



Life with Cancer®

DECEMBER 2014

HIGHLIGHTS

Yoga Retreat: Healing for the Holidays

FC, Sat, Dec 6, 9:30am-3pm

Holidays can be a stressful time with many demands. Take some time for self-care and treat yourself to this full day yoga retreat. Enjoy the day of relaxation and the camaraderie of others as you nurture your mind, body and soul.

Nutritionist, Eric Cohen, RN, OCN® will also share his expertise for Healthy Eating. This retreat is open to cancer patients/survivors and their loved ones. There is no charge; however, space is limited so registration is required. Dress comfortably. Facilitated by Pat Fitzsimmons RN, RYT and Elizabeth Kanter RYT.

Chocolate Therapy for the Holidays

FC, Wed, Dec 10, 12:30-2:30pm

In this hands-on workshop you will learn how to make two different kinds of Belgian chocolates. If you have a nut allergy, please refrain from registering for this workshop. If you have previously enrolled in this class, please do not register. Instead, call 703-698-2526 to have your name added to our waiting list and we will notify you if an opening arises. Facilitator: Robbin Warner, Belgian-trained chocolatier and cancer survivor. Please register.

Exploring Essential Oils and Reflexology

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

Essential oils from plants can help to balance the mind, body and spirit. They are often used by patients with cancer as a form of supportive care to manage symptoms and side effects and may improve quality of life and reduce stress and anxiety. This first in a series of workshops will focus on lavender combined with reflexology. Program will be presented by Nancy DeYoung, a former oncology nurse, massage therapist and member of the Society for Oncology Massage. Please register by preceding Monday. For more information contact Drucilla Brethwaite, MSW, LCSW, OSW-C, at 703.698.2538 or drucilla.brethwaite@inova.org.

Handling the Holidays After the Death of a Loved One

FC, Thu, Dec 4, 7-8:30pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Facilitated by Drucilla Brethwaite, LCSW. Please register by Tuesday, Dec. 2

Orientation to Life with Cancer

FC, Mon, Dec 1 & 15, 6-7pm

FC, Thu, Dec 11, 11:30am-12:30pm

This is a one-hour session offered multiple times monthly for those who are new to Life with Cancer. Learn about who we are, what we do, staff and services available at our various locations, take a tour of our Family Center and have your specific questions answered. Please register by preceding day.

GENERAL INTEREST

Caregiver Connection

FC, Mon, Dec 8, 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. FC Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

Dancing to Wellness

FC, Wed, Dec 10, 7-8:30pm

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This class will highlight music from the 1930's and 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.

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 maria.rodriquez@inova.org or call 703.698.2526.

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Location Key:

- 44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- AFC:** Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- 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
- FO-3580-001/A/CR/D:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
- 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
- IFOH-1:** Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
- ILH-R :** Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, 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
- PCC:** Physicians Conference Center, 3300 Gallows Road, Falls Church, VA, 22042

**Knitting and Crocheting Circle
FC, Tue, Dec 2, 7-8:30pm
FC, Fri, Dec 19, 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. Facilitator: Carolyn Sam, M.Ed. Please register.

**Look Good...Feel Better
FC, Mon, Dec 8, 7-9pm**

A professional cosmetologist will teach women how to manage appearance-related side effects of chemotherapy, radiation and other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

**Planning Ahead: A Guide For
Living Fully to the End
FC, Tue, Dec 2 & 9, 6:30-8pm**

Please join us for the last two classes in this series. December 2 class will feature Dr. Nicholas Robert who will present "Developing a Road Map to Dealing with a Life Threatening Disease" and an oncology nurse who will present, "Planning a Service of Remembrance and Thanksgiving". The December 9 class will focus on Practical and Legal Issues, and will feature a lawyer and a funeral home representative. Questions? Contact Marsha Komandt, RN, OCN® 703-698-2530, marsha.komandt@inova.org.

**Seminars for Survivors:
Survivors in Transition II
FC, Thu, Dec 18, 6:30-8pm**

This is the second of a series of monthly classes to help guide you in regaining balance in your life as a survivor. Topic is "Developing a Survivorship Care Plan" with Marsha Komandt, RN, OCN®. Please register Tues, Dec 16.

**What to Expect During Chemo
FC, Mon, Dec 8, 10:30am-12pm**

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.

Life with Cancer en Español



**Arte Para Salud y Crecimiento
FC, jueves, 18 diciembre, 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 a Débora Haynes al 703-698-2539.

