



Life with Cancer®

MARCH 2015

Orientation to Life with Cancer

- FC, Thu, Mar 12, 11:30am-12:30pm
- FC, Thu, Mar 26, 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? Call us at 703-698-2526 to arrange a personal tour.

HIGHLIGHTS

Ask the Expert: Complementary Energy Therapies

FO 3580-CR, Wed, Mar 18, 5-6pm
Come find out what Reiki and Healing Touch are all about.

Ask the Expert: Medical Marijuana

FC, Thu, Mar 19, 7-8:30pm
Loren Friedman, MD, FAAHPM, Palliative Care, Virginia Cancer Specialists will present on "What We Know about Medical Marijuana."

Choose Safer Personal Care and Beauty Products for Healthy Living

44084 RP, Wed, Mar 11, 6:30-8pm
Become a health-smart shopper of skin and beauty products and learn what research says about what you are putting on your skin. Deborah Cook, RN, BSN, OCN® will provide you with the latest research and information. Please register.

Drumming for Well-Being

44084 RP, Thu, Mar 5, 6:30-8pm
Come share the beat! Therapeutic drumming is an ancient approach that uses rhythm to promote self-expression and empowerment. Recent research reviews indicate that drumming can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. No experience necessary and all instruments are provided. Facilitators: Drucilla Brethwaite, MSW, LCSW, OSW-C and Jennifer Brothers. Please register 24 hours before the class.



Elements of Mind-Body at "The J"

Thu, Mar 12, 1-2:30pm
The Jewish Community Center of Northern Virginia (JCC) and Life with Cancer, are proud to present "Elements of Mind-Body: Exploring Techniques to Reduce Distress, Ease Pain, and Promote Wellness", presented by Jean McCaw, MA, ATR-BC, Therapist III, Art Therapist, at the JCC, 8900 Little River Turnpike, Fairfax, VA, 22031. Attend this workshop for an overview of mind-body techniques including stress response and breath work, eating and movement, biofeedback and guided imagery, body scan, and muscle relaxation. *Note: There is a \$5 fee, payable to the JCC for non-JCC members.*

GENERAL INTEREST

Dancing to Wellness

FC, Wed, Mar 11, 7-8:30pm
Music and dance are therapeutic, provide great exercise and fun for singles and couples. Group members vote for the evening theme for dances ranging from waltz to blues, swing to salsa, Argentine tango to merengue. Dance technique customized person by person or couple. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Please register by preceding Monday.

Elements of Mind-Body: Exploring Techniques to Reduce Distress, Ease Pain and Promote Wellness

FC, Tue, Mar 3, 1-2:30pm
Join us for the last in a series of four classes. Facilitators: Micheline Toussaint, LCSW, RYT, and Michelle Ferretti, MSW Student Intern. For more information contact, Drucilla Brethwaite, MSW, LCSW, OSW-C, 703.698.2538 or drucilla.brethwaite@inova.org.

Weather Policy

- If county public schools are closed for the day, all groups and classes for that day will be cancelled.
- If schools open on a 2-hour delay, groups and classes will go on as scheduled.
- If schools close early, all evening groups and classes will be cancelled.

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.

Location Key:

- 44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031 www.lifewithcancer.org
- FO 3580-001:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- FO 3580-CR:** Life with Cancer Family Center, Conference Room, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-3580:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- 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
- IFHC:** Inova Fairfax Hospital for Children- 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-R :** Inova Loudoun Hospital- Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
- ILPO-I:** Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, 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

**Loudoun Good Grief
ILPO-I, Tue, Mar 17-May 5, 6:30-8:30pm**

This 8-week series is for those who have experienced the loss of a loved one with cancer within the past two years. 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. For information please contact Saundra Weller LCSW, OSW-C 703-858-8466 saundra.weller@inova.org.

**Fairfax Good Grief
FC, Tue, Jan 27-Mar 17, 7:15-9pm**

See description, above. Registration is required. For information or to arrange individual bereavement counseling please contact David McGinness, MSW, LCSW, 703.698.2529 david.mcginness@inova.org.

**Look Good...Feel Better
FC, Mon, Mar 23, 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 make up kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

**Seminars for Survivors in Transition
FC, Thu, Mar 26, 6:30-8pm**

This is the last of a series of five monthly sessions to help guide you in regaining balance in your life as a survivor. Topic for this month: "Identifying Yourself Post Treatment" with Life Coach, Kim Tapper, PCC, CPCC. Please register by 3/24. Questions? Contact Saundra Weller, LCSW, at 703-858-8466 or Marsha Komandt, RN, OCN®, 703-698-2530.

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.

EXPRESSIVE ARTS

**Art for Wellness and Growth
FC, Thu, Mar 19, 1-4pm
FC, Fri, Mar 20, 12-3pm**

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. Please register ASAP. Art therapist: Jean McCaw, MA, ATR-BC.

**Loudon-Art for Wellness
44084 RP, Fri, Mar 13, 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. Art Therapist, Sarah Huffman, MA. Registration required.

