ PAH Fitness Center	<b>11:30a IP</b> off-campus @ Buford Hwy Farmer's Market with Shayna  <b>2:00p- IP</b> PINK @ Fitness Ctr	<b>10:30a IP</b> Chair Yoga  <b>11:30a IP</b> Meditation & Movement	<b>1:00p IP</b> Cancer Wellfit @ PAH Fitness Center  <b>2:00p IP - PINK @ PAH Fitness Center</b>	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<b>12:30p IP</b> Rolling Restorative & Functional Movement  <b>1:45p IP</b> Dance Mastery	<b>12:30p IP</b> Mindfulness Meditation  <b>1:30p IP</b> Qi Gong /Tai Ch  <b>2:00p IP</b> Cancer Wellfit @ PAH Fitness Center	<b>11:30 IP</b> Chop, Slice and Nourish  <b>2:00p- IP</b> Connection Collective Social Group  <b>2:00 - IP</b> PINK @ Fitness Center Ctr + Nutrition Group	<b>10:30a IP</b> Chair Yoga  <b>11:30a IP</b> Meditation & Movement	<b>1:00p IP</b> Cancer Wellfit @ PAH Fitness Center  <b>2:00p IP - PINK @ PAH Fitness Center</b>	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<b>11:00a IP</b> Chant, Drum Awaken  <b>12:30p IP</b> Rolling Restorative Movement  <b>1:45p IP</b> Dance Mastery	<b>12:30p IP</b> Mindfulness Meditation  <b>1:30p IP</b> Qi Gong / Tai Chi  <b>1:00p IP</b> Cancer Wellfit @ PAH Fitness Center	<b>2:00 - IP</b> PINK @ Fitness Center	<b>10:30a IP</b> Chair Yoga  <b>11:30a IP</b> Meditation & Movement  <b>1:00p IP</b> Sensing Life & Self-Care Circle	<b>1:00p IP</b> Cancer Wellfit @ PAH Fitness Center  <b>2:00p IP - PINK @ PAH Fitness Center</b>	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>	<b>CENTER CLOSED</b> 	<b>12:30p IP</b> Mindfulness Meditation  <b>1:30p IP</b> Qi Gong /Tai Chi  <b>1:00p IP</b> Cancer Wellfit @ PAH Fitness Center	<b>11:30a IP</b> Cooking in Season  <b>2:00 - IP</b> PINK @ Fitness Center	<b>10:30a IP</b> Chair Yoga  <b>11:30a IP</b> Meditation & Movement	<b>1:00p IP</b> Cancer Wellfit @ PAH Fitness Center  <b>2:00p IP - PINK @ PAH Fitness Center</b>	

