



Life with Cancer®

Experience a Community of Hope

APRIL 2014

HIGHLIGHTS

Orientation to Life with Cancer
FC, Thu, Apr 3 & 17, 11:30am-12:30pm
FC, Mon, Apr 7 & 21, 6-7pm

This hour-long class is offered four times monthly for those who are new to Life with Cancer. Learn about our many programs, support groups and services for children and adults. Overview includes who we are, what we do, staff and services available at our various locations, tour of our Family Center, and your specific questions addressed. Please call, or register on our website, by preceding day.

What to Expect During Chemo
FC, Thu, Apr 3 & 17, 10am-11:30am

If Chemotherapy is new to you, this class is for you. Oncology Nurse Educator, Lynn Magrum, MSN, CANP will explain medical terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Registration required by previous day. If you must cancel your registration please call 703-698-2526 ASAP.

Elements of Mind-Body:
Exploring Techniques to Reduce Distress, Ease Pain and Promote Wellness

FC, Tue, Apr 22-May 13, 2-3:30pm

This is a four-week series to learn about a variety of mind-body techniques including 1. Stress Response and Breathwork, 2. Eating and Movement, 3. Biofeedback and Guided Imagery, 4. Body Scan,

Progressive Muscle Relaxation and Mandalas. Attend one or attend all. Facilitators: Drucilla Brethwaite, LCSW,OSW-C and Micheline Toussaint, LCSW, RYT. For more information contact, Drucilla Brethwaite, MSW, LCSW, OSW-C, 703.698.2538 or drucilla.brethwaite@inova.org.

Shimmering Voice on Deep Ocean: Writing Into our Wisdom
FC, Mon, Apr 7, 1-3pm

Within the deep ocean of ourselves lives wisdom and curiosity and all manner of wonder. Through poetry, journaling and writing we can pause and listen deeply to our bodies, hearts and minds. Through this process we can find our breath. We can find support. And through listening, we can find our voices. Facilitator: Wendi R. Kaplan, MSW, CPT-M/S, LCSW, director of the Institute of Poetry Therapy and psychotherapist with more than twenty-five years' experience. Ms. Kaplan specializes in relational and biblio/poetry therapies with a holistic perspective. Space limited; please register by previous Friday.

Surviving:
Making Sense of Your Story
April-December 2014

FC, Wed, Apr 23, 12:30-2:30pm

This new monthly series (April - December) provides an opportunity for women out of treatment to explore the impact the cancer experience has had on your life – through guided imagery, meditation, art therapy, psychodrama, yoga

14th Annual Raccoon Run!
Save Saturday, May 11th for the 14th Annual Mantua Elementary School Raccoon Run (5K & 1-Mile Fun Run/Walk) in memory of Roberta Ramano. All proceeds are generously donated to Life with Cancer. Questions? Want to volunteer? Please contact Jennifer Cooper at 703-426-2490 or jalcooper@aol.com. To register go to raccoonrun.org.

Hack 'n Smash Golf Tournament

Join us in support of Life with Cancer at the 2nd annual NOVA Hack and Smash Golf Tournament on Thursday, May 15, held at 1789 Golf Club in Dulles, Virginia.

Enjoy a great day of golf, friendship and charity as we raise money for Life with Cancer. All golfers go home as winners as we end the day with a banquet and awards ceremony. Sign up as an individual player, or bring a foursome of your friends. We also welcome businesses to purchase one of our major sponsorship packages to entertain colleagues or clients with a day on the links. Please call Kristen Harlow at 703-652-5710 to reserve your foursome and /or sponsorship, or email us at info@novahackandsmash.com.

About Life with Cancer®

Life with Cancer programs and services are offered throughout Northern Virginia. Our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the questions that arise when one is diagnosed with cancer. Our staff is made up of experienced oncology nurses and social workers. Our programs and services (except massage) are FREE thanks to generous community support. Any one affected by cancer, including family members, may participate, regardless of where they live or receive treatment.

Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- Register at www.lifewithcancer.org and click on the calendar and class registration page, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email kathleen.alleman@inova.org or call 703.698.2526.

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Life with Cancer Mission Statement

To enhance the quality of life of those affected by cancer by providing education, information and support.

Location Key:

- 3700 A:** Fair Oaks Medical Plaza, Conference Room A, 3700 Joseph Siewick Drive, Fairfax, VA, 22033
- 3700 B:** Fair Oaks Medical Plaza, Conference Room B, 3700 Joseph Siewick Drive, Fairfax, VA, 22033
- 44084 RP:** 44084 Riverside Parkway, 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- AFC:** Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- BCR:** Beaverdam Creek Reservoir, Mt. Hope Baptist Church Entrance, 42507 Mt Hope Church Road, Ashburn, VA
- CUMC-1:** Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
- FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031
www.lifewithcancer.org
- IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA
- IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IFHC:** Inova Fairfax Hospital for Children- Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
- IHO-R:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, LL-001, Fairfax, VA, 22033
- IHOH-1/2/3:** Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA
- ILH-R:** Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, Leesburg, VA, 20176
- ILPO-I:** Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
- IMVH-CC:** Inova Mount Vernon Hospital-2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
- PCC:** Physicians Conference Center, 3300 Gallows Road, Falls Church, VA, 22042

and journaling. Attendance at all sessions is expected. Facilitated by Oncology Counselor Micheline Toussaint, LCSW, RYT and Art Therapist Jean McCaw, MA, ATR-BC. Please call Micheline Toussaint, 703-698-2521, if interested.

