



# Life with Cancer®

JUNE 2016

## ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

## LIFE WITH CANCER CONNECT

A direct link to your support team  
**703.206.5433**

## CLASS/GROUP REGISTRATION INFORMATION

- Classes and groups are FREE, but registration is required
- To register go to [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email [Mayra.Zepeda@inova.org](mailto:Mayra.Zepeda@inova.org) or call 703.698.2526.

## CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

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## INFORMATION & EDUCATION

### Breast Cancer Update: 2016 ASCO Conference

●FC, Thu, Jun 23, 6:30-8pm

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

### Healing Through Rhythm and Sound

●FC, Tue, Jun 21, 6:30-8pm

A music therapist from "A Place To Be: Where Music Meets Therapy" will discuss the benefits of music in a therapeutic context including physical rehabilitation, increased motivation and emotional support. Discover how the healing nature of rhythm and sound can be integrated into one's cancer experience.



### Breast Surgery Preparation

●FC, Mon, Jun 13, 5-6pm

●FO-LWC, Wed, Jun 8, 12:30-2pm

●FO-LWC, Wed, Jun 22, 12:30-2pm

●IAH-CCC, Mon, Jun 6, 12:30-2pm

●IAH-CCC, Tue, Jun 21, 12:30-2pm

Learn 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/friend welcome.

### Breast Surgery Preparation

●ILH-PER, Thu, June 9, 12-1:30pm

●ILH-PER, Tue, June 21, 4-5:30pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Registration is required; no exceptions. Family member may attend.

## Compassion Cultivation

●FC, Thu, Jun 2-16, 2:30-4pm

Class continues for those already registered.

## Look Good...Feel Better

●FC, Mon, Jun 20, 7-9pm

●IAH-CCW, Mon, Jun 6, 6-8pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or 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 9, 11:30am-12:30pm

●FC, Thu, Jun 23, 6-7pm

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) to arrange a personal tour.

## Summer Book Club Series

●ILH-R, Wed, Jun 29, 6:30-8pm

Join our very first book club meeting where we will discuss the #1 New York Times Bestseller, "When Breath Becomes Air", by Paul Kalanithi, "a profoundly moving, exquisitely observed memoir by a young neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question, What makes a life worth living? Described as an unforgettable and life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both." Oncology Social Worker, Roberta Quirk, MSW, will facilitate the discussion.



## Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **AFC:** Arlington Free Clinic, 2921 11 St. South, Arlington, VA 22204
- **BCR:** Beaverdam Creek Reservoir, 42400 Mount Hope Rd, Ashburn, VA 20148
- **CUMC-1:** Christ United Methodist Church, 7600 Ox Rd., Fairfax Station, VA, 22039
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 [www.lifewithcancer.org](http://www.lifewithcancer.org)
- **FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **FO-Rad Onc:** Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA
- **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-PER :** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, 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
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

## HEALTHY LIVING

### NUTRITION

#### Healthy Cooking with Anu

● **FC, Thu, Jun 2, 12:30-2pm**

● **44084 RP, Tue, Jun 7, 2:30-4pm**

Easy, fresh, and healthy salad recipes can be on your dinner table in no time! If a salad is your go-to healthy meal, you may be tired of the same old bowl of greens. These creative and satisfying mixes will fill you up with fiber and protein.

#### Diet, Exercise and a Healthy You!

● **FC, Tue, Jun 14, 10:30-11:30am**

Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register by Monday, June 13.

#### Fighting Cancer with A Fork

● **FO-Rad Onc, Tue, Jun 21, 12-1pm**

● **IAH-CCW, Wed, Jun 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. Please register.



