



Life with Cancer®

JUNE 2015

HIGHLIGHTS

Ask the Expert: Managing Weight after Cancer Treatment

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

Julie Thorsen, MS, RD, CSO, Certified Specialist in Oncology Nutrition, ACSM Health Fitness Specialist, Certificate in Weight Management will talk about weight gain after cancer treatment and recommend strategies to get back to a healthier you.

Ask the Expert: Peripheral Neuropathy

3580-005, Wed, Jun 17, 5-6pm

Numbness, sensitivities, and tingling are some of the symptoms one feels with peripheral neuropathy - a side effect of some cancers and several chemotherapeutic agents. Occupational Therapist, Sharon Gaskin, MS, ORT/LT will describe what it is, how it occurs, and approaches you can take to minimize and/or manage these neurological side effects.

Core-Cardio-Circuit for Young Professionals

FC, Thu, Jun 18-Jul 16, 6:30-7:30pm

Improve your 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!

Healing Touch

44084 RP, Wed, Jun 17, 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. Hands are placed just above the body or with actual light touch. Dress comfortably; bring a sheet, blanket and pillow. Registration is required. For more information call Barbara McDonnell RN, MSN, CBCN, 703.858.8867.



Joy of Movement

44084 RP, Tue, Jun 9, 1-2pm

There are many ways to explore the creative side of yourself and in so doing relieve your stress, promote healing and have fun. Kim Tapper, Life Coach and Movement therapist will offer you the opportunity to have fun and relax. If you can tap your foot or wave your hand this class is for you! Please register.



Look Good...Feel Better FC, Mon, Jun 22, 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.

Orientation to Life with Cancer

FC, Thu, Jun 11, 11:30am-12:30pm
FC, Thu, Jun 25, 6-7pm

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

Planning Ahead: Creating your Legacy

FC, Thu, Jun 18, 6:30-8pm

Oncology Therapists Drucilla Brethwaite, LCSW, OSW-C will guide you as you think about creating your legacy. What are the things that bring meaning to your life? How do you want to live your life? How do you want to be remembered? Learn how journaling, ethical wills and other strategies can help you create a meaningful legacy.

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.

Table of Contents:

Highlights	Pg 1
Breast Cancer Classes and Groups	Pgs 2-3
Children, Teens, Parents	Pg 3
Expressive Arts	Pg 3
Fitness	Pg 4
Meditation, Yoga, Reiki, Tai Chi	Pgs 4-5
Nutrition	Pg 5
Spanish	Pg 5
Spirituality	Pg 6
Support/Education Groups	Pgs 6-7

BREAST CANCER SUPPORT GROUPS/CLASSES

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
44084 RP:	44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
ABEHC:	Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
AFC:	Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
CUMC-1:	Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
FC:	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 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-A, B:	Inova Loudoun Hospital 44035 Riverside Parkway, Conference Rooms A and B, Leesburg, VA, 20176
ILH-R :	Inova Loudoun Hospital- Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
IMVH-CC:	Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
MBG:	Visitor Center, Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Ct., Vienna, VA

Breast Cancer Support and Education

IMVH-CC, Wed, Jun 10, 6-7:30pm

Mount Vernon location. 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

ABEHC, Mon, Jun 15, 6-7:30pm

Alexandria location. 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

44084-RP*, Mon, Jun 22, 5-6:30pm

* NEW LOCATION in Loudoun! For women newly diagnosed, making decisions about treatment and currently in treatment. Please register. Facilitator: Sabine Gnesdiloff, LCSW, OSW-C and an oncology nurse navigator.

Breast Cancer Support Group

3580-001, Wed, Jun 10, 5:30-7pm

Fair Oaks location. 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: Maureen Broderick, LCSW and Gale Towery, RN, BSN, OCN®, CBC

Breast Cancer Support Group

IFMC, Wed, Jun 3 & 17, 5:30-7pm

Falls Church location. Learn, discuss and gain support from others who understand the concerns and challenges you face as a breast cancer patient/survivor. Meets on first and third Wednesdays of the month. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

Breast Cancer Surgery Preparation

3580-005, Mon, Jun 8, 12-1:30pm

3580-005, Wed, Jun 24, 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, Jun 5-26, 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.

Hot Topics in Hereditary Breast and Ovarian Cancer

FC, Sat, Jun 27, 9:30am-1pm

Fairfax location. Join Mary Wilkinson, MD and colleagues for the latest updates on screening, prevention, treatment and research. Brunch will be served. Registration required.