**Nutrition to Nourishment
FC, Wed, Apr 9 & 23, 12:30-2pm**

Join us for two special sessions with registered dietitian and certified wellness coach Anu Kaur, MS, RD, RYT. First session will focus on nutrition and integrating healthy foods, while the second session will focus on Wellness, with the goal of learning some self-care techniques. Feel free to bring your lunch to these sessions, and do register by preceding Monday.

FAIRFAX/FALLS CHURCH

GENERAL INTEREST

Caregiver Connection

FC, Mon, Apr 14, 7-8:30pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday. Co-facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

Dancing to Wellness

FC, Wed, Apr 9, 7-8:30pm

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This class will focus on music from the 1930s to today and the dances that go with them. Dances like waltz, swing, and salsa will be on the agenda. Come alone or bring a partner. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Please register by preceding Monday.

Knitting and Crocheting Circle

FC, Tue, Apr 1, 7-8:30pm

Please feel free to join us for fun and friendship at our annual potluck dinner. For more information call Carolyn Sam, MEd, facilitator, 703-698-2526.

Look Good...Feel Better

FC, Mon, Apr 14, 7-9pm

A professional cosmetologist will teach women how to manage appearance-related side effects chemotherapy and radiation. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Please register.

Ostomy Support Group of Northern Virginia

PCC, Sun, Apr 6, 1:30-3:30pm

Join us for food, fun and fellowship. For more information visit us at www.ostomy-supportofnova.org.

Understanding "Chemobrain"

FC, Wed, Apr 30, 6:30-8pm

It's true! You're not just imagining it! Cancer-related "Chemobrain," or neurocognitive dysfunction, does exist! Learn more about this often frustrating and challenging side-effect of treatment, and how to better manage it with Oncology Patient Educator, Lynn Magrum, MSN, CANP. Please register by preceding day; if registration must be cancelled, please call 703-698-2526 ASAP.

Young Adult Group

FC, Thu, Apr 24, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

EXPRESSIVE ARTS

Art for Wellness and Growth

FC, Thu, Apr 17, 1-4pm

FC, Mon, Apr 21, 12-3pm

Explore your creativity using art for wellness, insight and personal growth. Artistic ability is NOT necessary- just a willingness to explore, have some fun and be part of a supportive, creative community. Please register by previous Friday. Facilitators: Art therapist, Jean McCaw, MA, ATR-BC and Sarah Huffman, Art Therapy Intern.

Drumming for Well-Being

FC, Fri, Apr 11, 1-2:30pm

Therapeutic drumming has been used for thousands of years to promote wellness and self-expression. It can boost the immune system, induce deep relaxation, lower blood pressure, reduce stress, increase calmness, focus and a sense of well-being. Musical ability is NOT necessary and all instruments are provided. Facilitators: Paul Clark, PhD, LCSW, Drucilla Brethwaite, MSW, LCSW, OSW-C. Register by preceding Wednesday.

Quilting with Sandi

FC, Tue, Apr 22, 1-3pm

Learn the art of quilting from a master! Master quilter Sandi Goldman will teach some basic hand-piecing and quilting techniques in this monthly program to get you started or keep you going. Limited space; please register by preceding Friday.

Writing Your Memoirs and Life Stories

FC, Wed, Apr 9-30*, 1:30-3pm

This 4 week series will give you an opportunity to capture some of your favorite memories in writing, which you may want to share later with your loved ones. No experience is necessary and all writing levels are welcome. Attendance at all four sessions is expected. Please register by preceding Monday. Facilitator: Lynn Magrum, MSN, C-ANP, AOCN. Limited space, so please register, ASAP.

*NOTE: Series is on Wed. this time.

FITNESS

For Levels I-IV instructor is Susan Gilmore, ACSM Certified Cancer Exercise Trainer. For questions, contact Marsha Komandt, RN, OCN®, 703-698-2530. Registration is required and registration and waiver forms (available online or in class) must be completed before or upon arrival to class.

Level I Exercise: Launching into Fitness

FC, Tue, Mar 18-Apr 8, 1-1:45pm

This entry level class will help to assess your fitness level and is required for those who are new to our Level I-IV exercise classes. Attendance in at least two classes is required after which you may move forward as recommended by instructor.

Level II Exercise: Chair-Based

FC, Wed, Apr 2-30, 2-2:45pm

FC, Mon, Apr 7-28, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. Class continues for this eight-week series, tailored for those with treatment limitations such as neuropathy, balance and low energy issues.

Level III Exercise: Keeping Fit

FC, Mon, Mar 17-Apr 28, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. Continuation of the seven-week series, offering a combination of standing and floor exercises to improve strength, flexibility, endurance, fatigue and overall well-being.

Level IV Exercise: Fitness Fusion

FC, Wed, Mar 12-Apr 30, 3-4pm

PREREQUISITE: LEVELS I, II, III. Continuation of the eight-week series, offering a sampling of more intensive exercise modalities including dance aerobics, interval training, resistance and core training.

