



Life with Cancer®

JANUARY 2015

HIGHLIGHTS

Orientation Class

FC, Thu, Jan 8, 11:30am-12:30pm

FC, Thu, Jan 22, 6-7pm

Those who are new to Life with Cancer are invited to come for a tour and see what we are all about. Learn about who we are, what we do, staff and services available at our various locations and have your specific questions answered. Please register by preceding day.

Managing Pain

44084 RP, Tue, Jan 20, 6:30-8pm

Managing pain and side effects of treatment is a delicate balance. Dr. Michael Byas-Smith from the Palliative Care Center of Capital Caring will discuss these important topics. Also learn the benefits of Palliative Care and how it can be part of your treatment team.

Ask the Expert - Nutrition

FO 3580-CR, Wed, Jan 21, 5-6pm

Deb Rowland, RD, CSO will present, "Hot Topics in Cancer and Nutrition", including the latest research to help you decipher what you need to know. Come with your questions- she is ready to bust some myths!

Feeling a Little Irritable?

FC, Rm A, Tue, Jan 13, 6:30-8:30pm

Join us for an evening to understand and explore strategies to manage anger during the cancer experience. Facilitators: Saundra Weller, LCSW, OSW-C and Drucilla Brethwaite, LCSW, OSW-C.

Seminars for Survivors in Transition

FC, Thu, Jan 22, 6:30-8pm

Join us in the third of four monthly sessions to help guide you in regaining balance in your life as a survivor. Topic is "Eating Well for Life" with Eric Cohen, RN, BSN, OCN®. Please register by January 20.

Good Grief

FC, Tue, Jan 27-Mar 17, 7:15-9pm

Join with others who have experienced the loss of a loved one from cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Registration is required. For information or to arrange individual bereavement counseling please contact David McGinness, MSW, LCSW, 703.698.2529 david.mcginness@inova.org.

Look Good...Feel Better

FC, Mon, Jan 26, 7-9pm

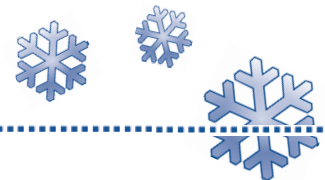
A professional cosmetologist will teach women how to manage appearance-related side effects of chemotherapy, radiation and other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology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

EXPRESSIVE ARTS

Words for Healing

IAH-CCC, Tue, Jan 27, 6-8pm

This class is all about tapping into your inner voice for creative self-expression through writing, word art and journal making. No writing or artistic ability is required, just a willingness to explore your creative self in a supportive environment. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Please register.



Weather Policy

- If county public schools are closed for the day, all groups and classes for that day will be cancelled.
- If schools open on a 2-hour delay, groups and classes will go on as scheduled.
- If schools close early, all evening groups and classes will be cancelled.

When in doubt...be safe and don't go out.

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.rodriguez@inova.org or call 703.698.2526.

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:** Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
- FC:** Life with Cancer Family Center, Children's Classroom, Life with Cancer Family Center, 8411, Fairfax, VA, 22031-4505
- FO-3580-001/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
- LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Art for Wellness and Growth FC, Thu, Jan 15, 1-4pm

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. Please register ASAP. Art therapists: Jean McCaw, MA, ATR-BC and Sarah Huffman, MA.

Art for Wellness and Growth FC, Fri, Jan 16, 12-3pm

See description, above.

The Art of Pressed Flowers FC, Thu, Jan 22, 10:30am-12:30pm

Pressed flower artists Barbara Hallman will teach you how to capture the beauty of nature with pressed flowers. Learn how to press flowers and leaves and use them to create delightful masterpieces. This class is for beginners who have not taken this class before. Bring your own pressed flowers, or use those supplied. All materials will be provided but please bring tweezers and any fresh flowers you'd like to press. Register by preceding Wednesday.



Knitting and Crocheting Circle FC, Tue, Jan 6, 7-8:30pm FC, Fri, Jan 16, 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.