**Fiesta Del Invierno
FC, lunes, 15 diciembre, 6:30-8:30pm**

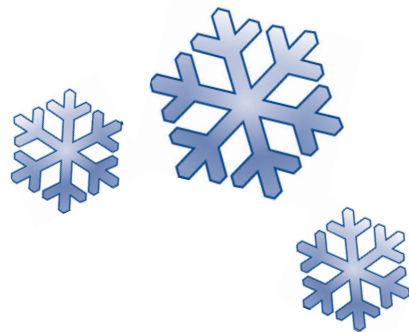
Ven a disfrutar de nuestra fiesta del invierno. Los familiares son bienvenidos. Por favor RSVP hasta el 10 de diciembre. Para más información, llamar a Débora Haynes al 703-698-2539 Debra.Haynes@inova.org o a David McGinness al 703-698-2529, David.McGinness@inova.org.

**Latinos Unidos
AFC, miércoles, 10 diciembre, 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 mas información, llamar a David McGinness al 703.698.2529.

**Zumba - Bilingual
FC, martes, 2-16 diciembre, 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 al 703-698-2529.



EXPRESSIVE ARTS

Art for Wellness and Growth

FC, Thu, Dec 18, 1-4pm

FC, Fri, Dec 19, 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 ASAP. Art therapists: Jean McCaw, MA, ATR-BC and Sarah Huffman, MA.

Making Sense of Your Story

FC, Wed, Dec 17, 12:30-2pm

Class continues for those already registered.

Writing Your Memoirs and Life Stories

FC, Thu, Dec 2, 3-4:30pm

This is the last of a four-week series for those already registered.

Writing Your Memoirs and Life Stories

FC, Thu, Dec 18, 2:30-4pm

This monthly class continues for those already registered.

FITNESS

Levels I-IV Exercise Classes are taught by ACSM certified Cancer Exercise Trainer Susan Gilmore. Completed registration and waiver (available online) are required each year. Questions? Contact Marsha Komandt, RN, OCN®, 703-698-2530.

Level II Exercise: Chair-Based

FC, Mon, Dec 1 & 8, 2-2:45pm

Class continues for those already registered.

Level II Exercise: Chair-Based

FC, Wed, Dec 3 & 10, 2-2:45pm

Class continues for those already registered.

Level III Exercise: Keeping Fit

FC, Mon, Dec 1 & 8, 3-4pm

Class continues for those already registered.

Level IV Exercise: Fitness Fusion

FC, Wed, Dec 3 & 10, 3-4pm

Class continues for those already registered



Zumba!

FC, Tue, Dec 2-16, 7-8pm

Please register under “Zumba-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.

MEDITATION, REIKI, YOGA

Gentle Yoga: Relax & De-stress through the Breath

FC Thu, Dec 4, 1-2pm

Use the ancient practice of conscious breathing along with gentle yoga movements to unwind the effects of stress. Instructor: Jenn Fay, MA, RYT.

Gentle yoga: Shifting Moods to a Higher Frequency

FC, TH, Dec 11, 1-2pm

Learn how the power of yoga can help you focus your thoughts and shift your mood toward peace and joy. Instructor: Jenn Fay, MA, RYT.

Laughter Yoga

FC, Thu, Dec 11, 2-3pm

Practiced while sitting in a chair, Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that provide the benefits of improved oxygen levels, lung capacity and reduced stress. Facilitator: Jenn Fay, MA, RYT. Please register.

Meditation with Jenn

FC, Thu, Dec 4, 2-3 pm

Join in a relaxing exploration of the power and benefits of meditation. We'll begin with breath work and a relaxation technique that leads into a guided meditation. Instructor: Jenn Fay, RYT.

Meditation with Micheline

FC, Wed, Dec 3, 10 & 17, 3-4

See description above. Instructor: Micheline Toussaint, LCSW, RYT.

Yoga for Breast Cancer Survivors

FC, Tue, Dec 2-16, 5:30-6:45pm

Class continues for those already registered.

Reiki for Relaxation

FC, Mon, Dec 8, 4:30-5:30pm, 5:30-6:30pm, 7-8pm

New information: Call 703-698-2526 to schedule your appointment and bring your own blanket! We will no longer provide blankets so if you prefer to have a blanket, please bring your own. 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 Eskovitz, RYT

FC, Fri, Dec 5 & 12, 10:15-11:30am

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. Please register separately for each class.

NUTRITION

Cooking for the Health of It Healthy Indulgence:

Chocolate Cake!

