



Life with Cancer®

APRIL 2016

ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

CLASS/GROUP REGISTRATION INFORMATION

- Classes and groups are FREE, but registration is required
- To register go to www.lifewithcancer.org or call 703.698.2526, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email Mayra.Zepeda@inova.org or call 703.698.2526.

CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

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INFORMATION & EDUCATION

Ask the Expert: Caring for Your Skin

● FC, Thu, Apr 14, 6:30-8pm

Patricia Lucey, MD, of Inova Melanoma and Skin Cancer Center, will share her expertise on "Caring for Your Skin During and After Cancer Treatment". Register by April 13.

Ask the Expert: Self-Massage to Manage Neuropathy

● FC, Thu, Apr 7, 6:30-7:30pm

Chemotherapy Induced Peripheral Neuropathy (CIPN) effects the lives of up to 40% of cancer patients who receive chemotherapy and can cause pain, numbness, and/or tingling in the hands and feet. Massage therapy can stimulate circulation and nourish nerves to relieve symptoms. Oncology Nurse Navigator, Peter Clement, RN, BSN, OCN, will provide information on CIPN and Fran Arnold, RN, Certified Massage Therapist in Oncology will provide instruction on self-massage for the hands and feet. Please register by April 6; class size is limited.

Breast Surgery Preparation

● IAH-CCC, Mon, Apr 4, 12:30-2pm

● IAH-CCC, Tue, Apr 19, 12:30-2pm

● FO-LWC, Wed, Apr 13 & 27, 12:30-2pm

A nurse navigator will explain what you need to know before, during and after mastectomy surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family members/friends welcomed. Please register (family members do not need to register).

Breast Surgery Preparation

● ILH-PER, Tue, Apr 5, 4-5:30pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology therapist. Registration is required; no exceptions. Family member may attend.

Living with Breast Cancer: Exercise

● 44084 RP, Wed, Apr 13-May 18, 6-6:45pm

This six week exercise series is a complement to the Living with Breast Cancer education series which directly follows (see below). Jenny Townsend, ACE will offer exercises that will increase strength, flexibility and restore balance after breast cancer surgery. Plan to participate in all 6 sessions. Physician approval is required if you have had surgery within six weeks.

Living with Breast Cancer: Education

● 44084 RP, Wed, Apr 13-May 18, 7-8:30pm

- 4/13- Dr. Susan Boylan will present on Breast Cancer Development and Radiation Therapy. Please register.
- 4/20- Dr. Mai Firestone will present on Systemic Therapy Options: Tamoxifen, Hormone Replacement Therapy; Aromatase Inhibitors and Oncotyping. Please register.
- 4/27- Dr. M. Lee Spangler will present on Breast Screening, including 3-D Technology and Automated Breast Ultrasound. Please register.

Check online calendar for May seminar topics.

Clean Living: Makeup Sessions for the Health of It

● 44084, Thu, Apr 21, 1-2:30pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment using products without potentially harmful chemicals. Class includes an overview of wigs and scarves. First time registrants will receive a makeup kit. A family member or friend may attend, but will not receive makeup kit and should not register.



Location Key

- 44084 RP: 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- CUMC-1: Christ United Methodist Church, 7600 Ox Rd., Fairfax Station, VA, 22039
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-Rad Onc: Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- IAH-CCW: Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IFMC: Inova Fairfax Medical Campus, Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
- IFOH-1: Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
- ILH-PER : Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA, 20176
- ILH-R : Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, 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

Colorectal Surgery Education

● By appointment

Learning what to expect during and after your colorectal surgery can help reduce your anxiety and improve your recovery experience. An oncology nurse navigator will explain: What to expect throughout your hospital stay; requirements for going home; recovery process; tips for pain management; common concerns after surgery; and community resources. To schedule an appointment, contact Molly Kisiel, molly.kisiel@inova.org or 703.391.3758.

