



Life with Cancer®

JULY 2015

HIGHLIGHTS

Ask the Expert: Insomnia 3580-005, Wed, Jul 15, 5-6pm

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. This session will provide evidence based tools for getting back to sleep. Presented by Drucilla Brethwaite, MSW, LCSW, OSW-C. Please register.



Healing Touch 44084 RP, Wed, Jul 15, 5-6pm and 6-7pm

Healing Touch is an energy therapy in which practitioners consciously use their hands and intent to facilitate energy balancing for wholeness within the individual to promote physical and emotional health and well-being. This can be done with hands placed just above the body or with actual light touch. Dress comfortably and bring a sheet, blanket and pillow. Registration is required. For further information please call Barbara McDonnell RN, MSN, CBCN, 703.858.8867

Look Good...Feel Better FC, Mon, Jul 27, 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 make up kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Orientation to Life with Cancer FC, Thu, Jul 9, 11:30am FC, Thu, Jul 23, 6:30pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can't make a scheduled orientation? Just call Life with Cancer Connect 703.206-LIFE (5433) and arrange a personal tour.

Planning Ahead FC, Thu, Jul 16, 6:30-8pm

Dr. Loren Friedman, MD, FAAHPM, of Palliative Care of Virginia Cancer Specialists will present, "Understanding Palliative and Hospice Care". Bring your questions. For more information contact Marsha Komandt, RN, * at 703.698.2530. Please register by the preceding Tuesday.

Mini Yoga Retreat Simply Be- Using Your Life Force Energy to Manage Mood FC, Sat, Jul 11, 9am-1pm

Join us for an informative and experiential time of learning how the body, mind, and emotions are intimately related to our experience of life and how we can consciously influence these aspects of our being and shift our mood. During our time together we will invoke a supportive community as we explore:

- How the power of our breath can shift the way we feel - using pranayama
- How the way we feel affects every other aspect of our lives - noticing sensations
- How to move energy and release it - LifeForce Yoga techniques
- How to help our brains improve our moods - 8 ways to exercise your brain & improve quality of life
- How to deeply relax - conscious breathing and yoga nidra.

Light snacks will be available. Please eat breakfast 1.5 hours before we begin. Facilitated by Jenn Fay, MA, RYT. Space is limited, so please register ASAP.

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 Mayra.Zepeda@inova.org or call 703.698.2526.

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Location Key:

- 3580-001:** Inova Fair Oaks Cancer Center,
3580 Joseph Siewick Drive,
Lower Level,
Fairfax, VA 22033
- 3580-005:** Inova Fair Oaks Cancer Center,
Life with Cancer Suite
3580 Joseph Siewick Drive,
Fairfax, VA 22033
- 3580-A:** Fair Oaks Cancer Center,
3580 Joseph Siewick Drive,
LL Room A,
Fairfax, VA 22033
- 44084 RP:** 44084 Riverside Parkway,
Ste 400, Lower Level,
Leesburg, VA, 20176
- ABEHC:** Alexandria Beth El Hebrew
Congregation,
3830 Seminary Road,
Alexandria, VA, 22304
- FC:** Life with Cancer Family Center,
8411 Pennell Street,
Fairfax, VA, 22031-4505
www.lifewithcancer.org
- 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
- IFMC:** Inova Fairfax Medical Campus,
Radiation Oncology
Conference Rm.,
3300 Gallows Road,
Falls Church, VA, 22042
- IFOH-1:** Inova Fair Oaks Hospital-
Conference Room 1,
3600 Joseph Siewick Drive,
Fairfax, VA 22033
- ILH-R :** Inova Loudoun Hospital-
Radiation Oncology Center,
44035 Riverside Parkway,
Ste. 100,
Leesburg, VA, 20176
- IMVH-CC:** Inova Mount Vernon Hospital,
2nd Floor, Conf. Rm C.,
2501 Parker's Lane,
Alexandria, VA, 22306
- LCSC:** Loudoun County Senior Center,
21060 Whitfield Place,
Sterling, VA, 20165

BREAST CANCER GROUPS & CLASSES

Breast Cancer Support and Education

IMVH-CC, Wed, Jul 8, 6-7:30pm

Learn, share and gain support with others who are exploring ways of meeting the challenges of breast Cancer. Please call Michelle Reddick, 703-664-7488 if attending.