### FITNESS

#### Level I Exercise: Launching into Fitness

● **FC, Tue, June 7-28, 1-1:45pm**

For those who are new to LWC's exercise program, this exercise series will help to assess your fitness level, improve strength, flexibility and stamina. If you've had surgery within the last 6 weeks a note from your doctor is necessary before you may begin class. Registration and a signed waiver (available online) is required before you can participate in class. **NO NEW REGISTRANTS AFTER June 14, 2016.**

#### Level II Exercise: Chair-Based

● **FC, Mon, Jun 6-20, 2-2:45pm**

● **FC, Wed, Jun 8-22, 2-2:45pm**

LEVEL I EXERCISE IS A PREREQUISITE. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles.

#### Level III Exercise: Keeping Fit

● **FC, Mon, Jun 6-20, 3-4pm**

PREREQUISITE: LEVELS I & II EXERCISE. This class offers a combination of standing and floor exercises.

#### Fitness for Wellness, Level I

● **44084 RP, Mon, Jun 6-20, 10:30-11:30am**

● **44084 RP, Wed, Jun 1-22, 10:30-11:30am**

For those who are new to fitness, this class will help to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online to first class. Attend Monday and/or Wednesday, but register separately.

#### Fitness for Wellness, Level II

● **44084 RP, Mon, Jun 6-20, 12-1pm**

● **44084 RP, Wed, Jun 1-22, 12-1pm**

This series is for people who have taken level I and have been recommended to progress to Level II. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class. Attend Monday and/or Wednesday, but register separately.

#### Barre Tone

● **FC, Jun 9-Jul 14, 7:15-8:15pm**

Jazz up your routine and experience the latest trend in full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance, aerobics with the benefits of the ballet barre at its core. Leave with renewed energy, a calmer spirit, and a new passion for life. A signed waiver is required before you can participate in class.

#### Core Strengthening

● **FO-LWC, Wed, Jun 1-29, 3-4pm**

Build core strength and stability by focusing on the abdominal, back, pelvis, and hip muscles. Exercises will help with posture, daily functional activities, and overall strength and balance. Bring a yoga mat. This class is for those currently in treatment or out of treatment within 2 years. Preference to new participants.

#### Cross-Train Challenge

● **FC, Wed, Jun 8-22\*, 3-3:45pm**

\*No class June 1. If you crave variety this is the class for you! Fusing together different intensities and types of movement

we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery.

### Functional Movement

● 44084 RP, Fri, Jun 3-24, 12-1pm

Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently. Using medicine balls, dumbbells, and BOSUs, you will challenge your movement system to make everyday activities easier, reduce your risk of injury and improve your quality of life.

### Stronger Body After Cancer

● FO-LWC, Wed, June 1-July 27, 7-8pm

This class is open to new participants currently in treatment or out of treatment within two years. It will teach the proper way to exercise, help build muscle with the use of bands, medicine balls, light weights, and low impact body weight exercises, and can be modified for all physical strengths and limitations.



### Fourth Annual Kayak Day!

● BCR, Thu, Jun 2\*, 9:30am-12:30pm

\*Rain date, June 9. Join us as we learn the basics of paddling and explore the reservoir on kayaks. No experience necessary. All instruction, kayak equipment, including life vests, provided by Eastern Mountain Sports of Dulles, VA. Wear comfortable clothing and shoes that can get wet. Please wear sun screen and bring a water bottle. Register by May 27. If it becomes necessary to cancel your registration, call 703-698-2526 ASAP so that someone else can take your place.

### Gentle Yoga

● FC, Thu, Jun 2-30, 1-2pm

● FC, Mon, Jun 6, 20 & 27, 7-8:30pm

● FO-LWC, Thu, Jun 2-30, 3-4pm

● 44084 RP, Mon, Jun 6-20, 7-8:30pm

● 44084 RP, Tue, Jun 7-21, 11am-12:30pm

Gentle Yoga uses movements that stretch, strengthen and relax muscles. These movements 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. At the FC location, meditation class directly follows yoga.