Compassion Cultivation

● FC, Thu, Apr 21-Jun 16, 2:30-4pm

Cancer patients, survivors and their loved ones are invited to learn practices to support one's own health, to increase self-compassion and self-care to reduce stress and anxiety and enhance connections with others. Sam Lolak, MD, psychiatrist/psychoncologist and certified teacher for Compassion Cultivation Training will facilitate this program, developed at Stanford University. Participation requires regular attendance and home meditation practice. Space is limited and Registration is required.

Good Grief - 2 Choices

● FO-LWC, Mon, Apr 4-May 23, 6-8pm

● FC, Tue, Apr 5-26*, 7:15-9pm

*Note: FC class continues for those already registered. Grief is a normal, healthy and healing emotion. This eight week seminar is appropriate for those who have experienced the death of a loved one from cancer within the last 6 months to two years (individual bereavement counseling is available in the interim). Discussion topics include: the process of grief; accepting and expressing one's emotions; dealing with children, family and friends; role and life style changes; coping with special dates; community resources; and more. You must be able to attend the first two meetings and be willing to make an eight week commitment.

Look Good...Feel Better - 2 Choices

● FC, Mon, Apr 25, 7-9pm

● IAH-CCW, Mon, Apr 4, 2-4pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family member or friend may attend but should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Orientation to Life with Cancer - 2 Choices

● FC, Thu, Apr 14, 11:30am-12:30pm

● FC, Thu, Apr 28, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day.

What to Expect During Chemotherapy

NEW!

● FO-LWC, Mon, Apr 11, 5-6pm

An Oncology Nurse Navigator will explain what to expect during chemotherapy treatments, how to prepare for your visit, tips for managing side effects, and resources available during treatment and into survivorship.

Your Brain on Ink: Journaling for Greater Well-Being

BACK AGAIN!

● FC, Tue, Apr 5-May 10, 10-11:30am

In this six-week series, you will learn journaling techniques to offer greater insight, awareness and well-being. Informed by the newer findings in neuroscience, the journal exercises will also offer options to work with "chemo brain." No prior writing experience is necessary and your entries will stay safely private. You will leave with a tool box of techniques that will help you author the next chapters of your life story. Instructor Deborah Ross LPC, CJT, is a licensed psychotherapist, certified journal therapist and author. *Participation requires regular attendance and preference given to new participants.* Class size is limited. Bring a journal or note book. Suggested reading: *Journal to the Self*, by Kathleen Adams.

HEALTHY LIVING

Fitness

Fitness classes are taught by credentialed instructors. If attending for the first time in 2016, bring a signed participation waiver (available online) to first class. Dress comfortably and bring a water bottle.

Core Strengthening

● FO-LWC, Wed, Apr 6-27, 3-4pm

Class continues for those already registered.



Fitness for Wellness

● FO-LWC, Tue, Apr 5-May 24, 12:30-1:30pm

This class will help improve strength, flexibility and stamina through a combination of standing and floor exercises. Registration is required.

Functional Movement - 2 Choices

● FO-LWC, Tue, Apr 5-May 24, 9:30-10:30am

● 44084 RP, Fri, Apr 1-June 20, 12-1pm

Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently. Using medicine balls, dumbbells, and BOSUs, you will challenge your movement system to make everyday activities easier, reduce your risk of injury and improve your quality of life.

Gentle Yoga

● FO-LWC*, Thu, Apr 7-28, 3-4pm

● 44084 RP, Mon, Apr 4-Jun 20, 7-8:30pm

● 44084 RP, Tue, Apr 5-Jun 21, 11am-12:30pm

● FC, Thu, Apr 7-28, 1-2pm

● FC, Mon, Apr 4, 7-8:30pm

● FC, Mon, Apr 18-May 9, 7-8:30pm

Gentle Yoga uses movements that stretch, strengthen and relax muscles. These movements improve flexibility of the spine and general range of movement. Joints are lubricated as bone density strengthens. Concentration is improved along with balance. The focused simple breathing techniques greatly improve lung function. These benefits are felt on every level, mind, body, and spirit. * FO-LWC location: Bring a yoga mat. This class is for those currently in treatment or out of treatment within 2 years. Preference to new participants.