Breast Cancer Support Group ILH-R, Mon, Jul 27, 5-6:30pm

For women newly diagnosed, making decisions about treatment and currently in treatment. Please register. Facilitator: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN®.

Breast Cancer Support Group ABEHC, Mon, Jul 20, 6-7:30pm

Current and former breast cancer patients are invited to join oncology nurse navigator Michele Reddick and an oncology therapist to discuss, learn, and share the challenges of breast cancers. Please call Michele Reddick 703-664-7488 to register.

Breast Cancer Support Group 3580-001, Wed, Jul 8, 5:30-7pm

A support and education group for women diagnosed with early stage breast cancer within the past three years. Meet other women who are in the process of making treatment decisions, receiving treatment or navigating survivorship. Please register and call 703.391.4673 if this is your first time coming. Facilitators: Gale Towery, RN, BSN, OCN®, CBCN, Maureen Broderick, LCSW.

Breast Cancer Support Group IFMC, Wed, Jul 15, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face as a breast cancer patient/survivor. Only one meeting in July. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®. Note for July: Due to the July 4 holiday weekend, we will only meet on the third Wednesday in July.

Breast Cancer Surgery Preparation

3580-005, Thu, Jul 9, 4-5:30pm

3580-005, Mon, Jul 20, 12-1:30pm

A Nurse Navigator will explain what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family members/friends welcome. To register call 703-391-4673.

Coalesce: An Advanced Breast Cancer Group

FC, Fri, Jul 3-31, 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, Jul 21, 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.

Young Women with Breast Cancer

IAH-CCW, Tue, Jul 14, 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. Facilitator: Shara Sosa, LCSW. If attending for the first time, please call 703.698.2522.



10th Annual “I’m Cured...Now What?” Conference for Teen and Young Adult Survivors of Childhood Cancer”

FC, Sat, Jul 25, 8:30-4:30pm

Join us for an all-day conference focusing on late effects, individual risk, and healthy living after treatment for teens 17+ and young adult survivors and their parents. The program includes:

- Dr. Aziza Shad from Georgetown as the keynote speaker
- Dr. Steven Hardy from Children’s National Medical Center on stress management,
 - Darah Curran, L.C.S.W. from Life with Cancer, on sleep interventions
 - Alma Morgan, M.Ed. on college/career success.

Enjoy networking with survivors and other parents in dedicated break-out sessions and try Zumba, Reiki and Massage, or a Cooking/ Nutrition Demo with Danielle Cook (author of “Happily Hungry: Smart Recipes for Kids with Cancer”). Apply for one of 20 college scholarships (\$1000 each) to be awarded at the Conference.

Brochures and scholarship applications will be available in June. Breakfast and lunch provided. Co-sponsored by Growing Hope, LLS, DC Candlelighters, Special Love, Inc. and multiple area hospitals. For more information contact Connie Connor, LCSW at 703.531.1515, constance.connor@inova.org.

Want to receive weekly updates from Life with Cancer?

Sign up for Life with Cancer Email News

You will receive timely information about

- Program Highlights
- Fundraisers
- Weather Closings

It’s Easy!

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

EXPRESSIVE ARTS

Knitting and Crocheting Circle

FC, Tue, Jul 7, 7-8:30pm
FC, Fri, Jul 17, 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.



Making Sense of Your Story

FC, Wed, Jul 8, 12:30-2:30pm
Class continues for those already registered. For more information, call Micheline Toussaint, 703.698.2521 or Jean McCaw, 703-698-2537.

Words for Healing

IAH-CCC, Tue, Jul 28, 6-8pm

Tap 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 safe and supportive environment. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.

Writing Your Memoirs and Life Stories

FC, Thu, Jul 16, 2:30-4pm

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



FITNESS

Level I-IV Classes are taught by ACSM certified Cancer Exercise Trainer Susan Gilmore, MS. For questions, contact Susan Gilmore 703-698-2523. Registration is required and a waiver (available online) must be completed before class.

