At WellStar, we understand that people living with cancer have needs that extend far beyond the medical aspects of care. We have developed these programs to provide the additional support that is so important to those living with cancer.

CANCER CENTER HOLIDAY CLOSINGS
Memorial Day • Monday, May 27

INSIDE
Schedule of Classes, Services and Events >>

2019 NEWSLETTER / SECOND QUARTER
APRIL, MAY, JUNE

April
Head and Neck Cancer Awareness
Esophageal Cancer Awareness

May
Melanoma and Skin Cancer Awareness
Brain Cancer Awareness

June
National Cancer Survivor Month

FREE P
This symbol indicates no fee for parking.

Programs with this symbol are for those with a diagnosis of cancer who are currently undergoing treatment or those who have completed cancer treatment.
BODY

EXERCISE/MOTION

When: Monday, April 8 • 12:30 p.m. – 1:30 p.m.

YOGA

When: Monday, June 10 • 12:30 p.m. – 1:30 p.m.

SPIRIT

SURVIVORS TALKING ABOUT RECOVERY (S.T.A.R.)
Facilitated by Raymond Coffman, Pastoral Care

This group is to help patients and their families feel more hopeful and less alone through the mutual sharing of thoughts, feelings and concerns related to living with, and surviving cancer. To register, call 470-732-3780.

When: Thursday, April 25 • 11:30 a.m. – 12:30 p.m.
Thursday, May 23 • 11:30 a.m. – 12:30 p.m.
Thursday, June 27 • 11:30 a.m. – 12:30 p.m.

Where: WellStar Cobb Hospital
Dogwood Room
3950 Austell Road
Austell, GA 30106
**SUPPORT**

**COBB CANCER SUPPORT GROUP**

*Facilitated by Margie Apacible-Mancao, Nurse Navigator, Hayley Schneider, Social Worker, LMSW, and Wendy Bailey, Nurse Navigator*

Designed for cancer patients and cancer survivors at every stage of their journey, this group is devoted to both sharing and learning. The group offers guest speakers, special programs and the sharing of resources. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

**When:**
- Monday, April 8 • 12 p.m. – 1:30 p.m.
- Monday, May 13 • 12 p.m. – 1:30 p.m.
- Monday June 10 • 12 p.m. – 1:30 p.m.

**Where:**
WellStar Cobb Hospital
Magnolia Room
3950 Austell Road
Austell, GA 30106

**MANAGING FINANCIAL DISTRESS**

Cancer patients pay more out-of-pocket than any other patients with chronic illness; and this can lead to anxiety, depression and decreased quality of life. This free, two-part workshop introduces coping skills, problem-solving strategies, and resources for managing financial distress. Open to all current and past patients, family members and caregivers.

**When:**
- Part 1, May 28 • 11 a.m. – 12 p.m.
- Part 2, June 11 • 11 a.m. – 12 p.m.

**Where:**
Cobb Cancer Center
1700 South Hospital Drive, Suite 302
Austell, GA 30106

For more information or to RSVP, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.
**SUPPORT**

**BETTER BREATHERS CLUB**

The Better Breathers Club is certified by American Lung Association, and is a welcoming support group for patients and caregivers affected by chronic lung diseases including COPD, pulmonary fibrosis and lung cancer. Each session contains educational presentations on a wide range of relevant topics. Classes are FREE to attend and lunch is provided. For more information, please email Aliyah Green, RT, at Aliyah.Green@wellstar.org.

**Where:** WellStar Douglas Hospital  
Main Campus Lobby  
8954 Hospital Drive  
Douglasville, GA 30134

**When:** Thursday, April 25 • 11 a.m. – 12:15 p.m.  
Thursday, May 23 • 11 a.m. – 12:15 p.m.  
Thursday, June 27 • 11 a.m. – 12:15 p.m.

**THE PINK CONNECTIONS: DOUGLAS BREAST CANCER SUPPORT GROUP**

Speakers: Susan McCravy and Valarie Howell from Merle Norman

For more information, please contact Diane Austin, Nurse Navigator at 678-715-6613.