Restorative Yoga

● FC, Fri, Apr 1-29*, 10:15am-11:30pm

*No class April 22. This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. If attending for the first time in 2015, please bring a signed waiver to first class.

Yoga for Breast Cancer

● FC, Thu, Apr 7-May 5*, 5:30-6:45pm

*No class April 28. Breast Cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required. Physician approval is required if you have had surgery within six weeks.

Fitness for Wellness,

Level I - 2 Choices

● 44084 RP, Mon, Apr 4-Jun 20

10:30-11:30am

● 44084 RP, Wed, Apr 6-Jun 22

10:30-11:30am

For those who are new to fitness, this class will help to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes.

Fitness for Wellness,

Level II - 2 Choices

● 44084 RP, Mon, Apr 4-Jun 20, 12-1pm

● 44084 RP, Wed, Apr 6-Jun 22, 12-1pm

This series is for people who have taken level I and have been recommended to progress to Level II. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes.

Levels I-IV Exercise at the Family Center:

Registration and a signed waiver (available online) is required before you can participate in class. Instructor: ACSM certified Cancer Exercise Trainer Susan Gilmore, MS. Questions? Email susan.gilmore@inova.org

Level I Exercise: Launching into Fitness

● FC, Tue, April 5-26, 2:30-3:15pm

This class is a prerequisite for Level II-IV exercise classes at the Life with Cancer Family Center. It will help to assess your fitness level, improve strength, flexibility and stamina. Upon the recommendation of the instructor, you may progress to a higher level of exercise after the first two classes. If you've had surgery within 6 weeks of the starting date, a note of approval from your doctor is necessary. **NO NEW REGISTRANTS AFTER April 12.**

Level II Exercise: Chair-Based

● FC, Mon, Apr 4-18, 2-2:45pm

● FC, Wed, Apr 6-20, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but **REGISTER SEPARATELY.**

Level III Exercise: Keeping Fit

● FC, Mon, Apr 4-18, 3-4pm

PREQUISITE: LEVELS I & II EXERCISE. This class offers a combination of standing and floor exercises.

Level IV Exercise: Fitness Fusion

● FC, Wed, Apr 6-20, 3-4pm

PREQUISITE: LEVELS I, II, III. This class offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training.

Tai Chi

● FC, Tue, Apr 5-May 24, 1-2pm

● FO-LWC, Thu, Apr 7-May 19, 1-2:30pm

This series uses slow, fluid body movements to enhance wellness, longevity and internal peace. Students will learn simple steps and then build upon them to perform more complex movements.

Walking for Wellness - 2 Choices

● FO-LWC, Tue, Apr 5-May 24, 11am-12pm

● 44084 RP, Mon, Apr 4-Jun 20, 1:15-2:15pm

Walking is a great form of exercise. Enhance your fitness and enjoy the camaraderie of walking with others.

Zumba!

● FC, Tue, Apr 5-26, 7-8pm

Please register under "Zumba - Bilingüe/Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing.

Zumba Gold

44084 RP, Fri, Apr 1-Jun 24, 10:30-11:30am

Zumba Gold focuses on all the elements of Zumba- fitness, cardiovascular, muscular conditioning and flexibility, but at a gentler pace, while maintaining the enthusiasm of the music. Registration required.

Nutrition

Fighting Cancer with A Fork - 2 Choices

● FO-Rad Onc, Tue, Apr 19, 12-1pm

● IAH-CCW, Wed, Apr 13, 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.

Healthy Cooking with Anu - 2 Choices

● FC, Thu, Apr 21, 12:30-2pm

Learn about whole grains and how to incorporate them into healthy and delicious meals. Also learn tips for portion control. Cooking demo included. Registration required.