### Yoga for Breast Cancer

● FC, Thu, Jun 2 & 9, 5:30-6:45pm

Breast Cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required. Physician approval is required if you have had surgery within six weeks. If attending for the first time in 2016, please bring a signed Participation Waiver (available online) to first class.



### Laughter Yoga

● FC, Thu, Jun 23, 2-3pm

Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity, reduced stress and an enhanced feeling of well-being. In Laughter Yoga you don't have to have a sense of humor; you don't have to be witty. Simply follow the instructor and do the exercises. No need to get on the floor; laughter yoga can be done seated in a chair.

### Restorative Yoga

● FC, Fri, Jun 3-24, 10:15am-11:30pm

This class uses 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. Please bring a blanket. If attending for the first time in 2015, please bring a signed waiver to first class.

### Qi Gong

● FC, Thu, Jun 2-Jul 14, 3:15-4:15pm

In this six-week series you will learn to use the internal tools of your mind, body, and breath to promote wellness. We will explore how movement, guided meditation, and breathing may impact your emotional and physical well-being. Attendance at each session is encouraged. For questions contact facilitator, Michelle Ferretti, MSW at 703.504.7921, michelle.ferretti@inova.org.

### Zumba

● FC, Tue, June 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.

### Zumba Gold

● 44084 RP, Fri, Jun 3-24, 10:30-11:30am

Zumba Gold focuses on all the elements of Zumba- fitness, cardiovascular, muscular conditioning and flexibility, but at a gentler pace, while maintaining the enthusiasm of the music. Registration required.

## STRESS MANAGEMENT

### Drumming for Well-Being

● FC, Thu, June 9 & 23, 10:30am-12pm

Therapeutic drumming can boost the immune system, reduce stress, induce a state of calm and focused awareness. No experience necessary and all instruments are provided. Facilitator: Jennifer Brothers, MSW. Please register by previous day.

### Healing through Art Therapy

● FC, Thu, Jun 16, 12:30-3pm

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Artistic ability is NOT required. Please register by the previous Tuesday. Facilitator: Art therapist Jean McCaw, ATR-BC, LCPAT.

### Healing Touch

● 44084 RP, Wed, Jun 8, 6-7pm

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

### Knitting and Crocheting Circle

● FC, Tue, Jun 7, 7-8pm

● FC, Fri, Jun 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.

### Making Sense of Your Story

● FC, Wed, Jun 8-Dec 14, 12:30-2:30pm

This monthly group continues for those already registered.

## **Meditation and Guided Imagery**

●FC, Thu, Jun 2-16, 2-3pm

●FC, Wed, Jun 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. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day.

## **Mindfulness: Caring for the Mind and Body**

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

Blending meditation, breath work and deep relaxation, the practice of mindfulness can boost the immune system, increase positive emotions, reduce negative emotions and stress, and improve memory and attention skills.

## **Reiki for Relaxation**

●FC, Mon, Jun 13, 6:30, 7:30pm

●FC, Wed, Jun 22, 6:30, 7:30pm

●44084 RP, Thu, Jun 23, 6:45-8pm

A 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. Schedule your appointment online on or after the first business day of the month at 9:15 am. If you need to cancel your appointment please notify us at 703-698-2526, ASAP or by the morning of your appointment, so that someone else can take your place.

## **Writing Your Memories**

●FC, Thu, Jun 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

## **Zentangle**

●44084 RP, Tue, Jun 7, 1:30-3pm

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. Take a mental vacation from cancer and enjoy the experience of Zentangle. All supplies are provided, but if you have attended this class in the past, please bring your kit to this session.

## **SUPPORT & NETWORKING**

### **Brain Tumor Group**

●FC, Tue, Jun 14, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

### **Breast Cancer Groups**

●FC, Tue, Jun 28, 12-1:30pm

●FO-Rad Onc, Wed, Jun 8, 5:30-7pm

●IAH-CCW, Mon, Jun 20, 6-7:30pm

●IFMC, Wed, Jun 1 & 15, 5:30-7pm

●ILH-R, Mon, Jun 27, 5-6:30pm

●IMVH-CC, Wed, Jun 8, 6-7:30pm

For women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Register online at [www.life-withcancer.org](http://www.life-withcancer.org) or call 703.698.2526.