FC, Thu, Dec 4, 12-1pm

Let's have our cake and eat it too! Join Certified Nutritionist Vanessa Spiller and learn how to create a healthy, decadent chocolate cake with a secret. There is no reason to go without chocolate just because you're watching your calories or your sugar intake. You won't want to miss this tasting.



Diet, Exercise and a Healthy You

FC, Wed, Dec 10, 10:30am-12pm

Going through cancer treatments and getting back to “normal” can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register by previous Monday.

Fighting Cancer with a Fork

FC, Wed, Dec 17, 5:30-6:30pm

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 via lifewithcancer.org or call 703.698.2526.

SPIRITUALITY

Spiritual Support Group **CUMC-1, Thu, Dec 18, 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.

Spirituality Quest Holiday Brunch

FC, Tue, Dec 9, 10:30am-12pm

Our holiday brunch guest speaker will be Cheryl Somers Aubin, author of *The Survivor Tree*, a true story inspired by the tree that survived 9/11 in NYC. Register by preceding Monday.



BREAST CANCER

Breast Cancer Support Group **IFHC, Wed, Dec 3, 5:30-7pm**

Only one meeting in December! Learn, discuss and gain support from others who understand the concerns and challenges you face as a breast cancer survivor. Co-facilitators: Corinne Cook, LWCW, OSW-C and Marsha Komandt, RN, BSN, OCN®. For questions, call Corinne at 703-776-2813.

Coalesce

FC, Fri, Dec 5-19, call for time

This group is for women of all ages, with advanced breast cancer. Meet weekly in a closed support group to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW. Prior screening is required; please call 703.698.2522.

Young Women with Breast Cancer Support Group

FC, Tue, Dec 16, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. If attending for the first time, please call 703.698.2522.

SUPPORT GROUPS

Blood Cancers Group **FC, Thu, Dec 11, 7-8:30pm**

Individuals with leukemia or lymphoma and their support people are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. 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 Support Group **FC, Tue, Dec 9, 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. Please note new time! Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Carcinoid Cancer Group **FC, Sat, Dec 13, 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.

Colorectal Cancer Group: **Special Speaker!**

FC, Thu, Dec 4, 5:30-7pm

Colorectal cancer patients/survivors and their families are invited to take advantage of this opportunity to learn from and interact with Dr. Caroline Sanchez of Fairfax colon and Rectal Surgery.



Cutaneous Lymphoma Support Group

FC, Sat, Dec 13, 10:30am-12pm

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.

Head and Neck Cancers Group **IFHC, Wed, Nov 12, Dec 10, 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 information contact, corinne.cook@inova.org.

GYN Cancers Group **FC, Wed, Dec 17*, 5:30-7pm**

*Note date change due to holiday. Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in on this monthly group to share experiences and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN MS OCN®.

Head and Neck Cancers Group **IFHC, Wed, Dec 10, 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 information contact, corinne.cook@inova.org.

Lung Cancer Group Meeting **FC, Wed, Dec 3, 6:30-8pm**

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Carrie Friedman, RN, BS and David McGinness, LCSW

Melanoma Group **FC, Thu, Dec 4, 6:30-8pm**

This group meets quarterly and is sponsored by the Ashley Fister Cole Foundation with light refreshments provided. Returning guest speaker will be Evan Lipson, MD, from Johns Hopkins Medicine for an overview of the findings from this year's ASCO conference. Please register by Tues, Dec 2. Facilitators Marsha Komandt, RN, OCN® and David McGinness, LCSW.

Multiple Myeloma - Open Discussion

FC, Tue, Dec 16, 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. The focus of the December will be open discussion. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Ostomy Support Group of Northern Virginia

PCC, Sun, Dec 7, 1:30-3:30pm

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

Young Adult Group
FC, Thu, Dec 18, 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.

CHILDREN/TEENS/PARENTS

Note: For information about programs and services for children and teens, please contact Jenny Eckert, LCSW, OSW-C, RPT and Life with Cancer Children's Program Coordinator at 703-698-2536 or email jennifer.eckert@inova.org.

Curious about Cancer
FC, Tue, Dec 23, 10am-4pm

Children ages 5-12 that 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.

ALEXANDRIA/MOUNT VERNON

Breast Cancer Support and Education Group
IMVH-CC, Wed, Dec 10, 6-8pm

Current and former breast cancer patients/survivors are invited to meet with Nurse Navigator Michele Reddick and Surgical Physician Assistant Leah Basch to learn, discuss and share ways of meeting the challenges of a breast cancer diagnosis. Park at yellow entrance; signs will be posted for directions to conference room C on the second floor.