● 44084 RP, Tu, Apr 19, 12:30-2

Too tired to cook but still want to eat healthy? Registered Dietitian, Anu Kaur, MS, RD will share tips and ideas that can simplify meal planning and eating healthy and yummy foods that nourish your body. Cooking demo included. Registration required.

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

● FC, Lunes, 25 de Abril, 7-8:30pm

¡Talleres de Bienestar! Talleres educativos con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes, sus seres queridos y cuidadores. Registro obligatorio. Para más información, llamar a Débora Haynes al 703.698.2539.

Tomando Control de Su Salud, April-May 2016

● FO-LWC, Jueves, 7 de Abril-12 de Mayo, 6-8pm

Aprender a tomar control de su salud. La Dra. Maria Schaart nos compartirá un programa durante seis semanas que nos da las herramientas necesarias para manejar nuestros síntomas y problemas de salud. Asistencia requerida a todas las seis sesiones. Cupo limitado. Registración mandataria llamando a Débora Haynes al 703.698.2539.

Zumba

● FC, Martes, 5-26 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 el 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 703.698.2526. Si está asistiendo por primera vez en 2016, favor de firmar un permiso antes de empezar la primera clase.

STRESS MANAGEMENT

Drumming for Well-Being

● FC, Thu, Apr 7 & 14, 10:30am-12pm

● FC, Wed, Apr 6 & 13, 7-8:30pm

Therapeutic drumming can boost the immune system, reduce stress, induce a state of calm and focused awareness. No experience necessary and all instruments are provided. Attend any or all sessions. Facilitator: Jennifer Brothers, Oncology Therapist Intern. Please register by previous day.

Healing through Art Therapy

● FC, Thu, Apr 21, 12:30-3pm

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Artistic ability is NOT required. Please register by the previous Tuesday.

Healing Touch

● 44084 RP, Apr 13, 6-7pm

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Knitting and Crocheting Circle - 2 Choices

● FC, Tue, Apr 5, 7-8pm

● FC, Fri, Apr 15, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided.

Making Sense of Your Story

● FC, Wed, Apr 13-Dec 14, 12:30-2:30pm

Register now for this upcoming monthly series, April-December, that provides an opportunity for those who are out of treatment to explore the impact the cancer experience has had on their lives – through guided imagery, meditation, art therapy, psychodrama, yoga and journaling. Attendance at all sessions is encouraged. To register call Micheline Toussaint at 703-698-2521 or Jean McCaw at 703.698.2537.

Meditation and Guided Imagery - 2 Choices

● FC, Wed, Apr 6 & 20, 3-4pm

● FC, Thu, Apr 7-28, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breath-work and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day. Come to any or all sessions, but please register by preceding day.

Mindfulness: Caring for the Mind and Body

● 44084 RP, Thu, Apr 7-Jun 23, 11am-12:30pm

Blending meditation, breath work and deep relaxation, the practice of mindfulness can boost the immune system, increase positive emotions, reduce negative emotions and stress, and improve memory and attention skills.

Reiki for Relaxation - 2 Choices

● FC, Mon, Apr 11, 4:30, 5:30 and 7pm

● FC, Wed, Apr 27, 4:30, 5:30 and 7pm

Schedule your appointment online on the first business day of the month at 9:15am. 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 and bring a blanket. If you need to cancel your appointment, please call ASAP, or by the morning of your appointment, 703.698.2526.

Reiki for Relaxation

● 44084 RP, Thu, Apr 28, 6:45-8pm

See description above, Register at any time.

Writing Your Memories

● FC, Thu, Apr 14, 2:30-4pm

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Please register, ASAP.

Zentangle

● 44084 RP, Tue, Apr 12, 1:30-3pm

Zentangle is a therapeutic tool for meditation, stress relief, increased focus, and pain management. As we look forward to Spring Renewal we will explore “organic” tangles. No prior experience is needed, just a willingness to explore a new dimension of yourself. All supplies will be provided, but if you have attended this class in the past, please bring your kit to this session.