Writing Your Memoirs and Life Stories FC, Th, Jan 22, 3-4:30pm

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. Limited space, register ASAP.

Art for Wellness and Growth ILPO-I, Tue, Jan 27, 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. Please register ASAP. Art therapists: Jean McCaw, MA, ATR-BC and Sarah Huffman, MA.

Art for Wellness and Growth FC, Fri, Jan 16, 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. Art Therapist, Sarah Huffman, MA. Registration required.

FITNESS

Levels I-IV Exercise require a completed registration and waiver (available online). These classes are taught by ACSM Certified Cancer Exercise Trainer Susan Gilmore. For questions, contact Marsha Komandt, 703-698-2530

Level I Exercise: Launching into Fitness FC, Tue, Jan 6-27, 1-1:45pm

This class is a requirement for those who are new to LWC's Level I-IV exercise programs. It will help to assess your fitness level, improve strength, flexibility and stamina. Attendance in at least two classes is required before progressing to Level II Exercise. Registration and waiver (available online) is required. NO NEW REGISTRANTS AFTER JANUARY 13.

Level II Exercise: Chair-Based FC, Wed, Jan 14-Feb 25, 2-2:45pm
See description, above.

Level II Exercise: Chair-Based FC, Mon, Jan 26-Feb 23*, 2-2:45pm

*No class Feb 16. LEVEL I EXERCISE IS A PREREQUISITE. This series can 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, Jan 12-Feb 23*, 3-4pm

No class Feb 16. PREREQUISITE: LEVELS I & II EXERCISE. Join us for standing and floor exercises.

Level IV Exercise: Fitness Fusion FC, Wed, Jan 14-Feb 25, 3-4pm

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

Dancing to Wellness

FC, Wed, Jan 14, 7-8:30pm

Music and dance are therapeutic, provide great exercise and fun for singles and couples. Group members vote for the evening's dance theme for dances ranging from waltz to blues, swing to salsa, and Argentine tango to merengue. Dance technique customized person by person or couple. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Please register by preceding Monday.

Zumba!

FC, Tue, Jan 6-27, 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 well-being.



Mindfulness and Core Strengthening

FO 3580-D, Fri, Jan 9-30, 1:30-2:30pm

This class incorporates 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 is required. Attend each class for greatest benefit. Dress comfortably and bring a water bottle. Instructor: Jackie Le.

Stronger Body after Cancer

FO 3580-D, Wed, Jan 7-28, 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.

Fitness for Wellness

44084 RP, Mon, Jan 19-Mar 23, 10:30-11:30am

This class is designed to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Attend Monday and/or Friday classes, but REGISTER SEPARATELY. Dress comfortably. Attend each class for greatest benefit.

Fitness for Wellness

44084 RP, Fri, Jan 23-Mar 27, 10:30-11:30am

See description, above. Registration is required.

MEDITATION, REIKI, YOGA

NEW!

Life with Cancer will no longer provide blankets for meditation, yoga or Reiki. Please bring your own blanket from home or purchase one at Life with Cancer (\$10).

NEW!

Meditation and Guided Imagery with Micheline

FC, Wed, Jan 14-28, 3-4pm

BYOB: Bring your own blanket!! Join us for a 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 any or all sessions, but please register.

Meditation with Jenn Fay

FC, Thu, Jan 15-29, 2-3pm

BYOB: Bring your own blanket!! Join in a relaxing exploration of the power and benefits of meditation. Each weekly session begins with breath-work and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

Gentle Yoga with Jenn Fay, MA, RYT

FC, Thu, Jan 15-Feb 12, 1-2pm

BYOB: Bring your own blanket!! This 5 week session will teach movements to stretch, strengthen and relax muscles. Space is limited. If class is full, preference will be given to new participants. Attend each class for greatest benefit. Please register by preceding day. Meditation class directly follows.

Reiki for Relaxation

FC, Mon, Jan 12, 4:30, 5:30 and 7pm
FC, Wed, Jan 28, 4:30, 5:30 and 7pm

Call 703.698.2526 to schedule your appointment and bring your own blanket! 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. If you need to cancel your appointment, please call ASAP, 703.698.2526.

