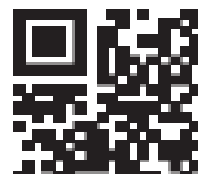


Sundav	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	11:00a IP Look Good, Feel Better 12:30p IP Rolling Restorative & Functional Movement 1:45p IP Dance Therapy	10:30a IP Dream Exploration 12:30p IP Mindfulness Meditation 1:30p IP Energy in Motion Tai Chi & Qi Gong 2:00p IP @ Fitness Cancer Wellfit	11:30a-IP Cooking with Chef Judith 2:00 - IP PINK @ Fitness Center Ctr	10:00a IP Slow Flow Yoga	10:00a IP – Myofascial Movement 2:00p IP - PINK @ PAH Fitness Center	
8	9	10	11	12	13	14
	11:00a IP Chant, Drum, Awaken 12:30p IP Rolling Restorative & Functional Movement 1:45p IP Dance Therapy	12:30p IP Mindfulness Meditation 1:30p IP Energy in Motion Tai Chi & Qi Gong 2:00p IP @ Fitness Cancer Wellfit – Nutrition Group	2:00p IP Connection Collective 2:00 - IP PINK @ Fitness Center Ctr	10:00a IP Slow flow Yoga	2:00p IP - PINK @ PAH Fitness Center	
15	16	17	18	19	20	21
	12:30p IP Rolling Restorative & Functional Movement 1:45p IP Dance Therapy	10:00am IP Your Treatment Journey 12:30p IP Mindfulness Meditation 1:30p IP Energy in Motion Tai Chi & Qi Gong 2:00p IP @ Fitness Cancer Wellfit –	9:00 PAH Wellness Fair Marcus Tower Atrium 11:30 IP Cooking with Chef Naina 2:00 - IP PINK @ Fitness Center	10:00a IP Slow Flow Yoga 1:00p IP Sensing Life & Self-Care Circle	10:00a IP - Myofascial Movement 2:00p IP - PINK @ PAH Fitness Center	
22	23	24	25	26	27	28
	12:30p IP Rolling Restorative & Functional Movement 1:45p IP Dance Therapy	12:30p IP Mindfulness Meditation 1:30p IP Energy in Motion Tai Chi & Qi Gong 2:00p IP @ Fitness Cancer Wellfit	2:00p- IP PINK @ Fitness Ctr+ Nutrition Group	HAPPY THANKSGIVING! 	2:00p IP - PINK @ PAH Fitness Center CENTER CLOSED	
29	30					
	12:30p IP Rolling Restorative & Functional Movement 1:45p IP Dance Therapy		REGISTER HERE: 	IN-PERSON PROGRAMS		

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	6	7
	1:00p (V) EVOLVE 2:00p (V) Living in the In-Between: Liminal Spaces	10:00a –(V) Morning Stretch 11:00a – (V) Mindfulness Training 6:00p (V) Gentle Yoga	10:30 – (V) Power Qi Gong	11:30a (V) -Vitality Practice Tai Chi /Qi Gong Combo	10:00a (V) Writing for Recovery 12:00p (V) The Medicine Wheel	
8	9	10	11	12	13	14
	1:00p (V) EVOLVE 2:00p (V) The Art of Receiving 6:00p (V) Community for Guys	10:00a –(V) Morning Stretch 11:00a – (V) Mindfulness Training 12:30p (V) EVOLVE reunion	10:30 – (V) Power Qi Gong 5:00p (V) The Road We Share Support Group	10:30a (V) Eating Smart During Treatment 11:30a (V) -Vitality Practice Tai Chi /Qi Gong Combo		
15	16	17	18	19	20	21
	1:00p (V) EVOLVE	10:00a –(V) Morning Stretch 11:00a – (V) Mindfulness Training 6:00p (V) Gentle Yoga	10:30 – (V) Power Qi Gong 6:00p (V) Breathwork with Robin	10:30a (V) Brain Health Nutrition Group 11:30a (V) -Vitality Practice Tai Chi /Qi Gong Combo 1:30 (V) Finding Fullness in a Culture of More.	10:00a (V) Writing for Recovery	
22	23	24	25	26	27	28
	1:00p (V) Holiday Webinar Maintain Energy and Focus during the Holidays	10:00a –(V) Morning Stretch 11:00a – (V) Mindfulness Training	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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