



What is Life with Cancer?

Life with Cancer is a community funded program that provides inpatient and outpatient counseling, nurse navigation, classes and support groups for patients/survivors and their support people, *without cost* and regardless of where they live or receive treatment.

Registration for classes and groups is required.

To register, go to www.lifewithcancer.org or call 703.698.2526.

Location Key:

44084 RP

44084 Riverside Parkway,
Lower Level, Suite 400.
Leesburg, VA 20176

ILH-AB

Inova Loudoun Hospital,
Conference Rooms A & B
44045 Riverside Parkway, Leesburg,
VA 20176

ILH-R

Inova Loudoun Hospital-Radiation
Oncology Center, Suite 100
44035 Riverside Parkway, Leesburg,
VA 20176

CLASSES - Registration is Required

Genetic Testing, Personalized Medicine, Targeted Therapies and Cancer

ILH-AB, Wed, Dec 9, 6-7pm

Certified genetic counselors Sarah Ruppert, MS, CGC and Tiffani DeMarco, MS, CGC, of the Inova Translational Medicine Institute will review how different types of genetic testing may be used to provide a more personalized and targeted approach to the treatment of an individual's cancer.

Zentangle®, 44084 RP

Tue, Dec 8 & Mon, Dec 14, 1:30-3pm

Zentangle® is a therapeutic art form used for meditation, stress relief and increased focus. NO artistic talent needed, just an open mind and a willingness to explore. In these two classes, Roberta Hughes, Certified Zentangle® Teacher will show you how to use this art form to make gift tags, ornaments and more.

Healing Touch

44084 RP, Wed, Dec 16, 6-7pm

Healing Touch practitioners (usually nurses) employ the hands, placed just above the body or with actual light touch, to influence 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.

Mindful Eating and Meal Planning

44084 RP, Tue, Dec 15, 1-2pm

With its many tempting recipes, holidays can derail us from our best intentions to eat healthy. Anu Kaur, MS, RD will discuss Mindful Eating and Meal Planning. Please join us.

Zumba Gold

44084 RP, Fri, Dec 4 & 11, 10:30-11:30am

Have fun and exercise at the same time. Zumba Gold focuses on all elements of fitness, cardiovascular, muscular conditioning

and flexibility at a gentler pace but still maintains the enthusiasm of the music. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Level I-Fitness for Wellness - 2 Choices

44084 RP, Mon, Dec 7, 10:30am-11:30pm

44084 RP, Wed, Dec 2 & 9, 10:30-11:30am

For those who are new to fitness or are currently in treatment. It will help you 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 2015, bring a signed Participation Waiver (available online) to first class.

Level II-Fitness for Wellness- 2 Choices

44084 RP, Mon, Dec 7, 12-1pm

44084 RP, Wed, Dec 2 & 9, 12-1pm

PREREQUISITE LEVEL I: This series is for people who are not in active treatment. 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 2015, bring a signed Participation Waiver (available online) to first class.

Evening Gentle Yoga

44084 RP, Mon, Dec 7, 7-8:30pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. Please bring a blanket.

Gentle Yoga, 44084 RP

Tue, Dec 1 & 8, 11am-12pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. Please bring a blanket.



Mindfulness: Caring for Mind and Body, 44084 RP

Thu, Dec 3 & 10, 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. Please bring a blanket.

Reiki for Relaxation, 44084 RP

Thu, Dec 17, 6:45-8pm

Schedule your appointment online on the first business day of the month at 9:15am. 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, or by the morning of your appointment, 703.698.2526.

SUPPORT GROUPS

Please Register

Brain Tumor Group

ILH-R, Tue, Dec 15, 5:30-7pm

Adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors.

Breast Cancer Support Group

ILH-R, Mon, Dec 28, 5-6:30pm

For women newly diagnosed, making decisions about treatment and currently in treatment. Please register.

Caregiver Connection

ILH-R, Mon, Dec 14, 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.

Living with Advanced Disease

ILH-R, Mon, Dec 28, 6:30-8pm

Join us as we explore ways to learn to live with advanced cancer and the many

questions and life decisions that come along with an advanced cancer diagnosis. Join others who can support you on this road.

Us Too Prostate Cancer Support Group LCSC-No December meeting

Women's Survivorship Group

ILH-R, Thu, Dec 10, 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, and techniques this group will help you regain insight and balance to your life after cancer.

Handling the Holidays after the Death of a Loved One

44084 RP, Wed, Dec 2, 7-8:30pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process.

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Gentle Yoga, 44084 RP, 11am-12pm	2 Level I Fitness 44084 RP, 10:30-11:30am Level II Fitness 44084 RP, 12-1pm Handling the Holidays After... 44084-RP, 7-8:30pm	3 Mindfulness: Caring for ... 44084 RP, 11am-12:30pm	4 Zumba Gold 44084 RP, 10:30-11:30am
7 Level I Fitness 44084 RP, 10:30-11:30am Level II Fitness 44084 RP, 12-1pm Evening Gentle Yoga 44084 RP, 7-8:30pm	8 Gentle Yoga, 44084 RP, 11am-12pm Zentangle 44084 RP, 1:30-3pm	9 Level I Fitness 44084 RP, 10:30-11:30am Level II Fitness 44084 RP, 12-1pm Genetic Testing... ILH-AB, 6-7pm	10 Mindfulness: Caring for ... 44084 RP, 11am-12:30pm Women's Survivorship Grp ILH-R, 6:30-8pm	11 Zumba Gold 44084 RP, 10:30-11:30am
14 Caregiver Connection ILH-R, 6:30-8pm Zentangle 44084 RP, 1:30-3pm	15 Nutrition and YOU 44084 RP, 1-2pm Brain Tumor Group ILH-R, 5:30-7pm	16 Healing Touch 44084 RP, 6-7	17 Reiki 44084 RP, 6:45-8pm	18
21	22	23	24	25 HOLIDAY
28 Living with Advanced Disease, ILH-R, 6:30-8pm	29	30	31 HOLIDAY	