### **Young Women with Breast Cancer**

●FC, Tue, Jun 21, 6:30-8pm

●IAH-CCW, Tue, Jun 14, 6:30-8pm

A group for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.

### **Carcinoid Cancer Group**

●FC, Sat, Jun 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](mailto:mitchmberger@msn.com).

### **Caregiver Connection**

●FC, Mon, Jun 13, 7-8:30pm

●FO-LWC, Wed, Jun 8, 5:30-7pm

●ILH-R, Mon, Jun 13, 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. Please register.

### **Coalesce I: An Advanced Breast Cancer Group**

●FC, Fri, Jun 3-24, Call for Time

Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

### **Coalesce II: An Advanced Breast Cancer Group**

●FC, Tue, Jun 14 & 28, 10:30am-12pm

See description above. Prior screening is required as this is a closed group; please call facilitator, Micheline Toussaint, 703.698.2521.

### **GYN Cancers Group**

●FC, Wed, Jun 22, 5:30-7pm

●FO-LWC, Tue, Jun 21, 6:30-8pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another.

### **Head and Neck Cancers Group**

●IFMC, Wed, Jun 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.

### **Living with Advanced Disease**

●IFOH-1, Fri, Jun 10 & 24, 12-1:30pm

●ILH-PER, Thu, Jun 9, 12-1:30pm

●ILH-R, Mon, Jun 27, 6:30-8pm

Men and women are invited to join us as we explore and learn ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Registration is required.

### **Lung Cancer Group**

●FC, Wed, Jun 1, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

### **Multiple Myeloma**

●FC, Tue, June 21, 11:45am-1:30pm

This monthly meeting invites patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. June will be an open discussion meeting. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register.

### **Spiritual Support Group**

●CUMC-1, Thu, Jun 30, 7-8:30pm

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. Questions? Contact Dana Neese, Christ United Methodist Church, 703.690.3401.

## Spirituality Quest

●FC, Tue, Jun 14, 10:30am-12pm

This month, we focus on strengthening resilience during the cancer experience. Guest facilitator Jennifer Brothers, MSW, will lead interactive exercises in mindfulness, and therapeutic art and music to increase self-care for resilience. Cancer patients/survivors and caregivers are invited to join us on the second Tuesday of the month to explore our spiritual paths.

## Us Too Prostate Cancer Support Group

●FC, Tue, Jun 14, 7-9pm

●IAH-CCW, Thu, Jun 16, 6-7:30pm

●LCSC, Tue, Jun 14, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings. The meeting at the FC location will host a Physician Panel featuring Drs. Samir Kanani, Robert Reid and Edmond Paquett.

## Women's Survivorship Group

●ILH-R, Thu, Jun 9, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer.

## Young Adult Group

●FC, Thu, Jun 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.

## PROGRAMAS EN ESPAÑOL

*Para más información, llamar a David McGinness al 703-698-2529.*

## Zumba!

●FC, martes, 7, 14, 21 y 28 de junio, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general.

## Latinos Unidos

●AFC, Miercoles, 8 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.

## CHILDREN, TEENS, PARENTS

## Kid and Sib Day

●FC, Fri, Jun 24, 10am-2pm

Children ages 5-12 with cancer and their brothers and sisters, ages 5-12 are invited for a day of connection with peers, art therapy, music & drumming and other meaningful activities. Lunch will be provided. To register or for more information contact Jean McCaw, ATR-BC, LCPAT, 703-698-2537 or jean.mccaw@inova.org.

## Loss of a Child: Bereavement Support Group for Parents

●FC, Tue, Jun 14 & 21, 6-7:30pm

Group continues for those already registered.