Zumba

FC, Tue, Apr, 1 and 15, 7-8pm

Please register under "Zumba-Bilingual". Zumba is a fusion of Latin rhythms and easy to follow steps. Our goal is simple: exercise while having fun! It combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm



Life with Cancer en Español

Arte Para Salud y Crecimiento

FC, jueves, 17 de abril, 1-4pm

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva percepción y crecimiento personal. No se necesita experiencia artística - solo tiene que estar dispuesto a explorar, divertirse y ser parte de una comunidad de apoyo y creatividad. Dirigida por terapeuta de arte, Jean McCaw, MA, ATR-BC. Este grupo es solo para adultos. Requiere registrarse; llamar al 703-698-2539.

Grupo de Tejido y Crochet

ILPO-I, jueves, 10 y 24 de abril, 11am-12:30pm

Tejedores y tejedores de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más expertos, están bienvenidos para trabajar juntos en un ambiente relajado. Traiga su propio proyecto o encuentre un nuevo proyecto. Los materiales para los que recién estarán empezando serán proveídos. La instructora, Mary Jane Escobar, tiene la experiencia y el entusiasmo para enseñar su destreza. Favor de registrarse.

Latinas Unidas

FC, lunes, 28 de abril, 6:30-8:30pm

Grupo de apoyo y crecimiento personal para mujeres con diagnóstico de cáncer. Recibe los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. Para más información, llamar a Debra Haynes 703-698-2539.

Latinos Unidos

AFC, miércoles, 9 de abril, 6:30-8pm

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Para más información, llamar a David McGinness 703-698-2529.

Luzca Bien...Siéntase Mejor (Sesión de belleza)

FC, lunes, 21 de abril, Apr 21, 6-8pm

Programa de belleza gratuito para mujeres en tratamiento de quimioterapia y/o radioterapia. Una cosmetóloga les enseñará técnicas de maquillaje, cuidado de la piel, uso de pelucas y pañuelos, etc. Venga a fortalecer su espíritu y confianza en sí misma. Recibirás cosméticos personalizados. REGISTRACIÓN ES MANDATARIA vía nuestro sitio de Internet: www.lifewithcancer.org. o llamando a Debra al 703-698-2539.

Zumba - Bilingual

FC, martes, 1 y 15 de abril, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness, 703-698-2529.

to the mix, it can help to lift your mood and improve your general sense of well being.

NUTRITION

Cooking for the Health of It: Incorporating Veggies Creatively

FC, Thu, Apr 24, 12-1pm

We all know it's important to eat veggies and fruits every day, but how can we successfully do it? With a little planning and some creativity you can be enjoying delicious vegetables with every meal and benefitting from the added nutrition. Instructor: Vanessa Spiller, cancer survivor and certified Nutrition and Wellness consultant. Space limited; please register by previous Tuesday.

Nutrition "Potluck"

FC, Mon, Apr 28, 5:30-6:45pm

Learn more about what it all really means: Fats, Glycemic Index, Portion size, along with understanding food labels. Join Deb Rowland, RD, CSO, long-time dietitian and certified specialist in oncology nutrition to gain understanding of these topics and get your nutrition questions answered. Please register by Friday, April 25.

Nutrition to Nourishment

FC, Wed, Apr 9 & 23, 12:30-2pm

Join us for two special sessions with registered dietitian and certified wellness coach Anu Kaur, MS, RD, RYT. First session will focus on nutrition and integrating healthy foods, while the second session will focus

on Wellness, with the goal of learning some self-care techniques. Feel free to bring your lunch to these sessions, and do register by preceding Monday.

SPIRITUALITY

Spirituality Quest Group

FC, Tue, Apr 8, 10:30am-12pm

Join us monthly on the second Tuesdays as we explore our spiritual paths. "Making the Transition from Winter to Spring" will be the topic for sharing this month. Facilitator: Marsha Komandt, RN, BSN, OCN®, 703-698-2530. Please register by the preceding day.

Spiritual Support Group

CUMC-1, Thu, Apr 24, 7-8:30pm

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. Questions? Contact Dana Neese, Christ United Methodist Church, 703-690-3401.

MEDITATION, YOGA, TAI CHI, QI GONG

Gentle Yoga with Jenn Fay

FC, Thu, Apr 10-May 22, 1-2pm

Learn movements to stretch, strengthen and relax muscles. Gentle yoga can be practiced while seated in a chair or on the floor. Space is limited; register ASAP. If class is full, preference will be given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Please register.

Guided Meditation with Jenn Fay

FC, Thu, Apr 10-May 22, 2-3pm

Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

Meditation with Purnima

FC, Tue, Apr 8 & 15, 3-4pm

Purnima Sinha has been deeply involved with meditation her whole life, most recently as patient meditation coach at an area hospital. Come and explore this ancient, helpful and evidence-based technique for stress reduction. Space limited so please register for either or both sessions by preceding day. Then join the Mind-Body Technique series beginning April 22.

Reiki for Relaxation

FC, Mon, Apr 14, 4:30, 5:30 & 7pm

FC, Wed, Apr 23, 4:30, 5:30 & 7pm

Appointments do not open until the first of the month. A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably. Please register. If you cannot make your appointment, call 703-698-2526.