**Topic:** Skin Care and Make up

**Where:** WellStar Douglas Hospital  
New Manchester meeting room – 1st Floor  
8954 Hospital Drive  
Douglasville, GA 30134

**When:** Thursday, May 16 • 5:30 p.m. – 7:00 p.m.
MIND

COPING WITH CANCER

Facilitated by Jennifer Kilkus, Ph.D., ABPP, Clinical Psychologist, and Leena Nehru, MSW, LCSW, OSW-C

This interactive, educational workshop provides an overview of a different technique for coping at each session. Topics covered will include skills for managing both the emotional and physical impact of cancer such as worry, sleep, and transitioning to life after cancer.

Where: WellStar Kennestone Cancer Center
        Center for Survivorship and Support
        320 Kennestone Hospital Blvd., Suite 137
        Marietta, GA 30060

When: Monday, April 1 • 2 – 3 p.m.
        Tuesday, April 9 • 11 a.m. – 12 p.m.
        Monday, April 15 • 2 – 3 p.m.
        Tuesday, April 23 • 11 a.m. – 12 p.m.
        Monday, April 29 • 2 – 3 p.m.
        Tuesday, May 7 • 11 a.m. – 12 p.m.
        Monday, May 13 • 2 – 3 p.m.
        Tuesday, May 21 • 11 a.m. – 12 p.m.
        Tuesday, June 4 • 11 a.m. – 12 p.m.
        Monday, June 10 • 2 – 3 p.m.
        Tuesday, June 18 • 11 a.m. – 12 p.m.
        Monday, June 24 • 2 p.m. – 3 p.m.

MANAGING FINANCIAL DISTRESS

Facilitated by Scott Smith, MS, LPC, Doctoral Practicum Student, and Jennifer Kilkus, Ph.D., ABPP, Clinical Psychologist

Cancer patients pay more out-of-pocket than any other patients with chronic illness, and financial distress can lead to anxiety, depression, and decreased quality of life. This free, two-part workshop, introduces coping skills, problem-solving strategies, and resources for managing financial distress. Open to all current and past patients, family members, and caregivers.

Where: WellStar Kennestone Cancer Center
        Center for Survivorship and Support
        320 Kennestone Hospital Blvd., Suite 137
        Marietta, GA 30060

When: Part 1, Tuesday, April 30 • 11 a.m. – 12 p.m.
        Part 2, Tuesday, May 14 • 11 a.m. – 12 p.m.

For more information or to RSVP, call the WellStar Cancer Connect Line at 1-877-366-6032
**JOURNEYING WITH HOPE**

Facilitated by Sarah Murray, WellStar Chaplain

WellStar cares for you – Body, Mind, and Spirit. Join us to share about the significance of a cancer diagnosis on your spirituality and explore spiritual resources that will offer hope on your journey. All patients and their loved ones are welcome. The group is open to those of any belief or faith.

**Where:** WellStar Cancer Center for Survivorship and Support
320 Kennestone Hospital Blvd., Suite 137
Marietta, GA 30060

**When:**
- Thursday, April 4 • 1 – 2 p.m.
- Thursday, May 2 • 1 – 2 p.m.
- Thursday, June 6 • 1 – 2 p.m.

---

**WELLNESS STUDIO EXERCISE CLASSES**

**Where:** Wellness Studio at Kennestone Hospital
320 Kennestone Hospital Blvd., 2nd Floor
Marietta, GA 30060

**Stretching:** Mondays • 9 – 9:30 a.m.

**Resistance Training:** Mondays • 9:45 – 10:45 a.m.

**Yoga:** Mondays • 11 a.m. – 12 p.m.

**Yin Yoga:** Wednesdays • 1 – 2 p.m.

---

**COOKING DEMOS**

**Where:** WellStar Kennestone Cancer Center
Manning Wellness Kitchen
320 Kennestone Hospital Blvd.
Marietta, GA 30060

**When:** Thursday, May 16 • 2:30 – 3:30 p.m.
SURVIVORS OFFERING SUPPORT (SOS)
FOR BREAST CANCER

SOS is a peer-to-peer support program which connects breast cancer patients with volunteers who have gone through breast cancer treatment. The SOS program will try to match you with a survivor who has had a similar breast cancer experience, is at a similar life stage, and can give you their own unique insight. However much, or little, help you want from your SOS volunteer is completely up to you. Contact your breast nurse navigators, Lisa Sherman (470-793-0067) or Sara Owens (470-793-0070).

