



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.

How do I register for a class?

Registration is required for classes and groups. To register go to www.lifewithcancer or call 703.698.2526.

LOCATION KEY

44084 RP

44084 Riverside Parkway
Lower Level, Ste 400
Leesburg, VA 20176

BCR

Beaverdam Creek Reservoir
Mount Hope Baptist Church
Entrance
42507 Mount Hope Church Road,
Ashburn, VA 24202

ILH-A&B

Inova Loudoun Hospital
Conf. Rms. A&B
44045 Riverside Parkway,
Leesburg, VA20176

ILH-PER

Inova Loudoun Hospital
Patient Education Room 44045
Riverside Parkway Leesburg,
VA20176

ILH-R

Inova Loudoun Hospital
Patient Education Room 44045
Riverside Parkway Leesburg,
VA20176

LCSC

Loudoun Co. Senior Center,
21060 Whitfield Place
Sterling, VA, 20165

Classes

“Colorectal Cancer: New Chemotherapy Modalities” with Timothy Cannon, MD

44084 RP, Tue, Sep 29, 6:30-8pm

Timothy Cannon, MD, Medical Oncologist with Inova Medical Group, will update, discuss and answer your questions on this important topic. Find support, share tips and learn the latest news for colorectal cancer patients/caregivers. Space limited; registration required.

Fourth Annual Kayak Day!

BCR, Thu, Sep 24, 9:30am-12pm

This is what everyone has been waiting for! Join us as we learn the basics of paddling and explore Beaverdam Creek Reservoir on kayaks. Experience is not necessary. All equipment, life vests and instruction is provided by Eastern Mountain Sports of Dulles and Paddle Nova. Wear comfortable shoes that can get wet, sunscreen and bring a water bottle. Registration is required; if you must cancel, call ASAP so that someone else can take your place. Rain date, 9/25.

Joy of Movement

44084 RP, Tue, Sep 22, 1-2pm

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

Evening Fitness, 44084 RP

Tue, Sep 15-Oct 27, 6:30-7:30pm

This series offers an opportunity for those that are working or have busy daytime schedules. Exercises can be modified for

all physical strengths and limitations. Registration is required. Instructor: Jenny Townsend, ACE.

Fitness for Wellness - Level I, 44084 RP

Mon, Sep 28-Oct 26, 10:30-11:30am

Wed, Sep 30-Oct 28, 10:30-11:30am

For those who are new to fitness or currently in treatment, this class will help to assess your fitness level as you gain strength, flexibility and stamina, and is appropriate for those with neuropathy, balance and low energy issues. Move to Level II upon instructor's recommendation. **Register for one or both classes.**

Registration is required. Instructor: Nancy Ryan, M Ed., ACE.

Fitness for Wellness - Level II, 44084 RP

Mon, Sep 14-Oct 26, 12-1pm

Wed, Sep 16-Oct 28, 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 strengthening and endurance. **Register for one or both classes.** Instructor: Jenny Townsend ACE.

Walking for Fitness, 44084 RP

Tue, Sep 15-29, 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. Dress comfortably, bring a water bottle. Facilitator: Jenny Townsend ACE.

Zumba Gold, 44084 RP

Fri, Sep 18-Oct 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 at a gentler pace but still maintains the enthusiasm of the music. Registration required. Instructor: Vivian Monroe.

Gentle Yoga , 44084 RP

Tue, Sep 15-Oct 27, 11am-2:30pm

Learn gentle movements that stretch, strengthen and relax muscles to improve flexibility 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. Bring a blanket. Attendance at each class is recommended. Instructor: Ladan Judge, RYT.

Evening Gentle Yoga, 44084 RP

Mon, Sep 14-Oct 26, 7-8:30pm

See description, above. Instructor: Vicki Vo, RYT.

Healing Touch, 44084 RP

Wed, Sep 16, 6-7pm

Healing Touch is an energy therapy in which practitioners use their hands and intent to facilitate energy balancing for wholeness to promote physical and emotional health and wellbeing. Hands are placed just above the body or with actual light touch. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Mindfulness: Caring for the Mind and Body, 44084 RP

Thu, Sep 17-Oct 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. Bring a blanket. Facilitator: Ladan Judge, RYT.

Qi Gong, 44084 RP

Thu, Sep 17-Nov 5, 1-2:30pm

Learn to use the internal tools of your mind, body and breath to promote wellness and help you to explore how movement, guided meditation and breathing may impact your emotional and physical well-being. Registration is Required.

Nutrition and You

ILH-PER, Thu, Sep 17, 1-2pm

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.

Reiki for Relaxation

44084 RP, Thu, Sep 24, 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; bring a blanket.

Groups

Brain Tumor Group

ILH-R, Tue, Sep 15, 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: Neurological care Nurse, Vera Hirschman RN and Roberta Quirk, MSW.

Breast Cancer Education and Support Group, ILH-R, Mon, Sep 28, 5-6:30pm

Current and former breast cancer patients are invited to learn, share and discuss ways of meeting the challenges of breast cancer. Meet other women who are in the process of making treatment decisions, receiving treatment or navigating survivorship. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN/ Barb McDonnell, RN, MSN, CBCN.

Caregiver Connection

ILH-R, Mon, Sep 14, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caregiving. Topic of discussion, "Complementary Therapies for Patients and Caregivers". Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

Good Grief, ILH-A&B

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

*No Group Nov 25. 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. Registration is required; contact Sandra Weller, 703.858.8466 or Sandra.weller@inova.org. Facilitators: Sandra Weller, LCSW, OSW-C and Roberta Quirk, MSW.

Living with Advanced Disease

ILH-R Mon, Sep 28, 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. Registration is required. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN.

Us Too Prostate Cancer

LCSC, Tue, Sep 8, 6-8pm

Join the Us Too Loudoun Chapter monthly, for an opportunity to share experiences, learn from one another, and from experts in the field.

Women's Survivorship Group

ILH-R , Thu, Sep 10, 6:30-8pm

This group is for women who have completed treatment, many of whom may find it difficult to resume their life as they knew it prior to cancer. 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. Facilitator: Sandra Weller, LCSW, OSW-C.

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