Level I Exercise: Launching into Fitness

FC, Tue, Jul 14-Aug 4, 1-1:45pm

For those who are new to LWC's exercise program, this exercise series will help assess your fitness level and improve strength, flexibility and stamina. Two classes are required after which you can progress to Level II exercise. Please, NO new registrants after July 21.

Level II Exercise: Chair-Based

FC, Mon, Jul 6-Aug 24, 3-4pm

FC, Wed, Jul 8-Aug 26, 2-2:45pm

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

Level III Exercise: Keeping Fit

FC, Mon, Jul 6-Aug 24, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. This class offers a combination of standing and floor exercises. Level II participants may move to this class, but will need to register

Level IV Exercise: Fitness Fusion

FC, Wed, Jul 8-Aug 26, 3-4pm

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

Core Strengthening

3580-005, Wed, Jul 8-29, 3-4pm

Build core strength and stability by focusing on the muscles of the abdominal region, lower back, pelvis, and hips. Exercises will help to with posture, daily functional activities, and overall strength and balance. Incorporates elements of Yoga and Pilates. Dress comfortably and bring a water bottle. Registration is required and a waiver (available online) must be completed before class. Instructor: Jackie Le.

Core-Cardio-Circuit for Young Professionals

FC, Thu, Jul 2-16, 6:30-7:30pm

This class is designed for people 18-39 years of age to improve core, muscular and cardiovascular strength by participating in this fast-paced class. Think of circuit training as a game of musical chairs; we'll move from station to station doing a cardio, core or strengthening movement. Get ready to sweat with certified Cancer Exercise Trainer, Susan Gilmore, MS! Registration is required and a waiver (available online) must be completed before class.

NEW

Stronger Body after Cancer-Beginner Class

3580-A, Fri, Jul 10-31, 1:30-2:30pm

This beginner level class will help you build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. This class will help you build muscle, teach you the proper way to exercise and can be modified for all physical strengths and limitations. Attending each class will provide you with the greatest benefit. Equipment is provided. Dress comfortably and bring a water bottle. Registration is required and a waiver (available online) must be completed before class.

Stronger Body after Cancer

3580-A, Wed, Jul 8-29, 7-8pm

Whether you are a survivor in treatment or perhaps years out, this class will help you build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. This class will help you build muscle, teach you the proper way to exercise and can be modified for all physical strengths and limitations. Attending each class will provide you with the greatest benefit. Equipment is provided. Dress comfortably and bring a water bottle. Registration is required and a waiver (available online) must be completed before class.

NEW

Zumba!

FC, Tue, Jul 7-28, 7-8pm

Please register under "Zumba - Bilingüe/Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of well being. Registration is required and a waiver (available online) must be completed before class.

One-on-One Consult with Physical Trainer

You know you should exercise, but you're not sure how to begin? Meet with a certified trainer in oncology and let them assist you in creating an exercise program that you'll actually want to do!

Consult times Tuesdays after 2:00 PM. Please contact Susan Gilmore MS, ACSM to schedule an appointment, 703.698.2523 or susan.gilmore@inova.org.

MEDITATION, YOGA, QIGONG, REIKI, TAI CHI

Evening Gentle Yoga with Jenn

FC, Mon, Jul 6, 20 and 27*, 7-8:30pm

*No class July 13. Conscious breathing and postures promote body awareness and postural alignment to bring about a deep sense of peace. Learn movements that stretch, strengthen and relax muscles to improve flexibility of the spine and general range of movement. Joints are lubricated as bone density strengthens. Concentration is improved along with balance. Feel the benefits on every level, mind, body, and spirit. If attending for the first time in 2015, please bring a signed waiver (available online) to first class.

Evening Gentle Yoga with Vicki

44084 RP, Mon, Jul 6-27, 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. If attending for the first time in 2015, please bring a signed waiver to first class.

Gentle Yoga with Jenn

FC, Thu, Jul 9-30, 1-2pm

See description, above. If class is full, preference will be given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Attend each class for greatest benefit. Please register.

Meditation and Guided Imagery with Micheline

FC, Wed, Jul 1 & 15, 3-4pm

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 by preceding day.