SUPPORT & NETWORKING

Life with Cancer Support & Networking groups, except those identified as “patient-led” are facilitated by experienced oncology therapist and experienced oncology nurse navigators. Monthly registration is recommended. Register online at www.lifewithcancer.org or call 703.698.2526.

Brain Tumor Group

● FC, Tue, Apr 12, 6-7:30pm

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.

Breast Cancer Groups

- FC, Tue, Apr 26, 12-1:30pm (bring lunch)
- FO-Rad Onc, Wed, Apr 13, 5:30-7pm
- IAH-CCC, Mon, Apr 18, 6-7:30pm
- IFMC, Wed, Apr 6 & 20, 5:30-7pm
- ILH-R, Mon, Apr 25, 5-6:30pm
- IMVH-CC, Wed, Apr 13, 6-7:30pm

For women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship.

Coalesce: An Advanced Breast Cancer Group

- FC, Fri, Apr 1-29, 00pm

Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

Young Women with Breast Cancer

- IAH-CCW, Tue, Apr 12, 6:30-8pm
- FC, Tue, Apr 19, 6:30-8pm

A group for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.

Carcinoid Cancer

- FC, Sat, Apr 9, 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.

Caregiver Connection - 3 Choices

- FC, Mon, Apr 11, 7-8:30pm
- FO-LWC, Wed, Apr 13, 5:30-7pm
- ILH-R, Mon, Apr 11, 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.

Colorectal Cancer Meeting: Dr. Cannon

- FC, Thu, Apr 28, 6:30-8pm

Join us for an evening of discussion with Dr. Timothy Cannon on the topic of Clinical Trials for Colorectal Cancer.

GYN Cancers Group - 2 Choices

- FC, Wed, Apr 27, 5:30-7pm
- FO-LWC, Tue, Apr 19, 6:30-8pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another.

Head and Neck Cancers

- IFMC, Wed, Apr 13, 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.

Living with Advanced Disease - 3 Choices

- ILH-PER, Thu, Apr 14, 12-1:30pm
- ILH-R, Mon, Apr 25, 6:30-8pm
- IFOH-1, Fri, Apr 8 & 22, 12-1:30pm (bring lunch)

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis.

Lung Cancer Support Group

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

Eric Cohen, Integrative Nutritionist, will explore the myths and facts about food, nutrition, and healing. Learn a solid foundation for the best food choices.

Multiple Myeloma

- FC, Tue, Apr 19, 11:45am-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will feature an open discussion group. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register!

Spiritual Support Group

- CUMC-1, Thu, Apr 28, 7-8:30pm

A faith-based, patient-led 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.

Spirituality Quest

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

As Spring approaches, we look at the beauty of Mother Nature that surrounds us. This month we'll discuss "The Spiritual Wisdom of Trees." Cancer patients/survivors and caregivers are invited to join us on the second Tuesday of the month to explore our spiritual paths.

Us Too Prostate Cancer Group - 3 Choices

- IAH-CCW, Thu, Apr 21, 6-7:30pm
- LCSC, Tue, Apr 12, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings.

- FC, Tue, Apr 12, 7:30-9pm

Is there a clinical trial in your future treatment? Learn how to find the right one. Dr. Channing Paller, Johns Hopkins.

Waldenstrom's Group Meeting

- FC, Sat, Apr 2, 2-4pm

Dr. Kenneth David Miller, MD presents, "Seasons of Survivorship", a blend of medical and psychosocial issues of cancer survivors and their care-givers. For more information on this patient-led meeting, please contact lukleppinger@verizon.net.

Women's Survivorship Group

- ILH-R, Thu, Apr 14, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer.

Young Adult Group

- FC, Thu, Apr 28, 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.