Fighting Cancer with a Fork
IAH-CCC, Wed, Dec 10, 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. Register by calling 703.504.7923.

Prostate Cancer Support Group
IAH-CCW, Thu, Dec 18, 6-7:30pm

Now on Thursday nights! Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, 703-698-2529.

Women Living with Cancer
IAH-CCC, Tue, Dec 23, 2-3:30pm

Women with any type of advanced cancer are invited to join this guided discussion group. 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. Early registration is suggested. Facilitators: Shara Sosa, LCSW and Laura Harty, LCSW. If attending for the first time, please call 703.504.7921.

Words for Healing: Writing, Word Art and Journal Making
IAH-CCC, Tue, Dec 16, 11am-1pm

Listen to the wise voice inside you, the one we so often ignore. By writing in a supportive environment you'll be amazed by your own insights. We'll honor your thoughts and words by embellishing them in a variety of artistic ways-collage, word art and journal making. No writing or artistic ability required. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.



Young Women with Breast Cancer

IAH-CCW, Tue, Dec 9, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: Shara Sosa, LCSW and Laura Harty, LCSW. If attending for the first time, please call 703.504.7921.

FAIR OAKS

Breast Cancer Support Group
FO-3580, Wed, Dec 10, 5:30-7pm

This support and education group, for women diagnosed with an early stage breast cancer within the past three years, will provide a supportive environment to meet with others, gather information and learn how to best navigate survivorship. Facilitated by oncology nurse navigator, Gale Towery, RN, BSN, OCN® and social worker Shereena Rodney. Please register.

Volunteers with a GYN or Breast Cancer diagnosis are needed for a Life with Cancer Insomnia Research Study

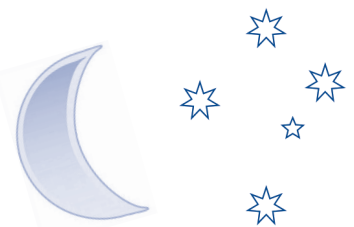
"Need Sleep? A Cognitive Behavioral Intervention For Cancer Patients with Insomnia"

To participate: You must be 18 years of age or older and have a diagnosis of a gynecologic or breast cancer.

Description of Research Study: Life with Cancer is researching a cognitive behavioral intervention to improve sleep quality and decrease psychological distress. We will ask you to fill out several questionnaires, collect salivary cortisol samples and participate in five weekly group sessions at the Life with Cancer Family Center where you will learn evidence based strategies that may improve your sleep. Total participation will take about 9 hours.

To learn more: Contact Research Manager, Drucilla Brethwaite, MSW, LCSW, OSW-C 703.698.2538 or drucilla.brethwaite@inova.org

This research is conducted under the direction of Principle Investigator James Zabora, ScD, Director, Life with Cancer and the Inova Health System Institutional Review Board.



Fighting Cancer with A Fork
FO 3580-001, Tue, Dec 16, 12-1pm

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 via lifewithcancer.org or call 703.698.2526.

NEW!
GYN Support Group
FO 3580-CR, Wed, Dec 17, 5:30-7pm

This is a new support group to meet the needs of women diagnosed with or who have had treatment for a gynecological cancers (ovarian, cervical, endometrial, vaginal and vulvar cancer). The group will provide a supportive environment to meet other women, gather information and learn how to best navigate survivorship. Facilitated by Maureen Broderick, LCSW and Molly Kisiel, RN, BSN, OCN®.

Living with Advanced Disease
IFOH-1, Fri, Dec 12, 12-1:30pm

This group welcomes 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: Gale Towery, RN, BSN, OCN® and Suzanne Freeman, MSW. Questions? Registration encouraged.

Mindfulness and Core Strengthening
FO 3580-A, Fri, Dec 5-19, 1:30-2:30pm
Incorporating elements of Yoga, Tai Chi and Pilates, potential benefits include improved strength, coordination, flexibility,

better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration for this series is required. Dress comfortably and bring a water bottle. Instructor: Jackie Le. Please register.



Stronger Body after Cancer
FO 3580-D, Mon, Dec 1-15, 7-8pm

This exercise series can help survivors gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Appropriate for all athletic capabilities. Attend each class for greatest benefit. Instructor: Schatem Boyd. Please register.

LOUDOUN CLASSES

Note: For information about programs and services for children and teens, please contact Jenny Eckert, LCSW, OSW-D, RPT and Life with Cancer Children's Program Coordinator at 703-698-2536 or email jennifer.eckert@inova.org.