PROSTATE SURVIVORS SUPPORT GROUP

Facilitated by Michelle Guibault, Nurse Navigator

Prostate cancer patients are encouraged to talk with other men who have “been there, done that” with prostate cancer treatment. Family members are also welcome to attend. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where: Wellness Studio at the WellStar Kennestone Cancer Center 320 Kennestone Hospital Blvd., 2nd Floor Marietta, GA 30060

When: Thursday, April 11 • 7 – 8 p.m. Thursday, May 9 • 7 – 8 p.m. Thursday, June 13 • 7 – 8 p.m.

HEAD AND NECK CANCER SUPPORT GROUP

Facilitated by Brittany Palmer

Head and neck cancer survivors, their families, caregivers and friends are encouraged to attend, as well as rehabilitation therapists, physicians and nurses. To register, call 770-793-7600 or email Brittany.Palmer@wellstar.org.

Where: WellStar Kennestone Outpatient Rehabilitation 100 Lacy Street Marietta, GA 30060

When: Monday, April 1 • 5 – 6 p.m. Monday, May 6 • 5 – 6 p.m. Monday, June 3 • 5– 6 p.m.

OSTOMY SUPPORT GROUP

Facilitated by Outpatient Rehab

WellStar Kennestone Ostomy Nurses, with support from the Greater Atlanta Ostomy Association, invite you to attend this group, featuring guest speakers, special programs and community resources. To register, call 770-793-7171.

Where: WellStar Kennestone Outpatient Rehabilitation 100 Lacy Street Marietta, GA 30060

When: Monday, Wednesday May 1 • 6 – 7 p.m. Monday, Wednesday, June 5 • 6– 7 p.m.
UPCOMING EVENTS

NATIONAL CANCER SURVIVORS’ DAY CELEBRATION
Where: WellStar Kennestone Cancer Center Calm Water Café 320 Kennestone Hospital Blvd. Marietta, GA 30060
When: Saturday, June 8 • 12 p.m.– 2 p.m.

MELANOMA AWARENESS EVENT
Where: Kennestone Hospital Common area across from the cafeteria
When: Friday, May 3 • 11 a.m. – 1 p.m.

DRAGON BOAT RACE
Sponsored by Loving Arms Cancer Outreach
For more information please visit www.AcworthDragon-BoatFestival.com
Where: Saturday, May 4 • 7:30 a.m. – 3 p.m.
When: Dallas Landing 5120 Allatoona Drive Acworth, GA 30101

HEAD AND NECK AWARENESS EVENT
Where: Kennestone Hospital Common area across from the cafeteria
When: Thursday, April 11 • 12 – 2 p.m.

PINK OUT THE PARK!
The Atlanta Braves, WellStar Health System, Kroger and the American Cancer Society’s Making Strides Against Breast Cancer will team up for the 13th annual Atlanta Braves Breast Cancer Awareness Day. This celebration of survivorship honors those who have courageously battled breast cancer, and raises awareness and funds to support research, education and advocacy for cancer patients and their families throughout Metro Atlanta.

When: Sunday, May 19
Game time: 1:20 p.m.
but arrive early to enjoy pre-game festivities
**Buckhead Acupuncture and Herbal Center**

Customized acupuncture treatment, which not only treats symptoms, but is designed to address the root of your medical condition, according to the principles of Chinese medicine. Consultations are scheduled by appointment only. For more information, call 678-549-7848 or visit www.atlanta-acupuncture.net.

**Cancer Support Services Team**

If a group environment does not meet your current needs, we encourage you to make an appointment with one of our oncology specialists by calling the WellStar Cancer Connect Line at 1-877-366-6032, option 0. These services are free of charge.