CHILDREN, TEENS, PARENTS

Loss of a Child: Bereavement Support Group for Parents

- FC, Tue, Apr 19-Jun 14, 6-7:30pm

Many parents that have lost a child feel alone in their grief. This group will help to break down that isolation, bringing parents together to share their common sorrows and exceptional strengths in an environment of mutual respect, acceptance and support. Participants will find the opportunity for education, support and companionship. Please note: This series is for parents who have lost a child or teen to cancer within the last 2 years. We generally recommend a waiting period of three months before attending a bereavement support group. Individual counseling is available at Life with Cancer in the interim. Attendance at all 8 sessions is recommended.

Pediatric Oncology Parent Night: Bingo!

- FC, Tue, Apr 26, 6-8:30pm

Join us for the 3rd annual Candlelighter's Family Bingo Night. Everyone's a winner. Prizes galore. For on and off treatment families; all ages welcome. Dinner provided. Please register with constance.connor@inova, 703-531-1515 or with dccandlelighters@gmail.com.



APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p>1 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Functional Movement (44084 RP)</p> <p>2 2pm Waldenstrom (FC)</p> <p>3</p>
<p>4</p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12:30pm Breast Surgery Preparation (IAH-CCC) 1:15pm Walking for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 2pm Look Good...Feel Better (IAH-CCW) 3pm Level III Exercise: Keeping Fit (FC) 6pm Good Grief(FO-LWC) 7pm Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)</p>	<p>5</p> <p>9:30am Functional Movement (FO-LWC) 10am Your Brain on Ink (FC) 11am Gentle Yoga (44084 RP) 11am Walking for Wellness (FO-LWC) 12:30pm Fitness for Wellness (FO-LWC) 1pm Tai Chi (FC) 2:30pm Level I Exercise, Launching (FC) 4pm Breast Cancer Surgery Preparation (ILH-PER) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>6</p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Core Strengthening(FO-LWC) 3pm Meditation and Guided Imagery(FC) 5:30pm Breast Cancer Group (IFMC) 6:30pm Lung Cancer (FC) 7pm Drumming for Well-Being (FC)</p>	<p>7</p> <p>10:30am Drumming for Well-Being(FC) 11am Mindfulness... (44084 RP) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Tomando Control de Su Salud (FO-LWC) 6:30pm Self-Massage (FC)</p>	<p>8 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084) 12pm Living with Advanced Disease (IFOH-1) 12pm Functional Movement (44084 RP)</p> <p>9 10am Carcinoid Cancer (FC)</p> <p>10</p>
<p>11</p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 1:15pm Walking for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5pm What to Expect During Chemotherapy (FO-LWC) 5:30pm Reiki for Relaxation (FC) 6pm Good Grief (FO-LWC) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC)</p>	<p>12</p> <p>9:30am Functional Movement (FO-LWC) 10am Your Brain on Ink (FC) 10:30am Spirituality Quest (FC) 11am Walking for Wellness (FO-LWC) 11am Gentle Yoga (44084 RP) 12:30pm Fitness for Wellness (FO-LWC) 1pm Tai Chi (FC) 1:30pm Zentangle (44084 RP) 2:30pm Level I Exercise, Launching... (FC) 6pm Brain Tumor (FC) 6pm Us Too (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:15pm Good Grief (FC) 7:30pm Us Too (FC)</p>	<p>13</p> <p>10:30am Fitness for Wellness, Level I(44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12:30pm Making Sense of Your Story (FC) 12:30pm Breast Surgery Preparation Class (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers (IFMC) 5:30pm Breast Cancer Group (FO-Rad Onc) 6pm Breast Cancer Group (IMVH-CC) 6pm Healing Touch (44084 RP) 6pm Living w/ Breast Cancer: Exercise (44084 RP) 7pm Living