Restorative Yoga with Judi

FC, Fri, Apr 4 & 11, 10:15-11:30am

This practice is designed to balance the nervous system and release tension from the body and mind. Restorative yoga uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with restorative poses to deepen your practice. This class is appropriate for everyone but has limited space available; you may come to one or all sessions, but please register separately for each class. Instructor: Judi Eskovitz, RYT.

Yoga Nidra

FC, Mon, Apr 7-28*, 6:45-8pm

*Note: No meeting on April 14. Yoga Nidra is a deep relaxation technique that can bring about deep healing, reduced levels of stress, mental clarity, and peace of mind. In addition to physical benefits, we have the opportunity

to be present with "what is" and develop increased mental focus and emotional tolerance. This practice is very different from a muscle-focused yoga practice and is a wonderful addition to any holistic health practice. Instructor: Dawn Curtis, ERYT 500. Space limited. Register by preceding day.

BREAST CANCER

Breast Cancer Support Group

IFHC, Wed, Apr 2 & 16, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

Coalesce: An Advanced Breast Cancer Support Group 2014

FC, Fri, Apr 4-25, Call for time

Meet weekly in a closed support group with women of all ages to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW and Dr. Yu Dong. If interested in attending, please call 703-698-2522. Prior screening is required as this is a closed group.

Living with Breast Cancer: Education

FC, Tue, Apr 22 – May 27, 6:30-8pm

This six-week education series is paired with the Living with Breast Cancer Exercise series. Learn about breast cancer development, systemic therapy options, management of treatment side effects, genetics counseling, nutritional guidelines, lymphedema, intimacy and survivorship. Attendance at each session is encouraged. The first two sessions will feature a radiation oncologist and a medical oncologist. For weekly seminar topics or for more information, call Marsha Komandt, RN, OCN®, at 703-698-2530. Registration required by the preceding Monday for each session/s.

Living with Breast Cancer: Exercise

FC, Tue, Apr 22-May 27, 5:30-6:15pm

This six-week exercise series is paired with the education series above. Participation in both is preferred. You will be introduced to various exercise modalities that will help increase strength and flexibility after breast cancer surgery. Wear comfortable loose clothing. Registration required Monday, April 21. A waiver form (available online) must be completed before or upon arrival to class. Physician approval is required if you have had surgery within six weeks. Contact Marsha Komandt, RN OCN®, 703-698-2530, for further information.

Yoga for Breast Cancer Survivors

FC, Tue, Apr 1 & 8, 5:30-6:45pm

Join us for these yoga sessions designed to reduce stress, regain mobility and strength. Catherine Syron, RYT, is a yoga instructor specifically trained to work with breast

Oncology Massage and Body Work

Life with Cancer Family Center
8411 Pennell Street,
Fairfax, VA 22031
Monday – Friday

Life with Cancer, Loudoun County
44084 Riverside Pkwy, Lower Level, Ste. 400
Leesburg, VA, 20176
Tuesdays and some Saturdays

- Call 703-698-2526 to schedule or cancel your appointment*
- Appointments are for patients and their family members
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Cash or check payable to massage therapist; sorry, no credit cards

** If you are absent for your appointment more than 3 times without calling in advance, we will no longer be able to schedule appointments for you*

cancer survivors. Please register for one or for all, by preceding day.

Young Women with Breast Cancer Support Group

FC, Tue, Apr 1, 6-7:30pm

For women in their 20s, 30s and 40s with non-metastatic breast cancer. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. Registration requested. If attending for the first time, please call 703-698-2522.

DIAGNOSIS-SPECIFIC

Blood Cancers Group: Guest Speaker

FC, Thu, Apr 10, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. Special Guest Speaker, Eric Cohen, RN, MS, OCN®, will present: "Integrative Health and Nutrition: How to Eat, Sleep and Move your Way to Wellness." Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C, and Lynn Magrum, MSN, CANP. Please register by preceding Tuesday.

Brain Tumor Group

FC, Tue, Apr 1, 12-1:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Carcinoid (neuroendocrine) Cancer Group

FC, Sat, Apr 12, 10am-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Cutaneous Lymphoma Support Group

FC, Wed, Apr 2, 7-8:30pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. This month Susan Thornton, CEO of the Cutaneous Lymphoma Foundation, will be our guest. Please register by March 3, www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP.

GYN Cancers Group

FC, Wed, Apr 23, 5:30-7:30pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN MS OCN®.

Lung Cancer Support Group

FC, Wed, Apr 9, 6:30-8pm

Join other patients, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Facilitators: Paul Clark, PhD, LCSW and Carrie Friedman RN, BS.

Lung Cancer Research and Clinical Trials

FC, Mon, Apr 21, 6:30-8pm

Dr. Alex Spira, Medical Oncology Hematology, specializing in Lung Cancer will tell us about clinical trials and a current research program available to lung cancer patients. Facilitators: Sandra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN®.

Head and Neck Cancers Group

IFHC, Wed, Apr 9, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. For more contact, corinne.cook@inova.org.

Multiple Myeloma Group

FC, Tue, Apr 15, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. April will be an open discussion group. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Prostate Cancer Support Group

FC, Tue, Apr 8, 7:30-9pm

Join this group monthly on the second Tuesdays. Topic for April: Open discussion of various prostate cancer issues, led by survivors.