Restorative Therapeutic Yoga with Ladan, RYT

44084 RP, Tue, Jan 20-Mar 24, 11am-12:30pm

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.

Therapeutic Gentle Yoga with Ladan, RYT

44084 RP, Thu, Jan 22-Mar 26, 11am-12:30pm

This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen the body, increase stamina and flexibility while helping to detoxify. Restore physical and emotional balance and connect with your inner healing forces. Attend each class for greatest benefit. Registration is required.

NEW!

Therapeutic Gentle Yoga with Vicki, RYT

44084 RP, Mon, Jan 19-Mar 24, 7-8:30pm

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. Bring a blanket for comfort. Registration is required.

Reiki for Relaxation

ILH-R, Thu, Jan 22, 6:45-8

Rebalance and recharge your body's energy systems while relaxing to live harp music. Registration is required.

Life with Cancer Connect
A direct link to your support team
703.206.LIFE (5433)

Life with Cancer now offers a central triage system to best match our services to your questions and needs:

- Service available for patients, loved ones and health care providers.
- Referrals made based on location, diagnosis and individual needs
- All calls and emails will be answered within 2 business days.

Life with Cancer en Español

Arte Para Salud y Crecimiento FC, jueves, 15 de enero, 1-4pm

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva precepción 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.

Aprendiendo Juntos FC, lunes, 23 de febrero, 6:30-8:30pm

Se! En febrero! Taller educativo con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes y cuidadores. Registración mandatorio. Para más información, llamar a Débora Haynes al 703.698.2539.

Latinos Unidos AFC, miércoles, 14 de enero, 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, 6-27 de enero, 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.

Para obtener más información sobre los programas y servicios en español, llamar a

Debra Haynes
703-698-2539

David McGinness
703-698-2529

NUTRITION

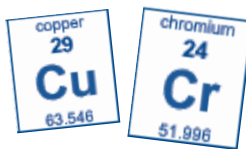
Fighting Cancer with a Fork IAH-CCC, Wed, Jan 14, 1-2pm

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.



Cooking for the Health of It FC, Thu, Jan 22, 12-1pm

Micronutrients: What are they? And, why are they important? Vitamins and minerals are the two types of micronutrients. While only needed in small amounts, they play important roles in human development and our overall well-being. Come learn about micronutrients and how easy it is to get more into your diet. January 22: Copper and Chromium. February 26: Iron. March 26: Cobalt and Zinc. Each workshop will include a delicious food sample emphasizing each micronutrient.



Fighting Cancer with A Fork FO 3580-001, Tue, Jan 20, 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.

Ask the Expert: Hot Topics in Cancer and Nutrition

FO 3580-CR, Wed, Jan 21, 5-6pm
Deb Rowland, RD, CSO will discuss the latest research and help you decipher what you need to know. Come with your questions- she is ready to bust some myths!

SPIRITUALITY

Spirituality Quest FC, Tu, Jan 13, 10:30am-12pm

Join us on the second Tuesdays of the month to explore our spiritual paths. Topic for starting out the new year: "Spiritual Resolutions". Please register by the preceding Monday. For questions, contact facilitator: Marsha Komandt, RN, OCN®, 703.698.2530.

Spiritual Support Group CUMC, Th, Jan 29, 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.

BREAST CANCER

Breast Cancer Group Support and Education

IMVH-Conf. Rm C, Wed, Jan 14.
6-8pm

Current and former breast cancer patients are invited to meet with Dr. David Weintritt, Nurse Navigator Michele Reddick and Laura Harty social worker. Breast cancer patients and survivors to learn, share and discuss ways of meeting the challenges of breast cancer. Please call Michele Reddick 703-664-7488 if attending.

Young Women with Breast Cancer

IAH-CCW, Tue, Jan 13, 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.