Meditation with Jenn Fay

FC, Thu, Jul 9-30, 2-3pm

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

Mindfulness and Restorative Yoga

3580-005, Fri, Jul 10-31, 1:30-2:30pm

This class incorporates simple breathing techniques, gentle movements, and long held poses, to help bring calmness and relaxation to the mind and body. Various props are used to provide comfort and support. Potential benefits include reduced pain and stiffness, deep relaxation, and enhanced sleep. Dress comfortably. Registration for this series is required. Instructor: Jackie Le.

Mini Yoga Retreat: Simply Be~ Using Your Life Force Energy to Manage Mood

FC, Sat, Jul 11, 9am-1pm

See page 1 for details.

Reiki for Relaxation

FC, Mon, Jul 13, 4:30, 5:30 and 7pm

Call 703.698.2526, after July 1, to schedule your appointment. A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. If you need to cancel your appointment, please call ASAP, 703.698.2526.

Reiki for Relaxation

44084 RP, Thu, Jul 23, 6:45-8pm

A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance

well-being. Dress comfortably and bring a blanket. If you need to cancel your appointment, please call ASAP, 703-698-2526.

Restorative Yoga with Judi

FC, Fri, Jul 10-31, 10:15-11:30am

We'll use bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. If attending for the first time in 2015, please bring a signed waiver (available online) to first class.

NUTRITION

Fighting Cancer with a Fork

3580-001, Tue, Jul 21, 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.

Fighting Cancer with a Fork

FC, Wed, Jul 15, 5:30-6:30pm

See description, above.

Fighting Cancer with a Fork

IAH-CCC, Wed, Jul 8, 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.



Feeling a little overwhelmed? Life with Cancer can help...

A Life with Cancer Oncology Nurse Navigator is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

A Life with Cancer Oncology Therapist is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

SPANISH

Aprendiendo Juntos

FC, lunes, 20 de julio, 7-8:30pm

¡Talleres de Bienestar! Talleres educativos con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes, sus seres queridos y cuidadores. Registración mandatorio. Para más información, llamar a Débora Haynes al 703-698-2539.

Tomando Control De Su Salud

FC, jueves, 2 y 9 de julio, 6:30-9pm

Continuación de la nueva serie de seis semanas para los que están registrados. Aprender a tomar control de su salud. La Dra. Maria Schaart nos compartirá un programa durante seis semanas que nos da las herramientas necesarias para manejar nuestro síntomas y problemas de salud. Asistencia requerida a todas las seis sesiones. Cupo limitado. Registración mandatorio llamando a Débora Haynes al 703-698-2539.

Zumba - Bilingüe/Bilingual

FC, martes, 7-28 de julio, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que haga ejercicio, y que lo disfrute. 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. Si está asistiendo por primera vez en 2015, favor de firmar un permiso antes de empezar la primera clase.

Surviving Cancer Competently Intervention Program

*for caregivers of children
newly diagnosed with
Cancer [SCCIP-ND]*

Coping with cancer is difficult; all families experience challenges and it is common to struggle with emotional distress, feelings of isolation, changes in roles, and disruption in family life. SCCIP-ND is a three-session intervention that teaches proven tools for helping caregivers cope more effectively. Developed at The Children's Hospital of Philadelphia, the program helps caregivers regain a sense of control by learning how to cope more effectively so they can better help their child with cancer and other family members cope. For more information contact Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C at 703.668.2524.

SUPPORT GROUPS

Blood Cancers Group FC, Thu, Jul 9, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. July will be an open discussion meeting. Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by Rebecca McIntyre, MA, MEd, LCSW, OSW-C and Peter Clement, RN, BSN, OCN. Please register by preceding Tuesday.

Brain Tumor Group FC, Tue, Jul 14, 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.

Brain Tumor Group ILH-R , The Loudoun group will not meet in July

Carcinoid Cancer Group FC, Sat, Jul 11, 10am-12pm

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

Caregiver Connection ILH-R , Mon, Jul 13, 6:30-8pm

Meet with others for ongoing support in dealing with the challenges of caregiving. Topic of discussion, "What to Expect During Treatment". Facilitators: Roberta Quirk, MSW, Oncology Therapist and Mary Kay Mecca, RN, BSN, Oncology Nurse Navigator.

Caregiver Connection FC, Mon, Jul 13, 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: Elise Schneider, MSW, LCSW and Rebecca Babb, MSN, RN, CPNO-AP.