## Pediatric Oncology Parent Night: Father Son Night

●FC, Tue, Jun 28, 6-8:30pm

Annual Father/Son Night. 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 dccandlelighters@gmail.org.

## Oncology Massage and Body Work

### Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Monday – Friday

- 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](http://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.

### Life with Cancer Studio

44084 Riverside Pkwy, LL, Ste 400

Leesburg, VA 20176

Tuesdays and some Saturdays

## 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)**.

## 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*

# JUNE 2016

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRI/SAT/SUN  |
|--|--|---|---|--|
|  |  | <p><b>1</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP)<br/>           12pm Fitness for Wellness, Level II (44084 RP)<br/>           3pm Core Strengthening (FO-LWC)<br/>           3pm Meditation and Guided Imagery (FC)<br/>           5:30pm Breast Cancer Group (IFMC)<br/>           6:30pm Lung Cancer Group (FC)<br/>           7pm Stronger Body After Cancer (FO-LWC)</p>   | <p><b>2</b></p> <p>9:30am Fourth Annual Kayak Day! (BCR)<br/>           11am Mindfulness (44084 RP)<br/>           12:30pm Healthy Cooking with Anu (FC)<br/>           1pm Gentle Yoga (FC)<br/>           2pm Meditation and Guided Imagery (FC)<br/>           2:30pm Compassion Cultivation(FC)<br/>           3pm Gentle Yoga (FO-LWC)<br/>           3:15pm Qi Gong (FC)<br/>           5:30pm Yoga for Breast Cancer (FC)</p>  | <p><b>3</b></p> <p>Coalesce (FC)<br/>           10:15am Restorative Yoga (FC)<br/>           10:30am Zumba Gold (44084 RP)<br/>           12pm Functional Movement (44084 RP)</p> <p><b>4</b></p> <p><b>5</b></p>  |
| <p><b>6</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP)<br/>           12pm Fitness for Wellness, Level II (44084 RP)<br/>           12:30pm Breast Surgery Preparation (IAH-CCC)<br/>           2pm Level II Exercise: Chair-Based (FC)<br/>           3pm Level III Exercise: Keeping Fit (FC)<br/>           6pm Look Good...Feel Better (IAH-CCW)<br/>           7pm Gentle Yoga (44084 RP)<br/>           7pm Gentle Yoga (FC)</p>  | <p><b>7</b></p> <p>11am Gentle Yoga (44084 RP)<br/>           1pm Level I Exercise: Launching into Fitness (FC)<br/>           1:30pm Zentangle (44084 RP)<br/>           2:30pm Healthy Cooking w/Anu (44085 RP)<br/>           7pm Zumba - Bilingüe/Bilingual (FC)<br/>           7pm Knitting and Crocheting Circle (FC)</p>  | <p><b>8</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP)<br/>           12pm Fitness for Wellness, Level II (44084 RP)<br/>           12:30pm Making Sense of Your Story (FC)<br/>           12:30pm Breast Surgery Preparation (FO-LWC)<br/>           1pm Fighting Cancer with a Fork (IAH-CCW)<br/>           2pm Level II Exercise: Chair-Based (FC)<br/>           3pm Cross-Train Challenge (FC)<br/>           3pm Core Strengthening (FO-LWC)<br/>           5:30pm Caregiver Connection (FO-LWC)<br/>           5:30pm Head and Neck Cancers Group (IFMC)<br/>           5:30pm Breast Cancer Group (FO-Rad Onc)<br/>           6pm Breast Cancer Group (IMVH-CC)<br/>           6pm Healing Touch (44084 