



**JANUARY 2012
CALENDAR**

Life with Cancer®

Experience a Community of Hope

About Life with Cancer®

Life with Cancer is part of Inova Health System, a not-for-profit healthcare system. Our mission is to enhance the quality of life of those affected by cancer by providing information, education and support. Our programs and services are offered through out Northern Virginia and 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 many questions that arise when one is diagnosed with cancer. Our professional staff is made up of oncology nurses and social workers that have an average of 15 years experience in the field. Our programs are FREE thanks to the generous support of the community. Anyone may take part in our classes, groups and services, regardless of where they live or receive treatment. To learn more, visit www.lifewithcancer.org.

How to Register: Important Facts!

1. All classes are free, but 48-hour registration is required unless otherwise specified.
2. Register online at lifewithcancer.org or call 703-698-2526, unless otherwise specified.
3. If attending a support group for the first time, please contact the facilitator, otherwise registration is not required.
4. Program cancellations will be posted on the Life with Cancer homepage. Please check the "Special Announcements" box on the Life with Cancer homepage before attending a class or group.
5. Family members and significant are welcome to attend most classes, not support groups.
6. Consultation with staff may be required prior to attendance.
7. Anyone who has been diagnosed with cancer and is currently affected by the disease may register for classes regardless of where one receives/d treatment.

Stay Connected!

- To receive a FREE subscription to Life with Cancer email news go to lifewithcancer.org and click on the "Sign Up for Email News" box
- For a current copy of the Life with Cancer calendar, go to lifewithcancer.org and click on the "Printable Class Calendar" box

DECEMBER HIGHLIGHTS

Cancer Education Forum: Understanding Complementary Therapies

FC, Wed, Jan 25, 7:15-8:30pm

What are complementary and alternative therapies and how can they be used during and after treatment? Come learn more about these different modalities and how they may help you or those you love. Presented by Miranda Gingerich, RN, OCN®, Oncology Patient Educator. Please register by Tuesday, 1/24.

Life with Cancer Orientation

FC, Thu, Jan 5 & 19, 11am-12pm

FC, Mon, Jan 9 & 23, 6-7pm

If you are new to Life with Cancer, please come to learn more about our many programs, support groups and services for both children and adults affected by cancer. Overview includes who we are, what we do, staff and services at our various locations, tour of our Family Center, and your specific questions addressed. Please call, or register on our website, by preceding day.

Marvelous Mah Jongg

FC, Tue, Jan 24-Feb 14, 2-4pm

In addition to being fun and social, playing the game provides a mental and physical rest from all of life's other concerns. Those who play call it "the game of a hundred intelligences" and the "gift of heaven" Come to begin to learn and claim a piece of heaven for yourself, with four introductory sessions; you can then join the weekly Mah Jongg Club. Instructor: LWC Volunteer Marion Jacknow. Attendance is expected at all sessions, and space is limited, so please register ASAP.

Seminars for Survivors: Nutrition, Physical Activity and the Prevention of Cancer or its Recurrence

FC, Thu, Jan 19, 7-8:30pm

Dietitian, Deb Rowland, RD, CSO, will provide an overview of nutritional recommendations for patients, survivors,

and family members, and present the latest research findings on the role nutrition can play when one is living with cancer and its treatments, and in minimizing recurrence risk. Please register by Tue, 1/17

GENERAL INTEREST

CanSurvive

Thu, Jan 5 -27, call for location

This weekly patient-led self-help group welcomes anyone with any type of cancer (loved ones also welcomed). For location and more information contact CanSurvive directly at 301-294-0566, linzil@usermail.com

Fighting Fatigue

ILPO, Tue, Jan 24, 1-2:30pm

Fatigue is the most common side effect to cancer treatment and can alter ones 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. Presented by Deborah Cook, RN, OCN®, Oncology Patient Educator. Please register by Monday, 1/16.

Hereditary Breast and Ovarian Cancer Support Network

FC, Wed, Jan 25, 7:15-8:30pm

This monthly support network is for women diagnosed with breast or ovarian cancer as a result of BRCA genes, and for those that carry a gene mutation. Facilitators: Sandra Weller, LCSW, OSW-C and Grace-Ann Fasaye ScM, CGC. Please register.

WEATHER POLICY

For information on cancellations due to inclement weather, please visit www.lifewithcancer.org or call 703-698-2526 and press option 3. Decisions on evening program cancellations will be made by 3:00 p.m.

