



What is Life with Cancer?

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

Registration for classes and groups is required unless otherwise stated. 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-R

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

LCSC

Loudoun County Senior Center
21060 Whitfield Place
Sterling, VA 20165

ILPO-I

Inova Loudoun Professional Offices I
44055 Riverside Parkway, Ste. 210

Classes

Note: If attending any fitness class for the first time in 2015, please bring a completed Participation Waiver, available online. Dress comfortably and bring

Fitness for Wellness - Level I

44084 RP, Mon, Oct 5-26, 10:30-11:30am

44084 RP, Wed, Oct 7-28, 10:30-11:30am

The Level I series will help you gain strength, flexibility and stamina for those new to fitness or currently in treatment. Fitness instructor, Nancy Ryan MA Ed., H.D. Exercise Science, A.C.E. Register for either or both classes.

Fitness for Wellness - Level II

44084 RP, Mon, Oct 5-26, 12-1pm

44084 RP, Wed, Oct 7-28, 12-1pm

This series is for people who are not in active treatment. We'll work on strengthening and endurance with a combination of standing and floor exercises. Register for either or both classes. Instructor: Jenny Townsend, A.C.E.

Evening Fitness

44084 RP, Tue, Oct 6-27, 6:30-7:30pm

Working? Too busy during the day? This class is for *you!* Learn exercises that can be modified for all physical strengths and limitations. Instructor: Jenny Townsend, A.C.E.

Walking for Fitness

44084 RP, Tue, Oct 6-27, 9:30-10:30am

Walking is a great form of exercise. Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Instructor: Jenny Townsend A.C.E.

Zumba Gold

44084 RP, Fri, Oct 2-30, 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, but at a gentler pace while still maintaining the enthusiasm of the music.

Healing Touch

44084 RP, Wed, Oct 21, 6-7pm

Healing Touch practitioners (usually nurses) employ the hands, placed just above the body or with actual light touch, to influence the human energy system. 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 and registration is required.

Qi Gong

44084 RP, Wed, Oct 7-Nov 4, 1-2:30 pm

Learn to use the internal tools of you mind, body and breath to promote wellness and explore how movement, guided meditation and breathing may impact your emotional and physical well-being. Registration is required. If attending for the first time in 2015, bring a signed waiver to first class.

The Breast Cancer Survivor Retreat:

New Beginnings

Sat, Oct 10, 9am-3pm

Villages of Leesburg

**1603 Village Market Blvd., Suite 100,
Leesburg, VA 20176**

Life with Cancer and the Loudoun Breast Health Network are partnering to offer a wonderful opportunity to learn the latest breast cancer care and treatments. Dr. Amy Irwin, Oncologist from Virginia Cancer Specialists, Dr. Shannon Lehr, Surgeon from Breast Care Consultants of Northern VA, and Dr. Susan Boylan, Radiation Oncologist from Radiation Oncology Associates of Northern VA will be the guest speakers. Learn about community resources, enjoy self-care from massage, healing touch, make up application and more. Registration is required.

Reiki for Relaxation

44084 RP, Thu, Oct 22, 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

Nutrition and You

44084 RP, Tue, Oct 27, 1:30-2:30pm

Gloria Caceres-Roman RD, CNSC, CSO, Manager of Clinical Nutrition, and Chef Daniel Slaughter of Inova Loudoun Hospital, will provide valuable information on food safety, maintaining the nutritional content of the foods you purchase and storage of foods. This is especially important for those that may be immune compromised. Space is limited, please register.

Evening Gentle Yoga – 2 Choices

44084 RP, Mon, Oct 5-26, 7-8:30pm

44084 RP, Tue, Oct 6-27, 11am-12:30pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. 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. Feel the benefits on every level, mind, body, and spirit. Bring a blanket. Registration is required.

Joy of Movement

44084 RP, Tue, Oct 20, 1-2pm

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

Drumming for Well-Being

44084, Thu, Oct 1, 6:30-8pm

Therapeutic drumming is not only fun but the health benefits have been known to boost the immune system, induce relaxation, reduce stress, increase focus and a sense of well-being. Musical experience is not necessary; all instruments are provided. Registration required.

Mindfulness: Caring for Mind and Body

44084 RP, Thu, Oct 1-29, 11am-12:30pm

This class blends meditation, breath work and deep relaxation to release stress and restore balance. Through the reduction of stress you can generate emotional and physical healing. Registration is required. Please bring a blanket. Facilitator: Ladan Judge, RYT.

Support Groups

Brain Tumor Group

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

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Vera Hirschman RN and Roberta Quirk, MSW.

Breast Cancer Support Group

ILH-R, Mon, Oct 26, 5-6:30pm

Learn, share and discuss ways of meeting the challenges of breast cancer. Gain support from others who understand the challenges you face. Each group is facilitated by Elise Schneider, LVSW and Christine Stone, RN, MSN, OCN.

Caregiver Connection

ILH-R, Mon, Oct 12, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday. FC facilitators: Elise Schneider, MSW, LCSW and Rebecca Babb, MSN, RN, CPNO-AP. ILH-R facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

Good Grief

ILPO-I, Wed, Oct 7-Dec 2, * 6:30-8:30pm

This eight week group (*no meeting Nov 25) offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Facilitated by Sandra Weller, LCSW, OSW-C and Roberta Quirk, MSW. Registration is required; contact Sandra Weller, 703.858.8466, saundra.weller@inova.org.



Living with Advanced Disease

ILH-R, Mon, Oct 26, 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. Facilitators: Elise Schneider, MSW, LCSW and an oncology nurse navigator. Please register.

Loudoun Chapter Us Too Prostate Cancer Group, LCSC, Tue, Oct 13, 6-8pm

Join us for 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.

Women's Survivorship Group

ILH-R, Thu, Oct 8, 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.

JOIN OUR COMMUNITY

Sign up for Weekly Email News to receive timely information about

- Program Highlights and Updates
- Fundraisers
- Weather Closings

Go to www.lifewithcancer.org, Look for the box that says, "Sign-up for Email News". Type your email in the Email window and click Submit.

Oncology Massage

Life with Cancer Studio

44084 Riverside Parkway, LL, Ste 400.
Leesburg, VA 20176

- Tuesdays and some Saturdays
- Call 703-698-2526 to schedule or cancel your appointment, or for more information.
- \$50 / 1-hour session.
- Written physician approval required.