GRIEF, LOSS & RECOVERY

Good Grief for Adults

FC, Tue, Apr 22-Jun 10, 7:15-9pm

This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Registration is required. For information please contact David McGinness 703.698.2529 or david.mcginness@inova.org.

CHILDREN, TEENS, PARENTS

For more information on the following groups, contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Pediatric Oncology Parent Night: Family Bingo Night

FC, Tue, Apr 29, 6-8:30pm

Please join us for a night of Family Bingo sponsored by DC Candlelighters. Dinner, fun and prizes for all. Children of all ages welcome. Dinner from 6 - 6:30 pm. Please register with Connie Connor, LCSW at constance.connor@inova.org or call 703-531-1515; or email DCCandlelighters@gmail.com.

Kid and Sib Day

FC, Monday, Apr 14, 10am-4pm

Children ages 5-12 with cancer, and their brothers and sisters, ages 5-12, are invited share the day with other children to learn about cancer, share similar feelings, play games, do arts and crafts and just have fun. Kids with cancer and their siblings will do activities separately as well as together. For more information contact, Jenny Eckert, OSW-C, RPT, LCSW, 703-698-2536 or jennifer.eckert@inova.org.

Curious about Cancer Day

FC, Wed, Apr 16, 10am-4pm

Children ages 5-12 who have a parent with cancer are invited to share the day with other children, learn about cancer, share similar feelings, play games, do arts and crafts and just have fun. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Curious about Cancer

FC, Wed, Apr 2, 5:15-6:15pm

Group continues for those already registered

Curious about Cancer

FC, Wed, Apr 30-Jun 11, 5:15-6:15pm

Learn about cancer through age appropriate discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

Meet the Nurse for Teens

FC, Tues, Apr 8, 6:30-8pm

Teens are invited to come for dinner and meet with an oncology nurse who will help to explain various cancer treatments, possible side-effects and answer questions about a loved one's cancer. Meet other teens who are also living with cancer in their family.

ALEXANDRIA/MOUNT VERNON

Breast Cancer Support and Education Group

IMVH-CC, Wed, Apr 9, 6-8pm

Meet with Dr. David Weintritt and Nurse Navigator Michele Reddick to learn about, discuss and share ways of meeting the challenges of a breast cancer diagnosis. Group is open to current and former breast cancer patients. Park at yellow entrance; signs will be posted for directions to conference room C on the second floor

Fighting Cancer with a Fork

IAH, Wed, Apr 9, 1-2pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register by previous day.

Gentle Yoga

IAH-E&T, Mon, Apr 7-28, 6:15-7:30pm

Reduce stress, regain mobility and strength and tap into your body's innate healing powers. Please bring a yoga mat and wear comfortable clothes. Instructor: Elizabeth Kanter, RYT. Register online.

Prostate Cancer Support Group

IAH-CCW, Tue, Apr 15, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, 703-698-2529, david.mcginness@inova.org.

Women Living with Cancer

IAH-CCC, Tue, Apr 22, 2-3:30pm

This is a guided discussion group for women with any type of advanced cancer. Topics are generated by the group and may include, dealing with difficult feelings, communicating with friends and family, identifying ways of coping and finding hope in the present. Facilitator: Shara Sosa, LCSW. Early registration is suggested.

Young Women with Breast Cancer

IAH-CCW, Tue, Apr 8, 6:30-8pm

A group for individuals in their 20s, 30s and 40s with non-metastatic breast cancer. For more information, or if attending for the first time, group facilitator Shara Sosa, LCSW, 703-698-2522.

FAIR OAKS

SUPPORT GROUPS

Breast Cancer Support Group

IFO-R, Wed, Apr 9, 5:30-7pm

This is a support and education group for women diagnosed with an early stage breast cancer within the past three years. The group will provide a supportive environment to meet other women, gather information and learn how to best navigate survivorship. Facilitated by an oncology nurse navigator and social worker. Register online at www.lifewithcancer.org, or call 703-698-2526.

Living with Advanced Disease

IFOH-1, Fri, Apr 11 & 25, 12-1:30pm

This group is for people who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Gale Towery, RN, BSN, OCN*. Please register.

EDUCATIONAL PROGRAMS

Ask the Expert: Nutrition for Wellness During and After Cancer

IFOH-2, Wed, Apr 16, 5-6pm

"What can I eat? What should I eat? Is sugar bad for me? Can food help me heal?" These are common questions asked after a cancer diagnosis. Eric Cohen, RN, MS, OCN*, will explore in an interactive discussion the various ways that food can nourish our bodies, assist in healing, increase energy and provide overall wellness. Please register.

How to make the Most of Your Doctor Visits

IFOH-3, Tue, Apr 8, 12:30-2pm

Ever feel like you need to get more information during your MD visits? Come learn how to do just that—learn helpful hints and techniques. Lynn Magrum MSN, C-ANP will be the clinical educator. Register online by preceding day and call 703-698-2526 and if unable to attend please call.

FITNESS PROGRAMS

Stronger Body After Cancer

3700 B, Wed, Apr 16-30, 7-8am

When cancer treatments finish, survivors often find themselves asking "How do I begin to get back to the gym or a regular exercise routine?" This 8 week exercise series is focused on helping survivors begin to gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Important to attend all 8 or most sessions. Appropriate for all athletic capabilities. Instructor, Jennifer Nagy, AFPA certified trainer. RSVP 703-698-2526 or register online www.lifewithcancer.org. Questions? Call Sage Bolte, 703-391-3719.