Location Key for December 2011

3700-A&B:	3700 A&B Medical Plaza Building 3700 Joseph Siewick Drive, Fairfax, VA, 22033
CUMC-1	Christ United Methodist Church Trailer B 8285 Glen Eagles Lane Fairfax Station, VA, 22039
FC	Life with Cancer Family Center 8411 Pennell Street Fairfax, VA, 22031 www.lifewithcancer.org
IAH-CCW	Inova Alexandria Hospital Cancer Center 4320 Seminary Rd. Alexandria, VA, 22304
IFHC	Inova Fairfax Hospital for Children - Radiation Oncology Conf. Rm. 3300 Gallows Road Falls Church, VA, 22042
ILH-PER	Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway Leesburg, VA
ILH-R	Inova Loudoun Hospital Radiation Oncology Center 44035 Riverside Parkway Leesburg, VA, 20176
ILPO	Inova Loudoun Physicians Offices 44055 Riverside Parkway, Suite 210, Leesburg, VA, 20176
LCSC	Loudoun County Senior Center 21060 Whitfield Place Sterling, VA, 20165
PCC	Physician's Conference Center 3300 Gallows Road Falls Church, VA 22042
TJL	Thomas Jefferson Library 7415 Arlington Blvd Falls Church, VA 22042
TPL	Tysons-Pimmit Regional Library 7584 Leesburg Pike Falls Church, VA, 22043
TR	Two Riverbend 44084 Riverside Parkway Lower Level Basement Leesburg, VA, 20176

Mah Jongg Club

FC, Mon, Jan 9-30, 12:30-4pm

Four Bam! Three Crak! Two Dot!
... those marvelous sounds. Tiles
clacking, women bonding, laugh-
ing and, of course, the best sound
of all . . . Mah Jongg! Cancer survivors and
patients who are Mah Jongg enthusiasts are
welcome to join this fun, sociable and relaxing
game. This is an informal meeting; beginning
knowledge of how to play the game is necessary.



Ostomy Support Group of Northern Virginia

PCC, Sun, Jan 8, 1:30-3pm

Food, Fun and Fellowship. This month's meet-
ing will focus on ostomy tips, hints and tricks
provided by the audience.

Partners in Care – Fairfax

FC, Mon, Jan 9, 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. FC facilitators:
Drucilla Brethwaite, LCSW, OSW-C and Eric
Cohen,.

Partners in Care I-Loudoun

ILPO, Mon, Jan 9, 6:30-8:30pm

This group is just for caregivers. Meet with
others for ongoing support in dealing with
the challenges of caring for a loved one with
advanced disease. Learn coping strategies, how
to deal with end of life issues and information
related to cancer in advanced stages. Facilita-
tors: Sandra Weller, LCSW, OSW-C, Deborah
Cook, RN, OCN*. Call Sandra Weller if you
need further information. 703-858-8466.

Partners in Care II-Loudoun

ILPO, Mon, Jan 16, 6:30-8:30pm

This group is just for caregivers. Meet with
others for ongoing support in dealing with
the challenges of caring for a loved with
non-metastatic cancer. Learn coping strate-
gies and information related to cancer and
its treatments. Please register. Facilitators:
Sandra Weller, LCSW, OSW-C and Debo-
rah Cook, RN, OCN. Please call Sandra
Weller if you have any questions 703-858-
8466.

What to Expect During Chemo – Two Locations!

If you are about to start, or recently started che-
motherapy, this class is for you. An oncology nurse
educator will explain medical terms, what to be
aware of, do's and don'ts, and tips to optimize your
quality of life throughout treatment. This class is
offered every Friday. RSVP by preceding day.

Young Adult Group

FC, Thu, Jan 26, 7:30-9pm

Meet with others, ages 18 to 30-something,
to discuss treatment side effects, work and
health insurance concerns, body image, inti-
macy, dating, fears of recurrence, sustaining
a normal lifestyle and other issues of concern
to young people with cancer. Facilitators:
Sage Bolte, PhD, LCSW, OSW-C and Eric
Cohen, RN, BSN, OCN*.