w/ Breast Cancer: Education (44084 RP) 7pm Drumming for Well-Being (FC)</p>	<p>14</p> <p>10:30am Drumming for Well-Being (FC) 11am Mindfulness... (44084 RP) 11:30am Orientation (FC) 12pm Living with Advanced Disease (ILH-PER) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation (FC) 2:30pm Writing Your Memories (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Tomando Control de Su Salud (FO-LWC) 6:30pm Women's Survivorship (ILH-R) 6:30pm Caring for your Skin (FC)</p>	<p>15</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Functional Movement (44084 RP) 1pm Knitting and Crocheting (FC)</p> <p>16</p> <p>17</p>
<p>18</p> <p>10:30am Fitness for Wellness (44084 RP) 12pm Fitness for Wellness (44084 RP) 1:15pm Walking for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Good Grief (FO-LWC) 6pm Breast Cancer Group (IAH-CCC) 7pm Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)</p>	<p>19</p> <p>9:30am Functional Movement (FO-LWC) 10am Your Brain on Ink (FC) 11am Gentle Yoga (44084 RP) 11am Walking for Wellness (FO-LWC) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO-Rad Onc) 12:30pm Fitness for Wellness (FO-LWC) 12:30pm Healthy Cooking with Anu (44084 RP) 12:30pm Breast Surgery Preparation (IAH-CCC) 1pm Tai Chi (FC) 2:30pm Level I Exercise, Launching...(FC) 6pm Loss of a Child (FC) 6:30pm Young Women with Breast Cancer (FC) 6:30pm GYN Cancers Group (FO-LWC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>20</p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Core Strengthening (FO-LWC) 5:30pm Breast Cancer Group (IFMC) 6pm Living with Breast Cancer: Exercise (44084 RP) 7pm Living with Breast Cancer: Education (44084 RP)</p>	<p>21</p> <p>11am Mindfulness... (44084 RP) 12:30pm Healing through Art Therapy (FC) 12:30pm Healthy Cooking with Anu (FC) 1pm Clean Living: Makeup Class... (44084 RP) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation (FC) 2:30pm Compassion Cultivation (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Tomando Control de Su Salud (FO-LWC) 6pm Us Too (IAH-CCW)</p>	<p>22</p> <p>Coalesce (FC) 10:30am Zumba Gold (44084) 12pm Functional Movement (44084 RP) 12pm Living with Advanced Disease (IFOH-1)</p> <p>23</p> <p>24</p>
<p>25</p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 1:15pm Walking for Wellness (44084 RP) 5pm Breast Cancer Group (ILH-R) 6pm Good Grief (FO-LWC) 6:30pm Living with Advanced Disease (ILH-R) 7pm Gentle Yoga (44084 RP) 7pm Aprendiendo Juntos (FC) 7pm Gentle Yoga (FC) 7pm Look Good...Feel Better (FC)</p>	<p>26</p> <p>9:30am Functional Movement (FO-LWC) 10am Your Brain on Ink (FC) 11am Walking for Wellness (FO-LWC) 11am Gentle Yoga (44084 RP) 12pm Breast Cancer Group (FC) 12:30pm Fitness for Wellness (FO-LWC) 1pm Tai Chi (FC) 2:30pm Level I Exercise, Launching...(FC) 6pm Loss of a Child... (FC) 6pm Pediatric Oncology Parent Night (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>27</p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12:30pm Breast Surgery Preparation Class (FO-LWC) 3pm Core Strengthening (FO-LWC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 5:30pm GYN Cancers (FC) 6pm Living w/ Breast Cancer: Exercise (44084 RP) 7pm Living w/ Breast Cancer: Education (44084 RP) 7pm Reiki for Relaxation (FC)</p>	<p>28</p> <p>11am Mindfulness... (44084 RP) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation (FC) 2:30pm Compassion Cultivation (FC) 3pm Gentle Yoga (FO-LWC) 6pm Tomando Control de Su Salud (FO-LWC) 6pm Orientation (FC) 6:30pm Colorectal Meeting (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Support (CUMC-1) 7:30pm Young Adult (FC)</p>	<p>29</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084) 12pm Functional Movement (44084 RP)</p> <p>30</p>