Yoga for Breast Cancer

FC, Tue, Jun 2-23, 5:30-6:45pm

Fairfax location. This six-week series will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by preceding Thursday. Bring your own blanket. Physician approval is required if you have had surgery within six weeks. If attending for the first time in 2015, please bring a signed waiver to first class. Instructor: Catherine Syron, RYT.

Young Women with Breast Cancer

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

Fairfax location. 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, Jun 9, 6:30-8pm

See description, above. Facilitator: Shara Sosa, LCSW. If attending for the first time, please call 703.698.2522.

Breast Cancer Update:



ASCO Update with Anne Favret

FC, Thu, Jun 25, 6:30-8pm

Neelima Denduluri, MD will present the latest breast cancer research findings from the recent American Society of Clinical Oncology (ASCO) conference. Family and friends welcomed. Light refreshments. Register online by the preceding Tuesday.

CHILDREN, TEENS & PARENTS

Curious about Cancer

FC, Wed, Jun 3, 5:15-6:15pm

Series continues for those already registered.

Kid and Sib Day

FC, Tue, Jun 23, 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:

4th Annual Father Son Night

FC, Tue, Jun 23, 6-8:30pm

For boys of all ages with cancer and teens in treatment, their brothers and dads. Come and enjoy an evening of fun with a cookout, games, sports challenges, water activities, tons of prizes...plus visits from local Fire and Rescue team, Ambulance Crew, and Secret Guest. Co-sponsored by DC Candlelighters. Register with Connie Connor, LCSW at 703.531.1515, constance.connor@inova.org or dccandlelighters@gmail.org.



EXPRESSIVE ARTS

Art for Wellness

44084 RP, Fri, Jun 12, 12-2pm

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. Registration required. Art Therapist, Sarah H. Schmidt, MA.

Knitting and Crocheting Circle

FC, Tue, Jun 2, 7-8:30pm

FC, Fri, Jun 19, 1-2:30pm

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



Making Sense of Your Story

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

This monthly class (Jul 8, Aug 12, Sept 9, Oct 14, Nov 11, Dec 9) provides an opportunity for women out of treatment to explore the impact the cancer experience has had on their lives through guided imagery, meditation, art therapy, psychodrama, yoga and journaling. Attendance at each monthly session is recommended. Facilitated by Oncology Counselor Micheline Toussaint, LCSW, RYT and Art Therapist Jean McCaw, LCPAT, ATR-BCMA, ATR-BC. If interested call Micheline Toussaint, 703.698.2521 or Jean McCaw, 703.698.2537.



Gift In-Kind Donations

Life with Cancer accepts gently used wigs, which we collect for refurbishing and redistribution by E-Beauty.com.

We cannot accept any other used items including books, CDs, or personal items.

New items may be accepted at our discretion.

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)**.

FITNESS

Important information for Levels I-IV Exercise:

- Level I Exercise is a prerequisite to Levels II-IV Exercise programs.
- Please bring a signed "Physical Activity Waiver" (available online or at first class).
- Instructor: Susan Gilmore, MS, ACSM Certified Cancer Exercise Trainer, susan.gilmore@inova.org, 703.698.2523.

Level I Exercise: Launching into Fitness

FC, Tue, Jun 9-30, 1-1:45pm

For those who are new to the Level I-IV exercise program, this series will help to assess your fitness level and gain strength, flexibility and stamina. Two classes are required after which you may progress to the Level II class. Please NO new registrants after June 16.

Level II Exercise: Chair-Based

FC, Mon, May 4-Jun 22*, 2-2:45pm

FC, Wed, May 5-Jun 24*, 2-2:45pm

*No class June 1 or 3. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but MUST REGISTER SEPARATELY.

Level III Exercise: Keeping Fit

FC, Mon, May 4-Jun 22*, 3-4pm

*No class June 1. This series offers a combination of standing and floor exercises to improve strength, flexibility, endurance, fatigue and overall well-being. Level II participants may move to this class, but will need to register.

Level IV Exercise: Fitness Fusion

FC, Wed, May 6-Jun 24*, 3-4pm

*No class June 3. This class offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training. Level III participants may progress to Level IV but must register.



Core-Cardio-Circuit for Young Professionals

FC Thu, Jun 18-Jul 16, 6:30-7:30pm

See page 1 for details.

Dancing to Wellness

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

Music and dance are therapeutic and provide great exercise and fun for singles and couples. Group members vote for the evening's dance theme ranging from waltz to blues, swing to salsa, Argentine tango to merengue. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Registration is required. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to class.