Did You Know Life With Cancer Offers:

Educational consultations

with an oncology nurse are available to
discuss questions and concerns about
treatment, side effects,
clinical trials, fertility, information about
your cancer and more. To schedule a
consultation, offered free of charge,
contact *Eric Cohen, Education Program
Manager, 703-776-8786.*

Short-term counseling

*A cancer diagnosis often leads to con-
cerns and fears about one's life, changes
in body image, side effects of treat-
ment and disruptions in life, work, and
relationships. Family members may
also experience their own unique set of
concerns. Short-term counseling can
provide an opportunity to discuss the
challenges that follow a cancer diagnosis
and to explore effective ways of coping.
For more information on this free service
offered by our oncology counselors, please
call Life with Cancer Program Manager
at 703-698-2535.*

Find us on Facebook!
Please search for Life with
Cancer and click on "like us."



EXPRESSIVE ARTS

Art for Wellness and Growth

FC, Mon, Jan 23, 2-4pm

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. Facilitator: Art therapist Jean McCaw, MA, ATR-BC.

Writing for Wellness

FC, Thu, Jan 19, 10:30am-12pm

Join certified poetry therapist Ingrid Tegner, MSW, in this monthly program and tap into your own well of creativity, using poetry and creative journaling techniques. Writing experience is not necessary, just a willingness to explore the healing journey in a supportive small group community for empowerment, insight, and support. Please register by Tue, 1/17.

Knitting and Crocheting Circle

FC, Tue, Jan 3, 7-8:30pm

Past, new, experienced or inexperienced participants are welcome to join us monthly on the first Tuesday. Bring your own project to work on or one to donate. Facilitator: Carolyn Sam, M.Ed. New members, RSVP.

**Knitting Circle - Loudoun**

ILPO, Thu, Jan 12 & 26, 11am-12:30pm

Laugh, learn and create! Everyone is welcome at all levels of experience, from beginners to advanced. Bring your own project or learn the basics with furnished supplies. Enjoy the company of others who find knitting a relaxing and stress-reducing activity. RSVP.

Writing for Wellness

FC, Thu, Dec 15, 10:30am-12pm

Join certified poetry therapist Ingrid Tegner, MSW, in this monthly program and tap into your own well of creativity, using poetry and creative journaling techniques. Writing experience is not necessary, just a willingness to explore the healing journey in a supportive small group community for empowerment, insight, and support

FITNESS

For questions regarding Level 1-IV Exercise classes, call Marsha Komandt, RN, OCN®, 703-698-2530

Level I Exercise: Launching Into Fitness - Two Locations

TR, Thu, Jan 12-Feb 2, 2-3pm

FC, Tue, Jan 24-Feb 14, 1-1:45pm

This class is for those who are new to LWC's exercise program. It will help to assess your fitness level after which you can progress to a Level II exercise class. Registration is required and a waiver (available online) must be completed before or upon arrival to class. FC instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore. ILPO instructor: Marti Badila Cancer Exercise Specialist, Certified Pink Ribbon Program Trainer. For questions regarding class at ILPO location, call Sandra Weller, LCSW, OSW-C, 703-858-8466.

Level II Exercise: Chair Based Exercise – Two Locations!

TR, Mon and Thu, Jan 16-Feb 23, 1-2pm

FC, Mon and Wed, Jan 9-Feb 15, 2-2:45pm

This six week exercise class is designed particularly for those with treatment limitations such as neuropathy, balance and low energy issues. It will help to increase heart rate, range of motion and flexibility and tone and strengthen muscles. Level I exercise class is a prerequisite. Registration is required and waiver (available online) must be completed before or upon arrival to class. ILPO instructor: Marti Badila Certified Trainer. For further information call Sandra Weller, LCSW 703-858-8466. FC instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore. For further information call Marsha Komandt, RN, OCN®, 703-698-2530.

Level III: Keeping Fit

FC, Mon, Jan 9-Feb 13, 3-4pm

This six week series offers a combination of standing and floor exercise to increase strength and flexibility, improve endurance and fatigue and enhance overall well-being. Level I or II exercise is a prerequisite. Registration is required and waiver (available online) must be completed before or upon arrival to class. Instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore.

Level IV: Fitness Fusion

FC, Wed, Jan 11-Feb 15, 3-4pm

This six week exercise series provides a sam-

pling of more intensive exercise modalities including dance aerobics, interval training, resistance and core training. Level I, II or III Exercise is a prerequisite. Registration is required and will close after January 18. Waiver must be completed before or upon arrival to class. Instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore.