RP)<br/>           6:30pm Latinos Unidos (AFC)<br/>           7pm Stronger Body After Cancer (FO-LWC)</p> | <p><b>9</b></p> <p>10:30am Drumming for Well-Being (FC)<br/>           11am Mindfulness (44084 RP)<br/>           11:30am Orientation (FC)<br/>           12pm Breast Surgery Preparation (ILH-PER)<br/>           12pm Living with Advanced Disease (ILH-PER)<br/>           1pm Gentle Yoga(FC)<br/>           2pm Meditation and Guided Imagery (FC)<br/>           2:30pm Compassion Cultivation (FC)<br/>           3pm Gentle Yoga (FO-LWC)<br/>           3:15pm Qi Gong (FC)<br/>           5:30pm Yoga for Breast Cancer (FC)<br/>           6:30pm Women's Survivorship Group (ILH-R)<br/>           7:15pm Barre Tone (FC)</p> | <p><b>10</b></p> <p>Coalesce (FC)<br/>           10:15am Restorative Yoga (FC)<br/>           10:30am Zumba Gold (44084 RP)<br/>           12pm Living with Advanced Disease (IFOH-1)<br/>           12pm Functional Movement(44084 RP)</p> <p><b>11</b></p> <p>10am Carcinoid Cancer Group (FC)</p> <p><b>12</b></p>  |
| <p><b>13</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP)<br/>           12pm Fitness for Wellness, Level II (44084 RP)<br/>           2pm Level II Exercise: Chair-Based (FC)<br/>           3pm Level III Exercise: Keeping Fit (FC)<br/>           5pm Breast Surgery Preparation (FC)<br/>           6:30pm Reiki for Relaxation (FC)<br/>           6:30pm Caregiver Connection (ILH-R)<br/>           7pm Gentle Yoga (44084 RP)<br/>           7pm Caregiver Connection (FC)<br/>           7:30pm Reiki for Relaxation (FC)</p> | <p><b>14</b></p> <p>10:30am Spirituality Quest (FC)<br/>           10:30am Coalesce II (FC)<br/>           10:30am Diet, Exercise and a Healthy You! (FC)<br/>           11pm Gentle Yoga (44084 RP)<br/>           1pm Level I Exercise: Launching into Fitness (FC)<br/>           6pm Loss of a Child (FC)<br/>           6pm Brain Tumor Group (FC)<br/>           6pm Us Too Prostate Cancer Support Group (LCSG)<br/>           6:30pm Young Women with Breast Cancer (IAH-CCW)<br/>           7pm Zumba - Bilingüe/Bilingual (FC)<br/>           7pm Us Too Prostate Cancer Group (FC)</p>                    | <p><b>15</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP)<br/>           12pm Fitness for Wellness, Level II (44084 RP)<br/>           2pm Level II Exercise: Chair-Based (FC)<br/>           3pm Cross-Train Challenge (FC)<br/>           3pm Core Strengthening (FO-LWC)<br/>           3pm Meditation and Guided Imagery (FC)<br/>           5:30pm Breast Cancer Group (IFMC)<br/>           7pm Stronger Body After Cancer (FO-LWC)</p>  | <p><b>16</b></p> <p>11am Mindfulness (44084 RP)<br/>           12:30pm Healing through Art Therapy (FC)<br/>           1pm Gentle Yoga (FC)<br/>           2pm Meditation and Guided Imagery (FC)<br/>           2:30pm Compassion Cultivation (FC)<br/>           2:30pm Writing Your Memories (FC)<br/>           3pm Gentle Yoga (FO-LWC)<br/>           3:15pm Qi Gong (FC)<br/>           6pm Us Too Prostate Cancer (IAH-CCW)<br/>           7:15pm Barre Tone (FC)</p>   | <p><b>17</b></p> <p>Coalesce(FC)<br/>           10:15am Restorative Yoga (FC)<br/>           10:30am Zumba Gold (44084 RP)<br/>           12pm Functional Movement (44084 RP)<br/>           1pm Knitting and Crocheting Circle (FC)</p> <p><b>18</b></p> <p><b>19</b></p>   |