Coalesce: An Advanced Breast Cancer Group

FC, Rm A, Fri, Jan 2-30, 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. Prior screening is required, as this is a closed group; please call 703.698.2522. Facilitator: Shara Sosa, LCSW.

Young Women with Breast Cancer

FC, Tue, Jan 20, 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.

Breast Cancer Support Group
FO-3580-001, Wed, Jan 14, 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. Facilitators: Oncology Nurse Navigator, Gale Towery, RN, BSN, OCN® and Social Worker Shereena Rodney. Please register AND if attending for the first time, please call Gale Towery at 703.391.4673.

Breast Cancer Surgery Preparation

FO 3580-001, Wed, Jan 7 & 21, 12-1pm

A Breast Care Navigator will explain everything you need to know before, during and after breast cancer surgery: sentinel node biopsy, your hospital stay, how to manage drains, dressings and discomfort; practical tips for bathing, sleeping and moving comfortably; prostheses, undergarments and more. Lots of information; bring a friend or relative. To register call Gale Towery, RN, BSN, OCN®, CBCN at 703-391-4673

Breast Cancer Support Group
IFHC, Wed, Jan 7 & 21, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. Meets on first and third Wednesdays of the month. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

Breast Cancer Support Group
ILH-R, Mon, Jan 26, 5-6:30pm

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Please register if attending for the first time.

Advanced Breast Cancer Support Group

ILH-R, Mon, Jan 26, 6:30-8pm

For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time.

SUPPORT GROUPS

Prostate Cancer Support Group
IAH-CCW, Thu, Jan 15, 6-7:30pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, and Laura Harty, MSW.

Blood Cancers Support Group
FC, Th, Jan 8. 7-8:30pm

Individuals with leukemia or lymphoma and their support people are invited to attend this month's meeting featuring guest speaker Lynn Magrum, MSN, CANP who will be presenting "Managing Fatigue in Individuals with Blood Cancers." Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation. Facilitators: Drucilla Brethwaite, MSW, LCSW, OSW-C and Lynn Magrum, MSN, CANP. Please register by preceding Tuesday. For more information contact, Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

Brain Tumor Group
FC, Rm A, Tue, Jan 13, 6-7:30pm

This monthly meeting invites adult patients and family members 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 10, 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. THIRD Saturday in October and November. For more information email mitchmberger@msn.com.

Cutaneous Lymphoma Support Group

FC, Wed, Jan 7, 6:30-9pm

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.

GYN Cancers Support Group
FC, Rm A, Wed, Jan 28, 5:30-7pm

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

Caregiver Connection
FC, Mon, Jan 12, 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.

Lung Cancer Group Meeting
FC, Wed, Jan 7, 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, OCN® and David McGinness, LCSW.



Need Sleep? Gyn & Breast Cancer Patients/Survivors Volunteers Needed for Insomnia Research Study

Description: Life with Cancer is researching a cognitive behavioral intervention to improve sleep quality & decrease psychological distress.

To participate: You must be 18 years of age or older and have a diagnosis of a gynecologic or breast cancer. To learn more, contact the Research Manager: Drucilla Brethwaite, MSW, LCSW, OSW-C, 703.698.2538, drucilla.brethwaite@inova.org

This research is conducted under the direction of Principal Investigator James Zabora, ScD, Research Director, Life with Cancer, Larry Maxwell, MD, and William McGuire, MD and has been approved by the Inova Health System Institutional Review Board.

Multiple Myeloma

FC, Tue, Jan 20, 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. Special guest speaker David Heyer, MD will present on "Management of Bone Disease in the patient with Multiple Myeloma." Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsors: The Leukemia & Lymphoma Society. Light lunch, please register.

Prostate Cancer Support Group

FC, Tue, Jan 13, 7:30-9pm

Join this group monthly on the second Tuesdays. Topic and Speakers TBA.

Sharing your Waldenstrom's Journey

FC, Fri, Jan 23, 1:30-3pm

Come to our informal group meeting during which each participant will have the opportunity to share their experiences as a WM patient and receive feedback and support from other WMers and care-givers. To register, email IWMF Support Group Leader, Northern Virginia, lukleppinger@verizon.net.