Walking for Fitness

ILPO, Wed, Jan 4-25, 9:30-10:30am

If you are interested in walking with fun-loving people for exercise and camaraderie this group is for you! This group will meet rain or shine. Please register. For further information contact Sandra Weller, LCSW, OSW-C, 703-858-8466.

MEDITATION

Guided Meditation: Life with Imagination

FC, Thu, Jan 19-Feb 23, 2-3pm

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

**Meditation and Guided Imagery - Loudoun**

ILH-PER, Tue, Jan 31, 6:30-8pm

Learn about and practice the art of meditation & guided imagery.

**Life with Cancer® en Español****Latinas Unidas**

FC, Lunes, 23 de enero 12 lunes, 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 Verónica Martínez 703-698-2539 o Claudia Campos 202-223- 9100.

Latinos Unidos y Sanando Juntos se reanudarán en febrero.

Meditation and Guided Imagery with Micheline

FC, Wed, Jan 11-25, 3-4pm

Join us for this weekly relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Come to one session or come to all.

REIKI

Reiki for Relaxation

FC, Mon, Jan 9 & Wed, Jan 25, 4:30-5:30pm,
5:30-6:30pm, 7-8pm

Schedule your individual appointment with a certified Reiki practitioner and experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, releasing tension and discomfort, and enhance well being. Dress comfortably. Appointments are limited and do not open until the first of each month. * *Please note: If you are absent for your appointment more than 3 times without advanced notification, we will no longer be able to schedule an appointment for you.*

Reiki for Relaxation

ILH-R, Thu, Jan 26, 6:45-8pm

To help you rebalance and recharge your body's energy systems while you relax to soothing music. Registration is requested if attending for the first time; **MUST** call Karen Archer, 703-858-8857. Life with Cancer will not take registrations online or by phone.

SPIRITUALITY

Spiritual Support Group

CUMC-1, Thu, Jan 26, 7-8:30pm

This monthly support group, with a spiritual focus, is for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. For more information contact facilitator Dana Neese, Christ United Methodist Church, 703-690-3401.

Spirituality Quest

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

Begin the New Year with a visioning exercise

guided by Jenn Fay, MA, RYT. Facilitator: Marsha Komandt, RN, OCN®. Please register 48 hours in advance.

YOGA

Gentle Yoga

FC, Thu, Jan 19-Feb 23, 1-2pm

This series teaches movements to stretch, strengthen and relax muscles, seated in chair or on the floor. Space is limited, so please register ASAP. If full, preference will be given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT.

Laughter Yoga

FC, Thu, Jan 26, 12-1pm

Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that have a number of benefits, including improved oxygen levels and lung capacity and reduced stress levels. Will be done sitting in a chair. Facilitator: Jenn Fay, MA, RYT. Please register.

Oncology Massage and Body Work

Life with Cancer Family Center - 8411 Pennell Street, Fairfax, VA 22031

Mondays, 2:15-3:30pm
Sabine Hutto, CMT

Tuesdays, 10am-2:15pm
Linda Glick, CMT

Wednesdays, 12:15-4:30pm
Leonora de Jong, CMT

Tuesdays, 5:30-7pm
Thursdays, 3:15-7pm

- To schedule an appointment call 703-698-2526 at least 24 hours in advance*
- Appointments are available 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
- \$50 / 1-hour massage session. Payment going directly to the massage therapist. Sorry, no credit cards
- Physician approval is required; please ask for written permission at your next appointment

** Please note: If you are absent for your appointment more than 3 times without notifying Life with Cancer, we will no longer be able to schedule appointments for you*

Breast Cancer Support Groups

Learn, discuss and gain support from others who understand the concerns and challenges you face.