- Nurse Navigator
- Registered Dietitian
- Social Worker

The WellStar Cancer Support Services Team also includes professionals to care for your emotional health and quality of life. Our behavioral health team includes clinical psychologist Jennifer Kilkus, Ph.D., ABPP, Clinical Psychologist, Kajal Patel, M.D., as well as a doctoral student therapist practicing under supervision. Most insurance is accepted and self-pay rates range depending on the provider. Common issues addressed by the behavioral health team include:

- Adjustment to diagnosis
- Anxiety and depression
- Stress management
- Caregiver stress
- Coping with side effects
- Pain management
- Insomnia

Please call 770-514-6760 to schedule an appointment.

**Interfaith Service of Hope and Comfort**

A service is held every Wednesday in the WellStar Cancer Center at Kennestone Hospital’s Gray Chapel from 11:05 a.m. – 11:15 a.m. The Chapel is located in the 320 Building and is available daily for staff, patients and families. Prayer request forms are also available.

**Lymphedema Screening**

L-Dex lymphedema screening, a technology that assists your physician in clinically assessing and diagnosing lymphedema 4-10 months earlier than other methods is available at the WellStar Cancer Center at Kennestone Hospital and other local sites through Lacey Drug Company. Talk with your doctor about whether the screening is appropriate for you. Currently funding has been made available by the WellStar Foundation to help with the cost to the patient for the screening. For more information about the screening program call 770-880-7074.

**Lacey Drug Mastectomy**

For mastectomy fitting appointments, call 770-880-7074.
UPCOMING EVENTS

NATIONAL CANCER SURVIVORS’ DAY CELEBRATION
Where: WellStar North Fulton Hospital
When: Sunday, June 2, 2019 • 2 p.m.

ANNOUNCEMENTS

THORACIC STAT CLINIC
Where: Roswell Imaging Center
770-410-4556
When: 2nd and 4th Thursdays of the month
1:30 – 5 p.m.

RADIATION ONCOLOGY CONSULT CLINIC
Where: Roswell Imaging Center
770-410-4556
When: Every Thursday of the month
9:30 a.m. – 12 p.m.

WELLSTAR NORTH FULTON SIGNATURE EVENT:
NO ONE FIGHTS ALONE

Updates on Women’s Cancers and Treatments
Please join us for lunch, informative presentations and “Ask the Expert” interactive health and wellness information booths. Learn about the Breast and Lung STAT clinics and the Radiation Therapy Consult Clinic at WNFH and the latest treatments in the fight on cancer.

When: Friday, April 26
11:30 a.m. – 1:30 p.m.

Where: Country Club of the South
4100 Old Alabama Road
Johns Creek, GA 30022

Cost: $10

Speakers include:
Laura Pearson, M.D. Breast Surgeon
Theolyn Price, M.D. Thoracic Surgery
Evelyn A. Reynolds, M.D. Gynecologic Oncology
Mark McLaughlin, M.D. Radiation Oncology and
Qin Zhang, M.D. Medical Oncology
Registration is required for this event.
To register, please contact:
Diane Sanders, RN, BSN
Community Education Coordinator
Phone: 770-410-4390
Diane.Sanders@wellstar.org
SUPPORT

CARING NEIGHBORS CANCER SUPPORT AT PAULDING: PAULDING SUPPORT GROUP

Where: WellStar Paulding Hospital
       Radiation Oncology Conference Room
       2518 Jimmy Lee Smith Parkway
       Hiram, GA 30141

When: Tuesday, April 23 • 5:15 p.m. – 6:15 p.m.
      Tuesday, May 28 • 5:15 p.m. – 6:15 p.m.
      Tuesday, June 25 • 5:15 p.m. – 6:15 p.m.