Tai Chi and Qi Gong for Health and Wellness

3700 A, Fri, Apr 4-25, 1:30-2:30pm

Both Tai Chi and Qi Gong are ancient Chinese systems of movements, body postures, breathing exercises and mental concentration intended to help you maintain good health and control the flow of vital energy. Potential benefits include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration is required as class size is limited. Attendance for all classes is encouraged. Dress comfortably and bring a water bottle. Class builds on learned infor-

mation each week, so attending all classes is best. Please register.

Therapeutic Gentle Yoga with Ladan

3700 A, Mon, Apr 7-28*, 12-1pm

*No class Apr 14. This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Attendance at all 6 sessions is recommended for greatest benefit. Registration is required.

LOUDOUN

GENERAL INTEREST

3rd Annual Kayak Day!

BCR, Fri, May 2,

9:30am-12:30pm

Learn the basics of paddling and explore Beaverdam Creek Reservoir on kayaks. Experience is not necessary. All equipment, life vests and instruction will be provided by Eastern Mountain Sports of Dulles, VA. Wear comfortable shoes that can get wet, sunscreen and bring a water bottle. Registration is required. Rain date: May 16.

COMING SOON!

Fighting Fatigue

ILH-R, Tue, Apr 22, 1-2:30pm

Fatigue is the most common side effect to cancer treatment and can alter one's quality of life. Learn what research has taught us about the best approaches to lessening fatigue as well as some simple practices you can do at home that will make a difference. Lynn Magrum, MSN, CANP will be the clinical educator. Please register by Friday, April 18.

Women in Transition: The Next Step

ILPO-I, Thu, Apr 24-May 29, 6:30-8pm

Women who are post-treatment are invited to attend this 6 week series to help guide you in regaining balance in your life. Professional, certified speakers and a panel of survivors will share their expertise on nutrition, relationships, rehabilitating and exercising your body, managing your thoughts, and looking at your inner self- all designed to help you bridge the gap to wellness. Registration is required to ensure that each session will be held.

Look Good....Feel Better

ILH-R, Sat, Apr 12, 10am-12pm

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. Also learn about head coverings and wigs to help you look your best before, during, or after treatment. New participants will receive a personalized make-up kit based on skin tone. Co-sponsored with American Cancer Society. Please register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

Knitting & Crocheting Circle
ILPO-I, Thu, Apr 10 & 24, 11am-12:30pm
Experienced and inexperienced knitters and crocheters are invited to practice their craft in the companionship of others. Work on your own project or start a new one; materials are provided. Facilitated by Mary Jane Escobar, an experienced and enthusiastic instructor. Please register.

Breast Cancer Support Group
ILH-R, Mon, Apr 28, 5-6:30pm
For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Registration is requested if attending for the first time.

Advanced Breast Cancer Support Group
ILH-R, Mon, Apr 28, 6:30-8pm
For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time.

Brain Tumor Support Group
ILH-R, Tue, Apr 15, 5:30-7pm
Adults with primary brain tumors and their family members and friends are invited to attend these monthly meetings to discuss issues, explore coping strategies, share and learn ways to meet the challenges of living with a primary brain tumor. Facilitated by Neurological Care Registered Nurse, Vera Hirschman and Oncology Social Worker, Karen Archer. Please register if attending for the first time.

Caregiver Connection
ILPO-I, Mon, Apr 14, 6:30-8pm
Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday. FC Facilitator: Saundra Weller, LCSW, OSW-C.

Lung Cancer Support Group
ILPO-I, Mon, Apr 21, 6:30-8pm
Join other patients, survivors and family members to discuss the challenges of living with lung cancer and its treatments; Facilitators: Saundra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN*. Contact Saundra Weller for more information, 703-858-8466.

Loudoun Prostate Cancer Support Group
LCSC, Tue, Apr 8, 6-8pm
Meet with others diagnosed with prostate cancer and their adult family members to share experiences and to learn from one another in these monthly meetings. For more information call Karen Archer at 703-858-8857. Registration is not required.

Grupo de Tejido y Crochet
ILPO-I, jueves, 10 y 24 de abril, 11am-12:30pm
Tejedores y tejedores de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más expertos, están bienvenidos para trabajar

juntos en un ambiente relajado. Los materiales para los que recién estarán empezando serán proveídos. La instructora, Mary Jane Escobar, tiene la experiencia y el entusiasmo para enseñar su destreza. Favor de registrarse.

COMPLEMENTARY APPROACHES

Art for Wellness and Growth
ILPO-I, Fri, Apr 25, 10am-12:30pm
Explore your creativity using art for wellness, insight and personal growth. Artistic ability is NOT necessary- just a willingness to explore, have some fun and be part of a supportive, creative community. Please register by previous Friday. Facilitator Sarah Huffman, Art Therapy Intern.

Reiki for Relaxation
ILH-R, Thu, Apr 24, 6:45-8pm
For those touched by cancer (patients, family, & friends). Rebalance and recharge your body's energy systems while you relax to live "healing harp" music. Group meets monthly on the fourth Thursday. Class size is limited and registration is required. Register online or contact Karen Archer, 703-858-8857 or karen.archer@inova.org.