- **FC, Fri, Jan 6-27, 00pm**
Coalesce: Meet weekly in a closed support group with women of all ages to share life's joys and sorrows. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Jason Williams, MD. Prior screening is required as this is a closed group; Call 703.698.2520 for more information.
- **FC, Tue, Jan 3, 6-7:30pm**
A group for individuals in their 20's, 30's and 40's with non-metastatic breast cancer. Facilitated by Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. RSVP if attending for the first time, 703-698-2522
- **IAH-CCW, Tue, Jan 10, 6:30-8pm**
Group I: for individuals in their 20s, 30s and 40s with non-metastatic breast cancer. If attending for the first time, please call 703-504-7921. Facilitators: Shara Sosa, LCSW and Maureen Broderick, LCSW.
- **IAH-CCW, Tue, Jan 24, 6:30-8pm**
Group II: a general breast cancer group. If attending for the first time, call 703-504-7921. Facilitators: Shara Sosa, LCSW and Maureen Broderick, LCSW.
- **IFHC, Wed, Jan 4 & 18, 5:30-7pm**
Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.
- **ILH-R, Mon, Jan 23, 5-6:30pm**
NEW TIME! For those newly diagnosed and/or starting treatment. If attending for the first time call Karen Archer, 703-858-8857. Life with Cancer will not take registrations online or by phone.
- **ILH-R, II - Loudoun Jan 23, 6:30-8pm**
For those finished with treatment, who have a recurrence or metastatic breast cancer. RSVP if attending for the first time; MUST call Karen Archer, 703-858-8857. Life with Cancer will not take registrations online or by phone

Brain Tumor Group

FC, Tue, Jan 3, 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. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Carcinoid Cancer Group

FC, Sat, Jan 14, 10am-12pm

Meet others with carcinoid cancer (a neuroendocrine tumor) and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information call 703-255-0519 or visit www.members.cox.net/cacsva/index.htm.

GYN Cancer Group

FC, Wed, Jan 25, 5:30-7pm

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 Miranda Gingerich, RN, OCN®.

Head and Neck Cancers: Heads Up!

IFHC, Wed, Jan 11, 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. Facilitators: Corinne Cook, LCSW, and a Radiation Oncology team member.

Leukemia Group

This group will not meet in January. Join our next monthly meeting on Feb 9.

Living with Lymphedema

This group will not meet in January. Join us for our next meeting in February.

Lung Cancer Group

FC, Wed, Jan 11, 6:30-8pm

New time in 2012! 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 Miranda Gingerich RN, BSN, OCN®.

Melanoma Group

This group will not meet in January or February. Join our next quarterly meeting in March/Brethwaite, LCSW.

Multiple Myeloma

FC, Tue, Jan 17, 11:45am-1:30pm

Our monthly meeting for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Come and learn more about the services of the Leukemia & Lymphoma Society. Facilitators: Sabine Gnesdiloff, LCSW, and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Please register.

PROSTATE CANCER GROUPS

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

- **IAH-CCW, Tue, Jan 17, 6-8pm**
For further information contact Maureen Broderick, 703-504-7921.
- **LCSC, Tue, Jan 10, 6-8pm**
"Man to Man". A support group for men coping with prostate cancer, and their families.
- **FC, Tue, Jan 10, 7:30-9:30pm**
Jim Waldenfels, Prostate Cancer Survivor and Advocate will give a report on the Sept 11 Prostate Cancer National Conference.

*Follow us on twitter at
Twitter.com/lifewithcancer*



GRIEF, LOSS AND RECOVERY

Good Grief – Two Locations!

ILPO, Wed, Jan 18 – March 7, 7:15-9pm

FC, Tue, Jan 24-Mar 13, 7:15-9pm

This eight week series is for those who have experienced the loss of a loved one from cancer within the past two years. 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. Attendance at each session is expected. Registration is required. For information about ILPO class, contact Saundra Weller LCSW, OSW-C, 703-858-8466 or saundra.weller@inova.org. For information about FC class, contact Drucilla Brethwaite, LCSW, OSW-C, 703-776-8798 or drucilla.brethwaite@inova.org.

Parent Bereavement Group

FC, Thu, Jan 12, 7-9pm

Monthly support group for parents who have lost a child, 18 and under, to cancer. Share memories and helpful suggestions in a supportive environment. Facilitators: bereaved parents, Jay and Amber McClain and Connie Connor, LCSW, Pediatric Oncology Counselor. For more information call Connie Connor at 703-531-1515.

CHILDREN, TEENS AND PARENTS

For more information and to register for the following programs, please contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org, unless otherwise specified.

CHILDREN

Curious about Cancer-Two Locations!

FC, Wed, Jan 18-March 7, 5:15-6:15

ILH-R, Th, Jan 19-March 8, 4:15-5:15

This group runs November 3 - December 15. Next session will begin in January. Children ages 5-12 are invited to join us as we learn about cancer through discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

Good Grief for Children-Two Locations!