| <p><b>20</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP)<br/>           12pm Fitness for Wellness, Level II (44084 RP)<br/>           2pm Level II Exercise: Chair-Based (FC)<br/>           3pm Level III Exercise: Keeping Fit (FC)<br/>           6pm Breast Cancer Group (IAH-CCW)<br/>           7pm Gentle Yoga (44084 RP)<br/>           7pm Look Good...Feel Better (FC)</p>   | <p><b>21</b></p> <p>11am Gentle Yoga (44084 RP)<br/>           11:45am Multiple Myeloma (FC)<br/>           12pm Fighting Cancer with A Fork (FO-Rad Onc)<br/>           12:30pm Breast Surgery Preparation (IAH-CCC)<br/>           1pm Level I Exercise: Launching into Fitness (FC)<br/>           4pm Breast Surgery Preparation (ILH-PER)<br/>           6pm Loss of a Child (FC)<br/>           6:30pm Young Women with Breast Cancer (FC)<br/>           6:30pm Healing Through Rhythm and Sound (FC)<br/>           6:30pm GYN Cancers Group (FO-LWC)<br/>           7pm Zumba - Bilingüe/Bilingual (FC)</p> | <p><b>22</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP)<br/>           12pm Fitness for Wellness, Level II (44084 RP)<br/>           12:30pm Breast Surgery Preparation (FO-LWC)<br/>           2pm Level II Exercise: Chair-Based (FC)<br/>           3pm Cross-Train Challenge (FC)<br/>           3pm Core Strengthening (FO-LWC)<br/>           5:30pm GYN Cancers Group (FC)<br/>           6:30pm Reiki for Relaxation (FC)<br/>           7pm Stronger Body After Cancer (FO-LWC)<br/>           7:30pm Reiki for Relaxation (FC)</p>   | <p><b>23</b></p> <p>10:30am Drumming for Well-Being (FC)<br/>           11am Mindfulness (44084 RP)<br/>           1pm Gentle Yoga (FC)<br/>           2pm Laughter Yoga (FC)<br/>           3pm Gentle Yoga (FO-LWC)<br/>           3:15pm Qi Gong (FC)<br/>           6pm Orientation (FC)<br/>           6:30pm Breast Cancer Update: ASCO (FC)<br/>           6:45pm Reiki for Relaxation (44084 RP)<br/>           7:15pm Barre Tone (FC)<br/>           7:30pm Young Adult Group (FC)</p>   | <p><b>24</b></p> <p>Coalesce(FC)<br/>           10am Kid and Sib Day (FC)<br/>           10:15am Restorative Yoga (FC)<br/>           10:30am Zumba Gold (44084 RP)<br/>           12pm Functional Movement (44084 RP)<br/>           12pm Living with Advanced Disease (IFOH-1)</p> <p><b>25</b></p> <p><b>26</b></p> |
| <p><b>27</b></p> <p>5pm Breast Cancer Group (ILH-R)<br/>           6:30pm Living with Advanced Disease (ILH-R)<br/>           7pm Gentle Yoga (FC)</p>   | <p><b>28</b></p> <p>10:30am Coalesce II (FC)<br/>           12pm Breast Cancer Group (FC)<br/>           1pm Level I Exercise: Launching into Fitness (FC)<br/>           6pm Pediatric Oncology Father Son Night (FC)<br/>           7pm Zumba - Bilingüe/Bilingual (FC)</p>  | <p><b>29</b></p> <p>3pm Core Strengthening (FO-LWC)<br/>           6:30pm Summer Book Club Series (ILH-R)<br/>           7pm Stronger Body After Cancer(FO-LWC)</p>   | <p><b>30</b></p> <p>1pm Gentle Yoga (FC)<br/>           3pm Gentle Yoga (FO-LWC)<br/>           3:15pm Qi Gong (FC)<br/>           7pm Spiritual Support Group (CUMC-1)<br/>           7:15pm Barre Tone (FC)</p>   |  |