Young Adult Group

FC, Thu, Jan 22, 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.

GYN Cancers Support Group

3580-CR, Wed, Jan 21, 6:30-8pm

Women diagnosed with or who have had treatment for ovarian, cervical, endometrial, vaginal and vulvar cancers are invited to join with others in a supportive environment to 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, Jan 9 & 23, 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: Karen Archer, MSW and Molly Kisiel, RN, BSN, CPHON. Please register.

Head and Neck Cancers Group

IFHC, Wed, Jan 14, 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.

Brain Tumor Group

ILH-R, Tue, Jan 20, 5:30-7pm

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Neurological Care Nurse, Vera Hirshman, RN, an Oncology Social Worker. Please Register.

Women's Survivorship Group

ILH-R, Thu, Jan 8, 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 Saundra Weller, LCSW, OSW-C, 703.858.8466.

Caregiver Connection

ILH-R, Mon, Jan 12, 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, please call 703.504.7921. Please register. Facilitators: Saundra Weller, LSWC, OSW-C, and Molly Kisiel, RN, BSN, CPHON.

Lung Cancer Support Group

ILPO-I, Mon, Jan 19, 6:30-8pm

Join other patients and family members for ongoing support and education while coping with all aspects of lung cancer. Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitated by Saundra Weller LCSW, OSW-C and Oncology RN. Registration is requested if attending for the first time.

Prostate Cancer Support Group

LCSC, Tue, Jan 13, 6-8pm

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

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:

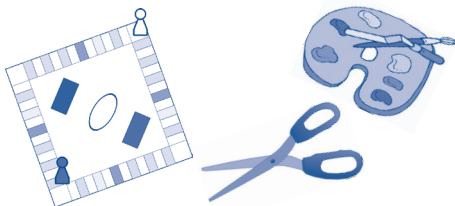
Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031

CHILDREN/TEENS/PARENTS

For questions or more information on programs for children and teens at other Life with Cancer locations, contact Jenny Eckert, LCSW, Children's Program Coordinator at 703.698.2536 or jennifer.eckert@inova.org.

Curious About Cancer Day FC, Thu, Jan 29, 10am-4pm

Children ages 5-12 who have a parent with cancer are invited to share the day with other children, learn about cancer, share similar feelings, play games, do arts and crafts and just have fun.



Curious about Cancer FC, Wed, Jan 21-Feb 4, 5:15-6:15pm

Children ages 5-12 will learn about cancer through age appropriate discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

Good Grief Dinner for Teens FC, Wed, Jan 21, 6:30-8pm

This monthly dinner offers an opportunity to meet with other 13-18 year olds who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

Kid and Sib Day FC, Mon, Jan 19, 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 together.

Pediatric Oncology Parent Night FC, Tue, Jan 27, 6-8:30pm

Join us for a special program on "Coping and Self Care for Teens (13 - 19) and Parents of Teens" going through treatment. Teen siblings welcome. Learn strategies for good self-care, mind/body techniques, communication, counseling, nutrition, etc. Participants will have the opportunity to try massage, Reiki, and therapeutic drumming. Dinner provided. Co-sponsored by the Leukemia and Lymphoma Society and DC Candlelighters. Please register with Connie Connor, LCSW at constance.connor@inova.org; 703.531.1515. No separate activity group for younger children.

Short-term Counseling Services at Life with Cancer

A cancer diagnosis can lead to concerns and fears about one's life, changes in body image, side effects of treatment 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 a cancer diagnosis may bring and to explore effective ways of coping. For more information about the free service, please call us at 703.206.5433.

"The Life with Cancer Center is a very special place. My participation in the educational, nutritional and fitness programs has been uplifting. I have made lasting friendships and acquired the important knowledge of making lifestyle changes toward my recovery."

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.

JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			1 	2 Coalesce (FC) 3 4
5	6 1pm Level I: Launching into Fitness (FC) 7pm Zumba - Bilingual (FC) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC)	7 12pm Breast Cancer Surgery Preparation (3580-001) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Cutaneous Lymphoma Support Group (FC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Stronger Body After Cancer (3580-D)	8 6:30pm Women's Survivorship Group (ILH-R) 7pm Blood Cancers Group (FC) 11:30pm Orientation to Life with Cancer (FC)	9 Coalesce (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening (3580-D) 10 10am Carcinoid Cancer Group (FC) 11
12 3pm Level III: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC)	13 10:30am Spirituality Quest (FC) 1pm Level I: Launching into Fitness (FC) 6pm Brain Tumor Group (FC) 6pm Prostate Cancer Support Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Feeling a Little Irritable? (FC) 7pm Zumba! (FC) 7pm Zumba - Bilingual (FC) 7:30pm Fairfax Prostate Cancer Support Group (FC)	14 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II: Chair-Based (FC) 3pm Level IV: Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5:30pm Breast Cancer Support Group (3580-001) 5:30pm Head and Neck Cancers Group (IFHC) 6pm Breast Cancer Support and Education (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Stronger Body After Cancer (3580-D) 7pm Dancing to Wellness (FC)	15 1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 6pm Prostate Cancer Support Group (IAH-CCW)	16 Coalesce (FC) 12pm Art for Wellness and Growth (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Core Strengthening (3580-D) 17 18
19 10am Kid and Sib Day (FC) 10:30am Fitness for Wellness (44084 RP) 6:30pm Lung Cancer Support Group (ILPO-I) 7pm Evening Therapeutic Yoga with Vicki (44084 RP)	20 11am Restorative Therapeutic Yoga (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (3580-001) 1pm Level I: Launching into Fitness (FC) 5:30pm Brain Tumor Support Group (ILH-R) 6:30pm Young Women with Breast Cancer Support Group (FC) 6:30pm Managing Pain (44084 RP) 7pm Zumba - Bilingual (FC) 7pm Zumba! (FC)	21 12pm Breast Cancer Surgery Preparation (3580-001) 2pm Level II: Chair-Based (FC) 3pm Level IV: Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5pm Ask the Expert: Nutrition (3580-CR) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Good Grief Dinner for Teens (FC) 6:30pm GYN Cancer Support Group (3580-CR) 7pm Stronger Body After Cancer (3580-D)	22 10:30am The Art of Pressed Flowers (FC) 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 12pm Cooking for the Health of It (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 3pm Writing Your Memoirs and Life Stories (FC) 6pm Orientation to Life with Cancer (FC) 6:30pm Seminars for Survivors in Transition (FC) 6:45pm Reiki (ILH-R) 7:30pm Young Adult Group (FC)	23 Coalesce (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening (3580-D) 1:30pm Sharing Your Waldenstrom's Journey (FC) 24 25
26 10:30am Fitness for Wellness (44084 RP) 2pm Level II: Chair-Based (FC) 3pm Level III: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 7pm Look Good...Feel Better (FC) 7pm Evening Therapeutic Yoga with Vicki (44084 RP)	27 11am Restorative Therapeutic Yoga (44084 RP) 1pm Level I: Launching into Fitness (FC) 1pm Art for Wellness and Growth (ILPO-I) 6pm Words for Healing... (IAH-CCC) 6pm Pediatric Oncology Parent Night (FC) 7pm Zumba - Bilingual (FC) 7:15pm Good Grief (FC)	28 2pm Level II: Chair-Based (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 3pm Level IV: Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:15pm Curious about Cancer (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm GYN Cancers Support Group (FC) 7pm Stronger Body After Cancer (3580-D) 7pm Reiki for Relaxation (FC)	29 10am Curious About Cancer Day (FC) 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 7pm Spiritual Support Group (CUMC)	30 Coalesce (FC) 10:30am Fitness for Wellness (44084 RP) 1:30pm Mindfulness and Core Strengthening (3580-D)