Core Strengthening

3580-005, Wed, Jun 3-24, 3-4pm

Build core strength and stability by focusing on the muscles of the abdominal region, lower back, pelvis, and hips. Exercises will help with posture, daily functional activities, and overall strength and balance. Incorporates elements of Yoga and Pilates. Dress comfortably and bring a water bottle. Registration for this series is required. Instructor: Jackie Le. Please bring a signed "Physical Activity Waiver" (available online) to first class.

Stronger Body After Cancer

3580-005, Wed, Jun 3-24, 7-8pm

Whether you are a survivor or in treatment, this class will help you build a stronger body with the use of bands, medicine balls, light weights and low impact 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. Please bring a signed "Physical Activity Waiver" (available online) to first class.

Zumba!

FC, Tue, Jun 2-23, 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. If attending for the first time in 2015, bring a signed waiver to first 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

Gentle Yoga - Loudoun

44084 RP, Thu, Jun 4-25,

11am-12:30pm

Class continues for those already registered. Instructor: Ladan Judge, RYT.

Gentle Yoga - Fairfax

FC, Thu, Jun 4-25, 1-2pm

Learn movements to stretch, strengthen and relax muscles. Space is limit. If class is full, preference will be given to new participants. Bring a blanket. Attend each class for greatest benefit. Certified Gentle Yoga instructor: Jenn Fay, MA, RYT. Please register. If attending for the first time in 2015, please bring a signed waiver to first class.

Evening Gentle Yoga - Loudoun

44084 RP, Mon, Jun 1-22, 7-8:30pm

Class continues for those already registered. Instructor: Vicki Vo, RYT.

Evening Gentle Yoga - Fairfax

FC, Mon, Jun 15-29, 7-8:30pm

Gentle Yoga uses conscious breathing and postures to promote body awareness and postural alignment. Each class includes 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. The focused simple breathing techniques greatly improve lung function. These benefits are felt on every level, mind, body, and spirit. Instructor: Jenn Fay, MA, RYT.

Laughter Yoga

FC, Thu, Jun 25, 2-3pm

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

Meditation

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

Join in a relaxing exploration of the power and benefits of meditation. Each session begins with breath-work and a relaxation technique that leads into a guided meditation. Facilitator: Micheline Toussaint, LCSW, RYT.

Meditation & Relaxation with Esther

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

See description above.

Mindfulness and Restorative Yoga

3580-005, Fri, Jun 5-26, 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. Please bring a signed "Physical Activity Waiver" (available online) to first class.

Reiki for Relaxation

FC, Mon, Jun 8, 4:30, 5:30, and 7pm

FC, Wed, Jun 24, 4:30, 5:30, and 7pm

Call 703.698.2526 after June 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.

Reiki for Relaxation

44084 RP, Thu, Jun 25, 6:45-8pm

See description above. Registration is required.

Restorative Yoga

44084 RP, Tue, Jun 2-23, 11am-12:30pm

Class continues for those already registered. Instructor: Ladan Judge, RYT.

Restorative Yoga

FC, Fri, Jun 12-26, 10:15-11:30am

Judi Eskovitz, RYT will teach gentle stretches, breath work and guided meditation combined with restorative poses to deepen the relaxation response. Registration required. If attending for the first time in 2015, please bring a signed waiver to first class.



Tai Chi

3580-005, Thu, May 7-Jun 25,

1-2:30pm

This 8-week series uses slow, fluid body movements to enhance wellness, longevity and internal peace. Learn simple steps and then build upon them to perform more complex movements. Exercises in breathing and postural alignment will also be shown. Dress comfortably and wear closed-toed shoes. Bring completed waiver, available online, to first class. Instructor: Kurt Von Quintus.

NUTRITION

Fighting Cancer with a Fork

3580-001, Tue, Jun 16, 12-1pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register via lifewithcancer.org or call 703.698.2526.

Fighting Cancer with a Fork

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

See description, above.

Fighting Cancer with a Fork

IAH-CCC, Wed, Jun 10, 1-2pm

See description, above. To register call, 703.504.7923.



SPANISH

Latinos Unidos

AFC, miércoles, 10 de junio, 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.

Tomando Control de Su Salud

FC, jueves, 4-25 de junio, 6:30-8pm

Tejedores y tejedores de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más expertos, están bienvenidos para trabajar juntos en un ambiente relajado. Favor de registrarse.

Zumba – Bilingual

FC, martes, 2-23 de junio, 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. Si está asistiendo por primera vez en 2015, favor de firmar un permiso antes de empezar la primera clase.

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.

SPIRITUALITY

Spiritual Support Group

CUMC-1, Thu, Jun 25, 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. For more information contact Dana Neese, 703.690.3401.

Spirituality Quest- Meadowlark Gardens!