Art for Wellness and Growth
ILPO-I, Tue, Dec 16, 1-3pm
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. Art Therapist, Sarah Huffman, MA. Registration required.

Fitness for Wellness
44084 RP, Fri, Dec 5-19, 10:30-11:30am
and/or 44084 RP, Mon, Dec 1-15, 10:30-11:30am

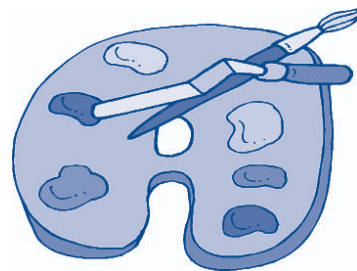
Exercise is an integral part of your wellness plan. This class is designed to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Separate registration is required for Mon and Friday classes. Dress comfortably. Attendance for all classes is encouraged for the maximum benefit.

Managing Your Pain
44084 RP, Tue, Dec 9, 6:30-8pm

Meet Dr. Michael Byas-Smith, Palliative Care physician from Capital Caring Adler Center. Dr. Byas-Smith will discuss pain management as related to side effects of cancer treatments during and post treatment. Registration Required

Look Good....Feel Better
ILH-R, Sat, Dec 13, 10:30am-12:30pm

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. New participants will receive a personalized make-up kit. Co-sponsored with American Cancer Society. Please register.



You Can Make a Difference!

Yes! I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift: \$250 \$100 \$50 Other _____

Name _____

Address _____ City _____ State _____ Zip _____

Preferred Phone # _____ Email _____

*Please send your tax-deductible contributions to:
Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031*

Relaxation and Guided Meditation with Esther

ILH-R , Thu, Dec 4, 6:30-8pm

For patients, family, & friends touched by cancer. Learn about and practice the art of relaxation and guided meditation. Group meets every-other month. Registration is required.

Therapeutic Gentle Yoga with Pat

44084 RP, Tue, Dec 2 & 9, 11am-12:30pm

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.

Therapeutic Gentle Yoga with Ladan

44084 RP, Thu, Dec 4 & 11, 11am-12:30pm

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.

LOUDON SUPPORT GROUPS

Advanced Breast Cancer Support Group

ILH-R , Mon, Dec 15, 6:30-8pm

For those who have had a recurrence or have metastatic breast cancer. please register if attending for the first time. Note: Date change due to Christmas Holiday.

Brain Tumor Support Group

ILH-R , Tue, Dec 16, 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, MSW. Please register.

Breast Cancer Support Group

ILH-R , Mon, Dec 15, 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. Note: Date changed due to Christmas Holiday.

Caregiver Connection

ILH-R , Mon, Dec 8, 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. If attending for the first time, or for questions, call Sandra Weller, LCSW, OSW-C, 703-858-8466. Please register by preceding Friday via lifewithcancer.org. Facilitators: Sandra Weller, LCSW, OSW-C and Molly Kisiel, RN, BSN.

Lung Cancer Support Group

ILPO-I, Mon, Dec 15, 6:30-8pm

Join other patients, survivors and family members to discuss the challenges of living with cancer and its treatments. If attending for the first time, or for questions, call Sandra Weller, LCSW, OSW-C, 703-858-8466. Facilitators: Sandra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN®.

Women's Survivorship Group

ILH-R , Thu, Dec 11, 6:30-8pm

For women who have completed treatment (surgery, chemotherapy & radiation) and are navigating new territory, please join us as we help you to define your new normal. Please register if attending for the first time. Questions? Call Sandra Weller, LCSW, OSW-C, 703-858-8466.

Oncology Massage and Body Work

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

Life with Cancer Studio
44084 Riverside Parkway, LL, Suite 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 twice, without calling in advance, we will no longer be able to schedule appointments for you.

DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>1</p> <p>10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Orientation to Life with Cancer (FC) 7pm Stronger Body After Cancer (FO 3580-D)</p>	<p>2</p> <p>11am Therapeutic Gentle Yoga w/ Pat (44084 RP) 2:30pm Writing Your Memoirs and Life Stories (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6:30pm Planning Ahead: A Guide to Living Fully to the End (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingual (FC) 7pm Zumba! (FC)</p>	<p>3</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion ((FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5:30pm Breast Cancer Support Group-Falls Church (IFHC) 6:30pm Lung Cancer Group Meeting (FC)</p>	<p>4</p> <p>11am Therapeutic Gentle Yoga with Ladan (44084 RP) 12pm Cooking for the Health of it - Healthy Indulgence: Chocolate Cake! (FC) 1pm Gentle Yoga: Relax & De-stress though the Breath (FC) 2pm Meditation with Jenn, Dec (FC) 5:30pm Colorectal Cancer Group, Dec (FC) 6:30pm Relaxation and Guided Meditation with Esther (ILH-R) 6:30pm Melanoma Group (FC) 7pm Handling the Holidays After the Death of a Loved One (FC)</p>	<p>5</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi Eskovitz, RYT (FC) 10:30am Fitness for Wellness (44084 RP) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p> <p>6</p> <p>9:30am Yoga Retreat: Healing for the Holidays (FC)</p> <p>7</p> <p>1:30pm Ostomy Support Group of Northern Virginia (PCC)</p>
<p>8</p> <p>10:30am What to Expect During Chemo (FC) 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation - Fairfax (FC) 5:30pm Reiki for Relaxation - Fairfax (FC) 6:30pm Caregiver Connection(ILH-R) 7pm Reiki for Relaxation - Fairfax (FC) 7pm Caregiver Connection(FC) 7pm Look Good...Feel Better - Fairfax (FC) 7pm Stronger Body After Cancer (FO 3580-D)</p>	<p>9</p> <p>10:30am Spirituality Quest Group-Holiday Brunch (FC) 11am Therapeutic Gentle Yoga w/ Pat (44084 RP) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Brain Tumor Support Group(FC) 6:30pm Managing Your Pain (44084 RP) 6:30pm Planning Ahead: A Guide to Living Fully to the End (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba - Bilingual (FC) 7pm Zumba! (FC) 7pm Exploring Essential Oils and Reflexology (FC)</p>	<p>10</p> <p>10:30am Diet, Exercise and a Healthy You (FC) 12:30pm Chocolate Therapy for the Holidays (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion ((FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5:30pm Breast Cancer Support Group (FO-3580) 5:30pm Head and Neck Cancers Group (IFHC) 6pm Breast Cancer Support and Education Group (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Dancing to Wellness (FC)</p>	<p>11</p> <p>11am Therapeutic Gentle Yoga with Ladan (44084 RP) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga: Shifting Moods to a Higher Frequency (FC) 2pm Laughter Yoga (FC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Blood Cancers Group (FC)</p>	<p>12</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p> <p>13</p> <p>10am Carcinoid Cancer Group (FC) 10:30am Cutaneous Lymphoma Support Group (FC) 10:30am Look Good...Feel Better (ILH-R)</p>
<p>15</p> <p>10:30am Fitness for Wellness (44084 RP) 5pm Breast Cancer Support Group - Loudoun (ILH-R) 6pm Orientation to Life with Cancer (FC) 6:30pm Fiesta Del Invierno (FC) 6:30pm Lung Cancer Support Group (ILPO-I) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 7pm Stronger Body After Cancer (FO 3580-D)</p>	<p>16</p> <p>11am Words for Healing: Writing, Word Art and Journal Making (IAH-CCC) 11:45am Multiple Myeloma - Open Discussion (FC) 12pm Fighting Cancer with A Fork(FO 3580-001) 1pm Art for Wellness and Growth, Loudoun County (ILPO-I) 5:30pm Brain Tumor Support Group(ILH-R) 5:30pm Yoga for Breast Cancer Survivors (FC) 6:30pm Young Women with Breast Cancer Support Group (FC) 7pm Zumba - Bilingual (FC) 7pm Zumba! (FC)</p>	<p>17</p> <p>12:30pm Making Sense of Your Story (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5:30pm Fighting Cancer with a Fork (FC) 5:30pm GYN Cancers Group (FC) 5:30pm GYN Support Group (FO 3580-CR)</p>	<p>18</p> <p>1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 3pm Writing Your Memoirs and Life Stories (FC) 6pm Prostate Cancer Support Group (IAH-CCW) 6:30pm Survivors in Transition II (FC) 6:45pm Reiki for Relaxation(ILH-R) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)</p>	<p>19</p> <p>Coalesce (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Art for Wellness and Growth (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p>
<p>22</p>	<p>23</p> <p>10am Curious about Cancer (FC) 2pm Women Living with Cancer (IAH-CCC)</p>	<p>24</p>	<p>25</p>	<p>20</p> <p>21</p> <p>26</p> <p>27</p> <p>28</p>
<p>29</p>	<p>30</p>	<p>31</p>		