Caregiver Connection: What to Expect during Treatment 3580-005, Wed, Jul 22, 6:30-8pm

Connect with others who are caring for a loved one with cancer or chronic illness and explore topics of concern. This month's presentation is on "What to Expect during Treatment." Facilitated by an oncology nurse navigator and an oncology therapist. Registration required.

GYN Cancer Support Group 3580-001, Tue, Jul 21, 6:30-8pm

Women diagnosed with ovarian, cervical and all GYN cancers are invited to drop in to this monthly group to share experiences and learn from one another.

GYN Cancers Support Group FC, Wed, Jul 22, 5:30-7pm

Women diagnosed with ovarian, cervical and all GYN cancers are invited to drop in to this monthly group to share experiences and learn from one another. Note: This group will not meet in June. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN, MS, OCN®.

Head and Neck Cancers Group IFMC, Wed, Jul 8, 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.

Living with Advanced Disease IFOH-1, Fri, Jul 10, 12-1:30pm

This group is for people who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Please call 703.391.3758 for more information. Registration encouraged.

Living with Advanced Disease 44084 RP, Mon, Jul 27, 6:30-8pm

Join others who are living with an advanced cancer diagnosis to learn to learn and explore ways to meet the challenges of living with advanced disease. Formerly Advanced Breast Support Group. Registration is required. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN®.

Lung Cancer Group Meeting FC, Wed, Jul 1, 6:30-8pm

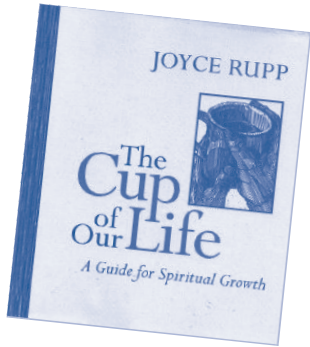
Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Carrie Friedman, RN, BS, OCN® and David McGinness, LCSW.

Multiple Myeloma FC, Tue, Jul 21, 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. This month family and friends are welcome as usual however, we will all meet together and then we will have time for patients to all meet together and family and friends will meet separately. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Spirituality Quest Group
FC, Tue, Jul 14, 10:30am-12pm

Join others with a cancer diagnosis on the second Tuesday of the month to explore our spiritual paths. Bring your favorite coffee mug or tea cup for "Tea and Talk" as we share gleanings from a book by Joyce Rupp, "The Cup of Our Life". Facilitator: Marsha Komandt, RN, OCN®.



Us Too Prostate Cancer Group, Fairfax Chapter

FC, Tue, Jul 14, 7:30-9pm

We will discuss a variety of Prostate Cancer Topics. Facilitator: Jim Waldenfels

Us Too Prostate Cancer Support Group, Loudoun Chapter

LCSC, Tue, Jul 14, 6-8pm

This monthly group offers an opportunity to share your experiences and learn from one another. Guest speakers will be invited periodically. Facilitator: Roberta Quirk, MSW. For questions call 703-858-8857 for further information.

Us Too Prostate Cancer Support Group, Alexandria Chapter

IAH-CCW, Thu, Jul 16, 6-7:30pm

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

Women's Survivorship Group

ILH-R, Thu, Jul 9, 6:30-8pm

Many women find it difficult to resume their life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on quality of life. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and balance to your life after cancer. Please register for this group if you have completed treatment. Facilitator: Saundra Weller, LCSW, OSW-C.

Young Adult Group
FC, Thu, Jul 23, 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.



Cancer doesn't take a vacation...

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 _____

Phone # _____ Email _____

Please send your tax-deductible contribution to:

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

Oncology Massage and Body Work

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

Life with Cancer Studio
44084 Riverside Pkwy, LL, Ste 400
Leesburg, VA 20176
Tuesdays and some Saturdays

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Call 703-698-2526 to schedule or cancel your appointment
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org