MBG, Tue, Jun 9, 10:30am-12pm

All survivors are invited to join us this month at Meadowlark Botanical Gardens in Vienna to experience the "Healing Power of Nature" and for a walk and talk with Keith Tomlinson, Gardens Manager and Fellow of the Washington Academy of Science. We will meet in the lobby of the Visitor's Center. Register by the preceding day. For directions, go to www.nvrpa.org/park/meadowlark_botanical_gardens. Facilitator: Marsha Komandt, RN, OCN®.



SUPPORT GROUPS

Blood Cancers Group: Managing Fatigue

FC, Thu, Jun 11, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. Special Guest Speaker, Lynn Magrum, MSN, CANP will discuss "Managing Fatigue in Individuals with Blood Cancers." Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C and Lynn Magrum, MSN, CANP. Please register by preceding Tuesday.



Brain Tumor Group

FC, Tue, Jun 9, 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, Tue, Jun 16, 5:30-7pm

See description, above. Facilitators: Vera Hirshman, RN and Roberta Quirk, MSW.

Carcinoid Cancer Group

FC, Sat, Jun 13, 10am-12pm

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

Caregiver Connection

FC, Mon, Jun 8, 7-8:30pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

Caregiver Connection

ILH-R, Mon, Jun 8, 6:30-8pm

Meet with an Oncology Nurse and Social Worker for ongoing support in dealing with the challenges of caregiving. Topic of discussion, "Self-care for the Caregiver". Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

Caregiver Connection

3580-001, Wed, Jun 24, 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 topic is complementary therapies, presented by Jennifer Farrow, RN. Facilitated by an oncology nurse navigator and an oncology therapist. Registration required.

Colorectal Cancer and Genetics

FC, Tue, Jun 23, 6:30-8pm

Rebekah Moore, MS, Certified Genetic Counselor with the Division of Medical Genomics, Inova Translational Medicine Institute will provide an overview



of different hereditary colon cancer syndromes, discuss the information used to assess a family history and explain how genetic testing can be useful for other family members. Please join us for this Interactive and informative discussion.

Cutaneous Lymphoma

FC, Sat, Jun 13, 10am-12pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

Good Grief

FC, Tue, Apr 21-Jun 9, 7:15-9pm

Group continues for those already registered. Next group will meet this fall.

GYN Cancer Support Group*

3580-001, Tue, Jun 16, 6:30-8pm

***FC location will NOT meet in June**

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.

Head and Neck Cancers Group

IFMC, Wed, Jun 10, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member.

Living with Advanced Disease

IFOH-1, Fri, Jun 12 & 26, 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, Jun 22, 3-4:30pm

Join others who are living with an advanced cancer diagnosis. This group will help you to learn and explore ways to live with advanced disease. Registration is required. Sabine Gnesdiloff LCSW, OSW-C and oncology nurse navigator.

NEW

Lung Cancer Group
FC, Wed, Jun 3, 6:30-8pm

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

Multiple Myeloma
FC, Tue, Jun 16, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will be an open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!



Prostate Cancer Group

ILH-A&B, Tue, Jun 9, 6:30-8pm

Please note time and location change for June meeting. Join us for a special evening with Donald "Skip" Trump, BD, new chief executive officer of the Inova Comprehensive Cancer and Research Institute. Dr. Trump is a medical oncologist who specializes in the treatment of patients with genitourinary cancers, especially prostate and bladder cancer. He has a long and distinguished career in oncology and is an expert on vitamin D and cancer. Please register.

Prostate Cancer Group
FC, Tue, Jun 9, 7:30-8pm

June's meeting will feature a panel of Physicians, TBA. Check www.lifewithcancer.org calendar page for updated information.

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

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



Waldenstrom Macroglobulinemia
IWMF Northern VA/DC Support
Group Meeting

FC, Sat, Jun 20, 2:30-4pm

International Waldenstrom's Macroglobulinemia Foundation (IWMF) President, Carl Harrington, present IWMF/LLS Strategic Research Roadmap plans formulated by the "who's who" of WM in NYC this May including Treon, Ansell, Ghobrial, Kyle, Furman and others. The 20th Anniversary IWMF Educational Forum in Dallas will also be highlighted. To register, send name, name of guest or state none to lukleppinger@verizon.net, IWMF Support Group Leader, Northern Virginia/DC.

Women's Survivorship Group
ILH-R, Thu, Jun 11, 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: Sandra Weller, LCSW, OSW-C.

Young Adult Group
FC, Thu, Jun 25, 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.

Give A Little, Help A Lot

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.

JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>1</p> <p>7pm Evening Gentle Yoga (44084 RP)</p>	<p>2</p> <p>11am Restorative Yoga (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>2</p> <p>3pm Meditation (FC) 3pm Core Strengthening (3580-005) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Group (IFMC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Stronger Body After Cancer (3580-005)</p>	<p>4</p> <p>11am Gentle Yoga (44084 RP) 1pm Tai Chi (3580-005) 1pm Gentle Yoga (FC) 6:30pm Meditation (ILH-R) 6:30pm Tomando Control De Su Salud (FC) 7pm Ask the Expert: Managing Weight . . . (FC)</p>	<p>5</p> <p>Coalesce (FC) 1:30pm Mindfulness and Restorative Yoga (3580-005)</p> <p>6</p> <p>7</p>
<p>8</p> <p>12pm Breast Cancer Surgery Preparation (3580-005) 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 Evening Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC)</p>	<p>9</p> <p>10:30am Spirituality Quest-Meadowlark! (MBG) 11am Restorative Yoga (44084 RP) 1pm Joy of Movement (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer (FC) 6pm Brain Tumor Group (FC) 6:30pm Prostate Cancer . . . Vitamin D (ILH-A, B) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer Support Group (FC)</p>	<p>10</p> <p>12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion(FC) 3pm Core Strengthening (3580-005) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Support Group, Fair Oaks (3580-001) 6pm Breast Cancer Support and Education, IMVH (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Dancing to Wellness (FC) 7pm Stronger Body After Cancer (3580-005)</p>	<p>11</p> <p>11am Gentle Yoga (44084 RP) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn (FC) 1pm Tai Chi, 3580-005 (3580-005) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Tomando Control De Su Salud (FC) 7pm Blood Cancers Group: Managing Fatigue (FC)</p>	<p>12</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Art for Wellness County (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Restorative Yoga (3580-005)</p> <p>13</p> <p>10am Cutaneous Lymphoma Support Group (FC) 10am Carcinoid Cancer Group (FC)</p> <p>14</p>
<p>15</p> <p>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 Evening Gentle Yoga (44084 RP)</p>	<p>16</p> <p>11am Restorative Yoga (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (3580-001) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Brain Tumor Support Group (ILH-R) 6:30pm Young Women with Breast Cancer (FC) 6:30pm GYN Cancer Support Group (3580-005) 7pm Zumba! (FC)</p>	<p>17</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (3580-005) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Ask the Expert: Peripheral Neuropathy (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 (3580-005)</p>	<p>18</p> <p>11am Gentle Yoga (44084 RP) 1pm Gentle Yoga (FC) 1pm Tai Chi (3580-005) 2:30pm Writing Your Memoirs and Life Stories (FC) 6pm Prostate Cancer Support Group (IAH-CCW) 6:30pm Core-Cardio-Circuit . . . (FC) 6:30pm Planning Ahead: Creating your Legacy (FC) 6:30pm Tomando Control De Su Salud (FC)</p>	<p>19</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Restorative Yoga (3580-005)</p> <p>20</p> <p>2:30pm Waldenstrom's Meeting (FC)</p> <p>21</p>
<p>22</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 3pm Living with Advanced Disease Group (44084 RP) 5pm Breast Cancer Support Group (44084 RP) 7pm Look Good...Feel Better (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>23</p> <p>10am Kid and Sib Day (FC) 11am Restorative Yoga (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer (FC) 6pm Pediatric Oncology Parent Night: Father Son Night (FC) 6pm Words for Healing (IAH-CCC) 6:30pm Colorectal Cancer: Genetics (FC) 7pm Zumba! (FC)</p>	<p>24</p> <p>12pm Breast Cancer Surgery Preparation (3580-005) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion(FC) 3pm Core Strengthening (3580-005) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (3580-001) 7pm Stronger Body After Cancer (3580-005) 7pm Reiki for Relaxation (FC)</p>	<p>25</p> <p>11am Gentle Yoga (44084 RP) 1pm Gentle Yoga with Jenn (FC) 1pm Tai Chi (3580-005) 2pm Laughter Yoga (FC) 6pm Orientation to Life with Cancer (FC) 6:30pm Core-Cardio-Circuit . . . (FC) 6:30pm Breast Cancer Update: ASCO Update (FC) 6:30pm Tomando Control De Su Salud (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)</p>	<p>26</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Restorative Yoga (3580-005)</p> <p>27</p> <p>9:30am Hot Topics in Hereditary Breast and Ovarian Cancer (FC)</p> <p>28</p>
<p>29</p> <p>7pm Evening Gentle Yoga (FC)</p>	<p>30</p> <p>1pm Level I Exercise: Launching into Fitness (FC)</p>			