WELLSTAR PAULDING HOSPITAL IS HOSTING ITS FIRST SURVIVORS' DAY CELEBRATION: “BLAST FROM THE PAST”

Where: WellStar Paulding Hospital
       2nd Floor Atrium
       2518 Jimmy Lee Smith Parkway
       Hiram, GA 30141

When: Sunday, June 2 • 2 – 4 p.m.
### Young Women’s Survivorship Series

Throughout the month of February, WellStar Kennestone Cancer Center hosted a series of workshops to educate young women, under the age of 45, affected by breast cancer on topics including: prevention, genetic risks, long-term side effects of treatment, early menopause and sexuality.

### NEW TEAM MEMBERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olga Aguilera</td>
<td>CON</td>
<td>Kennestone Outpatient Wound Center</td>
</tr>
<tr>
<td>Tonja Briggs</td>
<td>CWOCN</td>
<td>Kennestone Inpatient Care</td>
</tr>
<tr>
<td>Margaret Rose Knox</td>
<td>CWOCN</td>
<td>Kennestone Inpatient Care</td>
</tr>
<tr>
<td>Michele Costelloe</td>
<td>Guest Relations Rep.</td>
<td>WellStar Cancer Center</td>
</tr>
<tr>
<td>Gina Kim</td>
<td>Radiation Therapist</td>
<td>Kennestone Radiation Oncology</td>
</tr>
<tr>
<td>Ashley Hawkins</td>
<td>Radiation Therapist</td>
<td>Kennestone Radiation Oncology</td>
</tr>
<tr>
<td>Trinity Nguyen</td>
<td>Radiation Therapist</td>
<td>Kennestone Radiation Oncology</td>
</tr>
<tr>
<td>Manci Sevak</td>
<td>Radiation Therapist</td>
<td>Kennestone Radiation Oncology</td>
</tr>
<tr>
<td>Gaudentia Nzioki Kigathi</td>
<td>Care Partner</td>
<td>Kennestone Radiation Oncology</td>
</tr>
</tbody>
</table>

### Cervical Cancer Awareness

More than 12,000 people in the U.S. are diagnosed with cervical cancer each year. To provide awareness to staff and the community, WellStar Kennestone Cancer Center hosted an information booth (pictured) in January. Additionally, at WellStar Cobb Hospital, team members from Cobb Oncology Center provided information on screening and prevention.

### Colorectal Cancer Awareness

March was National Colorectal Cancer Awareness month. The Cobb Oncology Center provided information about screening and prevention as part of the WellStar Cobb Hospital 365 Health Fair. Dr. Arumugasaamy and her staff from their practice at WellStar Medical Group Colon & Rectal in Vinings Health Park are pictured here. To raise awareness and provide information on risk factors, WellStar Kennestone Cancer Center displayed a giant walk-through colon with various stages of colon cancer.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
| 1 (KH) 9 a.m. — Stretching  
(KH) 9:45 a.m. — Low Impact Resistance Training  
(KH) 11:00 a.m. — Yoga  
(KH) 2:00 p.m. — Coping with Cancer  
(KH) 5 p.m. — Head and Neck Support Group | 2 | 3 (KH) 1 p.m. — Yin Yoga  
(KH) 11 a.m. — Coping with Cancer | 4 (KH) 1 p.m. — Journeying with Hope | 5 | 6 |
| 7 (KH) 9 a.m. — Stretching  
(KH) 9:45 a.m. — Low Impact Resistance Training  
(KH) 11:00 a.m. — Yoga  
(CH) 12 p.m. — Cobb Support Group  
(CH) 12:30 p.m. — Exercise/Motion | 8 | 9 (KH) 11 a.m. — Coping with Cancer  
(KH) 11 a.m. — Journeying with Hope | 10 (KH) 1 p.m. — Yin Yoga  
(KH) 12:30 p.m. — Prostate Support Group | 11 (KH) 12:00 p.m. — Head and Neck Awareness Event  
(KH) 7 p.m. — Prostate Support Group | 12 | 13 |
| 14 (KH) 9 a.m. — Stretching  
(KH) 9:45 a.m. — Low Impact Resistance Training  
(KH) 11:00 a.m. — Yoga  
(KH) 2:00 p.m. — Coping with Cancer | 15 | 16 | 17 (KH) 1 p.m. — Yin Yoga  
(KH) 11 a.m. — Coping with Cancer | 18 | 19 | 20 |
| 21 (KH) 9 a.m. — Stretching  
(KH) 9:45 a.m. — Low Impact Resistance Training  
(KH) 11:00 a.m. — Yoga | 22 | 23 (KH) 11 a.m. — Coping with Cancer  
(Ph) 5:15 p.m. — Caring Neighbors Cancer Support at Paulding | 24 (KH) 1 p.m. — Yin Yoga  
(Ph) 5:15 p.m. — Caring Neighbors Cancer Support at Paulding | 25 (DH) 11 a.m. — Better Breathers Club  
(Ph) 5:15 p.m. — Caring Neighbors Cancer Support at Paulding | 26 (NF) 11:30 a.m. — No One Fights Alone: Updates on Women’s Cancer & Treatments Seminar  
(KH) 11 a.m. — Coping with Cancer  
(KH) 11 a.m. — Managing Financial Distress | 27 | 28 |
| 29 (KH) 9 a.m. — Stretching  
(KH) 9:45 a.m. — Low Impact Resistance Training  
(KH) 11:00 a.m. — Yoga  
(KH) 2:00 p.m. — Coping with Cancer | 30 | 30 | 30 | 30 | 30 | 30 |