Please Note: Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		<p>1</p> <p>3pm Meditation and Guided Imagery with Micheline (FC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Cutaneous Lymphoma Support Group (FC)</p>	<p>2</p> <p>6:30pm Core-Cardio-Circuit for Young Professionals (FC) 6:30pm Drumming for Well-Being (44084 RP) 6:30pm Tomando Control De Su Salud (FC)</p>	<p>3</p> <p>Coalesce (FC)</p> <p>4</p> <p>5</p>
<p>6</p> <p>2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga with Vicki (44084 RP)</p>	<p>7</p> <p>7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingual (FC)</p>	<p>8</p> <p>12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Group (3580-001) 6pm Breast Cancer Ed. and Support (IMVH-CC) 7pm Stronger Body After Cancer (3580-A)</p>	<p>9</p> <p>11:30am Orientation (FC) 1pm Gentle Yoga, Fairfax (FC) 2pm Meditation with Jenn Fay (FC) 4pm Breast Cancer Surgery Preparation (3580-005) 6:30pm Core-Cardio-Circuit ... (FC) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Tomando Control De Su Salud (FC) 7pm Blood Cancers Group (FC)</p>	<p>10</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Restorative Yoga (3580-005) 1:30pm Stronger Body ... Beginner (3580-A)</p> <p>11</p> <p>9am Mini Yoga Retreat (FC) 10am Carcinoid Cancer Group (FC)</p> <p>12</p>
<p>13</p> <p>2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga with Vicki (44084 RP)</p>	<p>14</p> <p>10:30am Spirituality Quest Group (FC) 1pm Level I Exercise: Launching into Fitness (FC) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba - Bilingual (FC) 7:30pm Us Too Prostate Cancer Group (FC)</p>	<p>15</p> <p>2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5pm Ask the Expert: Insomnia (3580-005) 5pm Healing Touch (44084 RP) 5:30pm Breast Cancer Support Group (IFMC) 5:30pm Fighting Cancer with a Fork (FC) 6pm Healing Touch (44084 RP) 7pm Stronger Body After Cancer (3580-A)</p>	<p>16</p> <p>1pm Gentle Yoga (FC) 2pm Meditation with Jenn Fay (FC) 2:30pm Writing Your Memoirs and Life Stories (FC) 6pm Us Too Prostate Cancer Group (IAH-CCW) 6:30pm Planning Ahead (FC) 6:30pm Core-Cardio-Circuit for Young Professionals (FC)</p>	<p>17</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Restorative Yoga(3580-005) 1:30pm Stronger Body... Beginner(3580-A)</p> <p>18</p> <p>19</p>
<p>20</p> <p>12pm Breast Cancer Surgery Preparation (3580-005) 2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Breast Cancer Support Group (ABEHC) 7pm Evening Gentle Yoga (FC) 7pm Aprendiendo Juntos (FC) 7pm Evening Gentle Yoga with Vicki (44084 RP)</p>	<p>21</p> <p>11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (3580-001) 1pm Level I Exercise: Launching into Fitness (FC) 6:30pm GYN Cancer Support Group (3580-001) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba - Bilingüe/Bilingual (FC)</p>	<p>22</p> <p>2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm GYN Cancers Support Group-(FC) 6:30pm Caregiver Connection (3580-005) 7pm Stronger Body After Cancer (3580-A)</p>	<p>23</p> <p>1pm Gentle Yoga (FC) 2pm Meditation with Jenn Fay (FC) 6pm Orientation to Life with Cancer (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)</p>	<p>24</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 1:30pm Stronger Body...Beginner (3580-A) 1:30pm Mindfulness and Restorative Yoga (3580-005)</p> <p>25</p> <p>8:30pm 10th Annual "I'm Cured... Now What? (FC)</p> <p>26</p>
<p>27</p> <p>2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Living with Advanced Disease (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Look Good...Feel Better (FC) 7pm Evening Gentle Yoga with Vicki (44084 RP)</p>	<p>28</p> <p>1pm Level I Exercise: Launching into Fitness (FC) 6pm Words for Healing (IAH-CCC) 7pm Zumba - Bilingüe/Bilingual (FC)</p>	<p>29</p> <p>2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 7pm Stronger Body After Cancer (3580-A)</p>	<p>30</p> <p>1pm Gentle Yoga (FC) 2pm Meditation with Jenn Fay (FC)</p>	<p>31</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 1:30pm Stronger Body...Beginner (3580-A) 1:30pm Mindfulness and Restorative Yoga (3580-005)</p>