Relaxation and Guided Meditation with Esther
ILH-R, Thu, Apr 3, 6:30-8pm
For patients, family, & friends touched by cancer. This group offers individuals the opportunity to learn about and practice the art of relaxation and guided meditation. Group meets every-other month. Registration is required. Register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

Sounds of Meditation and Wellness
44084 RP, Thu, Apr 17, 6:30-8pm
Sound is a powerful balancing of mind, body and spirit. It has been successfully used to reduce anxiety and stress and to create positive changes in both mood and emotional state. Experience how calming sounds can bring deep relaxation and personal well-being. Facilitated by Karen Nausewicz.

Tai Chi Ch'uan
44084 RP, Wed, Mar 12-Apr 30, 1-2:30pm
Class continues for those already registered.

Therapeutic Gentle Yoga with Ladan
44084 RP, Thu, Apr 3-24, 11am-12:30pm
This class blends gentle movement, breathing exercises and deep relaxation. The movement and yoga postures strengthen your body, increase stamina and flexibility. The breathing exercises and deep relaxation calm the nervous system, helping you release stress. Restore your body and emotional balance while connecting you with your inner healing. Register online.

Therapeutic Gentle Yoga with Pat
44084 RP, Tue, Apr 1-May 6*, 11am-12:30pm
*No Class April 15. See description, above.

FITNESS

Fitness for Wellness with Nancy
44084 RP, Mon, Apr 7-28*, 10:30-11:30am
*No meeting April 14. Exercise is an integral part of your wellness plan. This class is designed to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably. Attendance for all classes is encouraged for the maximum benefit.

Walking for Fitness
44084 RP, Tue, Apr 1-29*, 9:30-10:30am
*No class Apr 15. Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Dress comfortably, bring a water bottle; pedometers will be provided. Class meets weekly (walk inside on rainy days). Facilitator: Jenny Townsend. Registration is required.

PROGRAMS FOR CHILDREN

Curious about Cancer
ILH-R, Tues, Apr 22-May 27, 4:15-5:15pm
Learn about cancer through age appropriate discussion, activities and art therapy, and find ways to learn about cancer and manage the emotions and changes that come when someone in the family has cancer. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Parent Connection
ILH-R, Tue, Apr 22-May 27, 4:15-5:15pm
While your children are at their Curious about Cancer meeting you will have time to meet with other parents who also have a spouse or partner with cancer. Share and learn from one another about how to meet the challenges of parenting when one's partner has cancer. Facilitator: Saundra Weller, MSW, LCSW, OSW-C. Please register.

Good Grief for Children
ILH-R, Tue, Apr 22-May 27, 5:30-6:30pm
Through age-appropriate discussion, games and art children will be invited to share thoughts and feelings and work through the grief process. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Parenting Alone
ILH-R, Tue, Apr 22-May 27, 5:30-6:30pm
Meet with other parents who have lost a spouse or partner to cancer while raising children. Share thoughts, challenges and solutions, and hear from professionals who will share information and ideas you might find helpful. Parents will meet for six weeks during the "Good Grief for Children" program. Facilitated by Saundra Weller MSW, LCSW, OSW-C. Please register.

APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 9:30am Walking for Fitness (44084 RP) 11am Therapeutic Gentle Yoga with Pat (44084 RP) 12pm Brain Tumor Group (FC) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Young Women with Breast Cancer Support Group (FC) 7pm Zumba - Bilingual (FC) 7pm Knitting and Crocheting Circle (FC)	2 1pm Tai Chi Ch'uan (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious About Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC) 7pm Cutaneous Lymphoma Support Group (FC)	3 10am What to Expect During Chemo (FC) 11:30am Orientation to LWC (FC) 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 6:30pm Relaxation and Guided Meditation with Esther (ILH-R)	4 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 1:30pm Tai Chi and Qi Gong (3700 A)
7 10:30am Fitness for Wellness with Nancy (44084 RP) 12pm Therapeutic Gentle Yoga with Ladan (3700 A) 1pm Shimmering Voice on Deep Ocean... (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise-Keeping Fit (FC) 6pm Orientation to LWC (FC) 6:45-8pm Yoga Nidra (FC)	8 9:30am Walking for Fitness (44084 RP) 10:30am Spirituality Quest Group (FC) 11am Therapeutic Gentle Yoga with Pat (44084 RP) 12:30pm How to make the Most of Your Doctor Visits (IFOH-3) 1pm Level I Exercise (FC) 3pm Meditation with Purnima (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Loudoun Prostate Cancer Support Group (LSCC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Meet the Nurse for Teens (FC) 7:30pm Prostate Cancer Support Group (FC)	9 12:30pm Nutrition to Nourishment (FC) 1pm Tai Chi Ch'uan (44084 RP) 1pm Fighting Cancer with a Fork (IAH-CCW) 1:30pm Writing your Life Stories (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Head and Neck Cancers Group (IFHC) 5:30pm Breast Cancer Support Group (IFO-R) 6pm Breast Cancer Support and Education Group (IMVH-CC) 6:30pm Latinos Unidos (AFC) 6:30pm Lung Cancer Support Group (FC) 7pm Dancing to Wellness (FC)	10 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 11am Knitting & Crocheting Circle (ILPO-I) 11am Grupo de Tejido y Crochet (ILPO-I) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided Meditation with Jenn Fay (FC) 7pm Blood Cancers Group (FC)	11 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 12pm Living with Adv. Disease (IFOH-1) 1pm Drumming for Well-Being (FC) 1:30pm Tai Chi and Qi Gong for health and Wellness (3700 A)
14 10am Kid and Sib Day (FC) 10:12pm Therapeutic Gentle Yoga with Ladan (3700 A) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise-Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILPO-I) 7pm Reiki for Relaxation (FC) 7pm Look Good...Feel Better (FC) 7pm Caregiver Connection (FC)	15 11:45am Multiple Myeloma Group (FC) 3pm Meditation with Purnima (FC) 5:30pm Brain Tumor Support Group (ILH-R) 6pm Prostate Cancer Support Group (IAH-CCW) 7pm Zumba (FC)	16 10am Curious About Cancer Day (FC) 1pm Tai Chi Ch'uan (44084 RP) 1:30pm Writing your Life Stories (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Ask the Expert: Nutrition (IFOH-2) 5:30pm Breast Cancer Support Group (IFHC) 7pm Stronger Body After Cancer (3700 B)	17 10am What to Expect During Chemo (FC) 11:30am Orientation to LWC (FC) 1pm Gentle Yoga with Jenn Fay (FC) 1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 2pm Guided Meditation with Jenn Fay (FC) 6:30pm Sounds of Meditation and Wellness (44084 RP)	18 Coalesce: An Advanced Breast Cancer Support Group (FC) 1:30pm Tai Chi and Qi Gong (3700 A)
21 10:30am Fitness for Wellness with Nancy (44084 RP) 12pm Art for Wellness and Growth (FC) 12pm Therapeutic Gentle Yoga with Ladan (3700 A) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise-Keeping Fit (FC) 6pm Luzca Bien...Siéntase Mejor (FC) 6pm Orientation to LWC (FC) 6:30pm Lung Cancer Support Group (ILPO-I) 6:45pm Yoga Nidra (FC)	22 9:30am Walking for Fitness (44084 RP) 11am Therapeutic Gentle Yoga with Pat (44084 RP) 1pm Quilting with Sandi (FC) 1pm Fighting Fatigue (ILH-R) 2pm Elements of Mind-Body (FC) 2pm Women Living with Cancer (IAH-CCC) 4:15pm Parent Connection (ILH-R) 4:15pm Curious About Cancer (ILH-R) 5:30pm Good Grief for Children (ILH-R) 5:30pm Parenting Alone (ILH-R) 5:30pm Living with Breast Cancer: Exercise (FC) 6:30pm Living with Breast Cancer: Education (FC) 7:15pm Good Grief for Adults (FC)	23 12:30pm Nutrition to Nourishment (FC) 12:30pm Surviving: Making Sense of Your Story (FC) 1pm Tai Chi Ch'uan (44084 RP) 1:30pm Writing your Memoirs and Life Stories (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 4:30pm Reiki for Relaxation 2014 (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Reiki for Relaxation 2014 (FC) 7pm Stronger Body After Cancer (3700 B) 7pm Reiki for Relaxation 2014 (FC)	24 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 11am Knitting & Crocheting Circle-Loudoun (ILPO-I) 11am Grupo de Tejido y Crochet (ILPO-I) 12pm Cooking for the Health of It: Veggies (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided Meditation with Jenn Fay (FC) 6:30pm Women in Transition: The Next Step (ILPO-I) 6:45pm Reiki for Relaxation (ILH-R) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)	25 Coalesce: An Advanced Breast Cancer Support Group (FC) 10am Art for Wellness and Growth (ILPO-I) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Tai Chi and Qi Gong 2014 (3700 A)
28 10:30am Fitness for Wellness with Nancy (44084 RP) 12pm Therapeutic Gentle Yoga with Ladan (3700 A) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise-Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 5:30pm Nutrition "Potluck" (FC) 6:30pm Latinas Unidas (FC) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 6:45pm Yoga Nidra (FC)	29 9:30am Walking for Fitness (44084 RP) 11am Therapeutic Gentle Yoga with Pat (44084 RP) 2pm Elements of Mind-Body (FC) 4:15pm Parent Connection (ILH-R) 4:15pm Curious About Cancer (ILH-R) 5:30pm Good Grief for Children (ILH-R) 5:30pm Parenting Alone (ILH-R) 5:30pm Living with Breast Cancer: Exercise (FC) 6pm Parent Night: Family Bingo (FC) 6:30pm Living with Breast Cancer: Education (FC) 7:15pm Good Grief for Adults(FC)	30 1pm Tai Chi Ch'uan (44084 RP) 1:30pm Writing your Life Stories (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious About Cancer (FC) 6:30pm Understanding "Chemobrain" (FC) 7pm Stronger Body After Cancer (3700 B)		12 10am Look Good...Feel Better (ILH-R) 10am Carcinoid (neuroendocrine) Cancer Group (FC)
				13 10am Look Good...Feel Better (ILH-R) 10am Carcinoid (neuroendocrine) Cancer Group (FC)
				19 Coalesce: An Advanced Breast Cancer Support Group (FC) 1:30pm Tai Chi and Qi Gong (3700 A)
				20
				26
				27