CH = Cobb Hospital  
DH = Douglas Hospital  
KH = Kennestone Hospital  
NF = North Fulton Hospital  
PH = Paulding Hospital  
CH and KH = Cobb and Kennestone Hospitals
# WellStar Cancer Network Schedule of Classes

## May 2019

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>(KH) 6 p.m. — Ostomy Support Group</td>
<td>2</td>
<td>(KH) 11:00 a.m. — Melanoma Awareness Event</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>(KH) 11 a.m. — Coping with Cancer</td>
<td>8</td>
<td>(KH) 1 p.m. — Yoga</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>(KH) 9 a.m. — Stretching (KH) 9:45 a.m. — Low Impact Resistance Training (KH) 11:00 a.m. — Yoga (KH) 2:00 p.m. — Coping with Cancer (KH) 5 p.m. — Head and Neck Support Group</td>
<td>(KH) 11 a.m. — Managing Financial Distress</td>
<td>(CH &amp; KH) 6 p.m. — Cobb Relay for Life @ Jim Miller Park</td>
<td>10</td>
<td>(CH) 11 a.m. — Coping with Cancer</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>15</td>
<td>(KH) 2:30 p.m. — Cooking Demo</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>(KH) 9 a.m. — Stretching (KH) 9:45 a.m. — Low Impact Resistance Training (KH) 11:00 a.m. — Yoga (CH) 12 p.m. — Cobb Support Group (KH) 2:00 p.m. — Coping with Cancer</td>
<td>(KH) 11 a.m. — Coping with Cancer</td>
<td>17</td>
<td>(KH) 11 a.m. — Better Breathers Club (CH) 11:30 a.m. — Survivors Talking About Recovery</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>(KH) 11 a.m. — Coping with Cancer</td>
<td>22</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>(KH) 9 a.m. — Stretching (KH) 9:45 a.m. — Low Impact Resistance Training (KH) 11:00 a.m. — Yoga</td>
<td>(KH) 11 a.m. — Coping with Cancer</td>
<td>24/31</td>
<td>(CH) 11 a.m. — Better Breathers Club (CH) 11:30 a.m. — Survivors Talking About Recovery</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>(CH) 11 a.m. — Managing Financial Distress (PH) 5:15 p.m. — Caring Neighbors Cancer Support at Paulding</td>
<td>29</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>CLOSED Memorial Day</td>
<td>(CH) 11 a.m. — Managing Financial Distress (PH) 5:15 p.m. — Caring Neighbors Cancer Support at Paulding</td>
<td>30</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**
- CH = Cobb Hospital
- DH = Douglas Hospital
- KH = Kennestone Hospital
- NF = North Fulton Hospital
- PH = Paulding Hospital
- CH and KH = Cobb and Kennestone Hospitals
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>3</td>
<td></td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>(NF) 2 p.m. — National Cancer Survivorship Day Celebration</td>
<td>(KH) 9 a.m. — Stretching</td>
<td>(KH) 11 a.m. — Coping with Cancer</td>
<td>(KH) 11 a.m. — Coping with Cancer</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>(KH) 1 p.m. — Journeying with Hope</td>
<td></td>
</tr>
<tr>
<td>(PH) 2 p.m. — Survivors’ Day Celebration</td>
<td>(KH) 9:45 a.m. — Low Impact Resistance Training</td>
<td>(KH) 6 p.m. — Ostomy Support Group</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>(KH) 1 p.m. — Journeying with Hope</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 11:00 a.m. — Yoga</td>
<td></td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td></td>
<td></td>
<td>(KH) 12 p.m. — Survivorship Day Celebration</td>
</tr>
<tr>
<td></td>
<td>(KH) 5 p.m. — Head and Neck Support Group</td>
<td></td>
<td>(KH) 1 p.m. — Journeying with Hope</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 2 p.m. — Survivors’ Day Celebration</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>(KH) 9 a.m. — Stretching</td>
