

Cancer Wellness Calendar

MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Reiki by Appt.	2
3	4 10a - Gentle Yoga 12:30p - Bumble Beads 2p - Why Me? 3p - Recover, Relate, Renew: Stress Reduction	5 10:30a - Exercise Is Medicine 1:30p - Art & Soul Massage/Reflexology by Appt.	6 2p - Gentle Yoga Reflexology/Reiki by Appt.	7 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1:15p - Line Dancing Massage/Reflexology by Appt.	8 Reflexology/Reiki by Appt.	9
10	11 2p - Why Me? 3p - Recover, Relate, Renew: Stress Reduction	12 10:30a - Exercise Is Medicine Massage/Reflexology by Appt.	13 9:30a - The Turquoise Table 1:30p - Spiritual Wellness: The Life You've Always Wanted 2p - Gentle Yoga 3p - Breast Cancer Support Group Reflexology/Reiki by Appt.	14 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1:15p - Line Dancing Massage/Reflexology by Appt.	15 Reiki by Appt.	16
17	18 10a - Gentle Yoga 11:30a - Sound Bath 12:30p - Bumble Beads 2p - Why Me? 3p - Recover, Relate, Renew: Stress Reduction	19 10:30a - Exercise Is Medicine 12p - Taste & Savor Massage/Reflexology by Appt.	20 9:30a - The Turquoise Table 2p - Gentle Yoga 3p - Men's Support Group Reflexology/Reiki by Appt.	21 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1:15p - Line Dancing Massage/Reflexology by Appt.	22 Reiki by Appt.	23
24	25 Closed for Memorial Day 	26 10:30a - Exercise Is Medicine 1p - Everything's Gone to Pot 1:30p - Art & Soul Massage by Appt.	27 9:30a - The Turquoise Table 1:30p - Spiritual Wellness: The Life You've Always Wanted 2p - Gentle Yoga Reiki by Appt.	28 10a - Exercise Is Medicine 10:50a - Gentle Pilates 1:15p - Line Dancing Massage by Appt.	29 Reiki by Appt.	30

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THOMAS F. CHAPMAN FAMILY
cancer wellness



Real change lives here

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10a - Gentle Yoga</p> <p>2p - Why Me?</p> <p>3p - Recover, Relate, Renew</p>	<p>2</p> <p>10:30a - Exercise Is Medicine</p> <p>12p - Taste & Savor</p> <p>Massage by Appt.</p>	<p>3</p>  <p>11a - Cancer Survivor Celebration on the Bistro Patio</p> <p>2p - Gentle Yoga</p>	<p>4</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1:15p - Line Dancing</p> <p>Massage by Appt.</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>10a - Gentle Yoga</p> <p>12:30p - Bumble Beads</p>	<p>9</p> <p>10:30a - Exercise Is Medicine</p> <p>Massage/Reflexology by Appt.</p>	<p>10</p> <p>2p - Gentle Yoga</p> <p>3p - Breast Cancer Support Group</p> <p>Reflexology by Appt.</p>	<p>11</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1:15p - Line Dancing</p> <p>Massage/Reflexology by Appt.</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>10a - Gentle Yoga</p> <p>2p - Why Me?</p> <p>3p - Recover, Relate, Renew</p>	<p>16</p> <p>10:30a - Exercise Is Medicine</p> <p>Massage by Appt.</p>	<p>17</p> <p>2p - Gentle Yoga</p>	<p>18</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1:15p - Line Dancing</p> <p>Massage by Appt.</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>10a - Gentle Yoga</p> <p>12:30p - Bumble Beads</p> <p>2p - Why Me?</p> <p>3p - Recover, Relate, Renew</p>	<p>23</p> <p>10:30a - Exercise Is Medicine</p> <p>12p - Good Food Good Fuel</p> <p>Massage by Appt.</p>	<p>24</p> <p>2p - Gentle Yoga</p>	<p>25</p> <p>10a - Exercise Is Medicine</p> <p>10:50a - Gentle Pilates</p> <p>1:15p - Line Dancing</p> <p>Massage by Appt.</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>10a - Gentle Yoga</p> <p>2p - Why Me?</p> <p>3p - Recover, Relate, Renew</p>	<p>30</p> <p>10:30a - Exercise Is Medicine</p> <p>Massage by Appt.</p>				