FC, Tue, Jan 17-Mar 13, 5:30-6:30pm

ILH-R, Th, Jan 19-March 8, 6:30-7:30pm

This group, from Nov 1-Dec 13, is for children ages 5-12 years old who have lost a loved one to cancer. Through discussion, games and art they will be invited to share thoughts and feelings and work through the grief process.

Kid and Sib Day

FC, Mon, Jan 16, 10am-4pm

Children ages 5-12 with cancer, and their brothers and sisters, ages 5-12, are invited to share the day with other children, play games, do arts and crafts and just have fun. Kids with cancer and their siblings will do activities separately as well as have some time together. Please call Jenny Eckert, LCSW at 703-698-2536 to register or email jennifer.eckert@inova.org for more information.

TEENS

Good Grief Dinner for Teens-Two Locations!

CUMC-2, Thu, Jan 12, 7-8:30pm

FC, Wed, Jan 18, 6:30-8pm

This monthly dinner offers an opportunity to meet

with other teens who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

Good Grief Dinner for Teens

CUMC-2, Thu, Dec 8, 7-8:30pm

This monthly dinner offers an opportunity to meet with other teens who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

PARENTS

Pediatric Oncology Parent Night

FC, Tue, Jan 24, 6-8:30pm

Come and hear from representatives from multiple childhood cancer organizations such as Make a Wish, Special Love, Hope-cam, Believe in Tomorrow, Life with Cancer, Fairy Godmother Project, etc. and their role in supporting families during and after treatment. Dinner and a separate activity group for children ages 5 - 12. Co-sponsored by the Leukemia and Lymphoma Society and D.C. Candlelighters. RSVP required. Contact Connie Connor, LCSW at 703-531-1515 or email constance.connor@inova.org.

Parenting Alone

FC, Wed, Jan 11, 7-8:30pm

Meet with other parents who have lost a spouse or partner to cancer while raising school-aged children. Share thoughts, challenges, and solutions, and hear from professionals who will share information and ideas you might find helpful. Join us monthly on the second Wednesday. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

You Can Make a Difference

Yes! I understand that Life with Cancer is primarily community supported and I want to help. Please use my gift to benefit:

- General Programs and Services
- The Life with Cancer Family Center
- The Appearance Center
- Art Therapy Program
- Breast Cancer Programs
- Conference and Training Support
- Life with Cancer Endowment
- Children and Teen Programs
- Mind/Body Wellness Programs

I am enclosing the following donation: \$100 \$50 \$25 Other _____

Name _____
Address _____ City _____ State _____ Zip _____
Phone # _____ Email _____

Please send your tax-deductible contribution to:
Joanne Royalty, Director of Leadership Giving
Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031

COMING IN FEBRUARY:

Art for Wellness in Loudoun!

Look for this new monthly program, beginning on February 13, at our Loudoun Location

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. Facilitator: George Washington University Art therapy Intern Amanda Andrews.

Prostate Cancer Educational Series in Loudoun!

Gain a better understanding of Prostate Cancer from knowledgeable healthcare professionals.

February 28:

“Prostate Cancer: Understanding the Disease and Treatment Options,” Gregory Schenk, MD, urologist and Medical Director of Robotic Surgery and Minimally Invasive Surgery at Inova Loudoun Hospital

March 6:

“Managing Treatment Side Effects for Optimal Quality of Life,” Deborah Cook, RN, OCN, Oncology Patient Education Coordinator, Life with Cancer, Inova Loudoun Hospital

March 20:

“Multiple Options if Prostate Cancer Progresses,” Manoel Moraes, MD, medical hematology and oncology, Chairman Inova Loudoun Hospital Cancer Committee

JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2	3 12pm Brain Tumor Grp () 6pm Young Women with Breast Cancer (FC) 7pm Knitting and Crocheting Circle (FC)	4 9:30am Walking for Fitness (ILPO) 5:30pm Breast Cancer Support Grp (IFHC)	5 11am Orientation (FC) 1pm CanSurvive 1:30pm What to Expect... (ILPO)	6 Coalesce: A Metastatic Breast Cancer Support Grp (FC) 10:30am What to Expect ... (FC) 7 8 1:30 Ostomy Support Grp (PCC)
9 12:30pm Mah Jongg Club (FC) 2pm Chair-Based Exercise (FC) Reiki (FC) 3pm Keeping Fit (FC) Reiki (FC) 4:30pm Reiki (FC) 5:30pm Reiki (FC) 6pm Orientation (FC) 6:30pm Partners in Care I (ILPO) 7pm Partners In Care (FC) 7pm Reiki - Fairfax (FC)	10 10:30am Spirituality Quest (FC) 6pm Man to Man (LCSC) 6:30pm Young Women w/BC Grp II (IAH- CCW) 7:30pm Prostate Cancer Support Grp (FC)	11 9:30am Walking for Fitness (ILPO) 2pm Chair-Based Exercise (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 3pm Fitness Fusion (FC) 5:30pm Heads Up! (IFHC) 6:30pm Lung Cancer Grp (FC) 7pm Parenting Alone (FC)	12 11am Knitting Circle - Loudoun (ILPO) 1pm CanSurvive 2pm Launching into Fitness (TR) 7pm Good Grief Dinner for Teens (CUMC-2) 7pm Parent Bereavement Grp (FC)	13 Coalesce: A Metastatic Breast Cancer Support Grp (FC) 10:30am What to Expect ... (FC) 14 10am Carcinoid Cancer Group (FC) 15
16 10am Kid and Sib Day (FC) 12:30pm Mah Jongg Club (FC) 1pm Chair Based Exercise (TR) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 6:30pm Partners in Care II (ILPO)	17 11:45am Multiple Myeloma (FC) 12pm Gentle Yoga (3700- A&B) 5:30pm Good Grief: Children (FC) 6pm Prostate Cancer Support Grp (IAH-CCW) 6:30pm Good Grief Dinner: Teens (FC)	18 9:30am Walking for Fitness (ILPO) 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Grp (IFHC) 6:30pm Good Grief Dinner for Teens (FC) 7:15pm Good Grief (ILPO)	19 10:30am Writing for Wellness (FC) 11am Orientation (FC) 1pm Chair Based Exercise (TR) 1pm CanSurvive 1pm Gentle Yoga (FC) 1:30pm What to Expect During Chemo (ILPO) 2pm Launching into Fitness (TR) 2pm Guided Meditation: Life with Imagination (FC) 4:15pm Curious about Cancer (ILH-R) 5:30pm Good Grief: Children (ILH-R) 6:30pm Good Grief: Children (ILH-R) 7pm Seminars for Survivors: Nutrition ... (FC)	20 Coalesce (FC) 10:30am-12pm What to Expect During Chemo-FFX (FC) 21 22
23 12:30pm Mah Jongg Club (FC) 1pm Chair Based Exercise (TR) 2pm Art for Wellness and Growth (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5pm Breast Cancer Support Grp (ILH-R) 6pm Orientation (FC) 6:30pm Breast Cancer Support Grp (ILH-R) 6:30pm Latinas Unidas (FC)	24 12 Gentle Yoga (3700- A&B) 1pm Fighting Fatigue (ILPO) 1pm Launching Into Fitness (FC) 2pm Marvelous Mah Jongg (FC) 5:30pm Good Grief: Children (FC) 6pm Pediatric Oncology Parent Night (FC) 6:30pm Breast Cancer Support Grp II (IAH-CCW) 7:15pm Good Grief (FC)	25 9:30am Walking for Fitness (ILPO) 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 4:30pm Reiki (FC) 5:15pm Curious about Cancer (FC) 5:30pm Reiki (FC) 5:30pm GYN Cancer Grp (FC) 7pm Reiki (FC) 7:15pm HBOC Support Network (FC) 7:15pm Good Grief (ILPO) 7:15pm Cancer Education Forum (FC)	26 11am Knitting Circle (ILPO) 12pm Laughter Yoga (FC) 1pm Chair Based Exercise (TR) 1pm Gentle Yoga (FC) 1pm CanSurvive 2pm Launching into Fitness (TR) 2pm Guided Meditation: Life with Imagination (FC) 4:15pm Curious about Cancer (ILH-R) 6:30pm Good Grief: Children (ILH-R) 6:45pm Reiki (ILH-R) 7pm Spiritual Support Grp (CUMC-1) 7:30pm Young Adult Grp (FC)	27 Coalesce (FC) 10:30am What to Expect ... (FC) 28 29
30 12:30pm Mah Jongg Club (FC) 1pm Chair Based Exercise (TR) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC)	31 12Gentle Yoga (3700 A&B) 1pm Launching Into Fitness (FC) 2pm Marvelous Mah Jongg (FC) 6:30pm Meditation and G&I (ILH-PER) 7:15pm Good Grief (FC)			