<td>(CH) 11 a.m. — Managing Financial Distress</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>(KH) 7 p.m. — Prostate Support Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 9:45 a.m. — Low Impact Resistance Training</td>
<td></td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 11:00 a.m. — Yoga</td>
<td></td>
<td>(KH) 7 p.m. — Prostate Support Group</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(CH) 12 p.m. — Cobb Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 12:30 p.m. — Yoga</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 2:00 p.m. — Coping with Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 9 a.m. — Stretching</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 9:45 a.m. — Low Impact Resistance Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 11:00 a.m. — Yoga</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 2:00 p.m. — Coping with Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21/</td>
<td>22/</td>
</tr>
<tr>
<td></td>
<td>(KH) 9 a.m. — Stretching</td>
<td>(KH) 11 a.m. — Coping with Cancer</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td></td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td>(KH) 9:45 a.m. — Low Impact Resistance Training</td>
<td></td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 11:00 a.m. — Yoga</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 2:00 p.m. — Coping with Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23/</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 9 a.m. — Stretching</td>
<td>(KH) 11 a.m. — Better Breathers Club</td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td>(DH) 11 a.m. — Survivors Talking About Recovery</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 9:45 a.m. — Low Impact Resistance Training</td>
<td></td>
<td>(KH) 1 p.m. — Yin Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 11:00 a.m. — Yoga</td>
<td></td>
<td></td>
<td>(CH) 11:30 a.m. — Survivors Talking About Recovery</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(KH) 2:00 p.m. — Coping with Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CH = Cobb Hospital
DH = Douglas Hospital
KH = Kennestone Hospital
NF = North Fulton Hospital
PH = Paulding Hospital
CH and KH = Cobb and Kennestone Hospitals
WellStar Cancer Network, along with WellStar Health System, will come together to celebrate cancer patients and survivors, and remember those who have lost the fight to this disease. While these are awesome events, with music, games, food and fun, it is also inspiring to see those who are determined to make the Survivors’ Lap!

*Find a Relay for Life in your community and come support this worthy cause!*  

---

**Cobb Relay for Life**

**Where:** Jim Miller Park  
2245 Callaway Road  
Marietta, GA

**When:** Friday, May 3 • 6 – 11 p.m.

---

**Douglas Relay for Life**

**Where:** New Manchester High School  
4925 Hwy 92/166  
Douglasville, GA 30135

**When:** Friday, May 3 • 6 p.m. – Midnight

---

**North Fulton Relay for Life**

**Where:** Webb Bridge Middle School  
4455 Webb Bridge Road  
Alpharetta, GA 30005

**When:** Saturday, May 11 • 2 – 10 p.m.

---

**Please join the WellStar Cancer Network Relay for Life team by visiting:**  

**Be sure to order T-shirts and WellStar stainless cups to support our fundraising efforts. Cost: $15-20 each.**

Contact: Pat Philpot at  
470-793-7540  
pat.philpot@wellstar.org