**Knitting and Crocheting Circle
FC, Tue, Mar 3, 7-8:30pm
FC, Fri, Mar 20, 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.

COMING SOON!

Making Sense of Your Story
FC, Wed, April 8, 12:30-2:30pm

This nine month series (Apr 8, May 13, Jun 10, 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 all sessions is expected. Facilitated by Oncology Counselor Micheline Toussaint, LCSW,RYT and Art Therapist Jean McCaw, MA, ATR-BC. Please call Micheline Toussaint if interested at 703-698-2521.

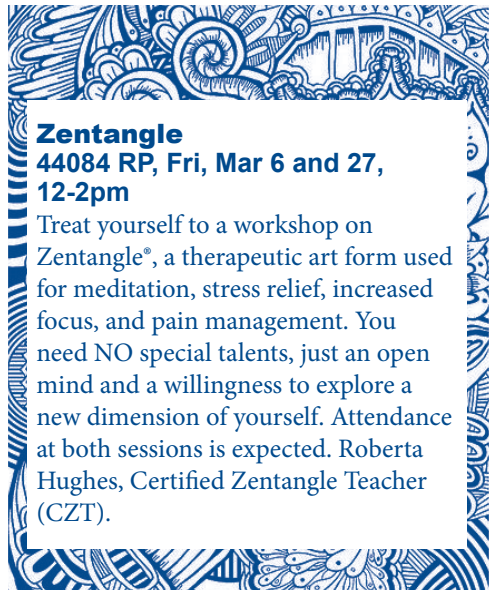
Writing Your Memoirs and Life Stories

FC, Thurs, March 19, 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.

Words for Healing: Writing, Word Art and Journal Making IAH-CCC, Tue, Mar 24, 6-8pm

This class is all about tapping into your inner voice for creative self-expression through writing, word art and journal making. No writing or artistic ability is required, just a willingness to explore your creative self in a supportive environment. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.



Zentangle

44084 RP, Fri, Mar 6 and 27,
12-2pm

Treat yourself to a workshop on Zentangle®, a therapeutic art form used for meditation, stress relief, increased focus, and pain management. You need NO special talents, just an open mind and a willingness to explore a new dimension of yourself. Attendance at both sessions is expected. Roberta Hughes, Certified Zentangle Teacher (CZT).

FITNESS

Level I – IV Exercise Classes are taught by ACSM certified Cancer Exercise Trainer, Susan Gilmore. For more information you may contact her at susan.gilmore@inova.org. Registration and Waiver forms (available online) are required.

Level I Exercise: Launching into Fitness

FC, Tue, Mar 3 & 10, 1-1:45pm

Class continues for those already registered.

Level II Exercise: Chair-Based

FC, Mon, Mar 9-23*, 2-2:45pm

FC, Wed, Mar 11-Apr 22*, 2-2:45pm

*NO CLASS MAR 30 OR APR 1. LEVEL I EXERCISE IS A PREQUISITE. This class series will of 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 for SEPARATELY. Instructor: Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

Level III Exercise: Keeping Fit

FC, Mon, Mar 9-Apr 20*, 3-4pm

*NO CLASS MAR 30. PREQUISITE: LEVELS I & II EXERCISE. This class series offers a combination of standing and floor exercises. Level II participants may move to this class, but will need to register. Instructor Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

Level IV Exercise: Fitness Fusion

FC, Wed, Mar 11-Apr 22*, 3-4pm

*NO CLASS APR 1. PREQUISITE: LEVELS I, II, III. “ This class series 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. Instructor: Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

Mindfulness and Core Strengthening

FO-3580-D, Fri, Mar 6-27, 1:30-2:30pm

Incorporating elements of Yoga, Tai Chi and Pilates, potential benefits include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration for this series is required. Dress comfortably and bring a water bottle. Instructor: Jackie Le. Please register.

Stronger Body After Cancer

FO-3580-D, Wed, Mar 4-25, 7-8pm

This exercise series can help survivors gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Appropriate for all athletic capabilities. Attend each class for greatest benefit. Instructor: Schatem Boyd. Please register.

Walking for Fitness

ILPO-I, Tu, Mar 3-31, 9:30-10:30am

Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Landsdowne. Dress comfortably, bring a water bottle; pedometers will be provided. Class meets weekly; we will walk inside on rainy days. Registration is required.



Zumba!

FC, Tue, Mar 3-24, 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 wellbeing.

Fitness for Wellness

44084 RP, Mon, Mar 2-23, 10:30-11:30am

44084 RP, Fri, Mar 6-27, 10:30-11:30am

This class can help to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably. Attendance for all classes is encouraged.

MEDITATION, REIKI, TAI CHI, YOGA

*Please bring a blanket to Yoga,
Meditation and Reiki*

Evening Therapeutic Yoga with Vicki

44084 RP, Mon, Mar 2-23, 7-8:30pm

This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Bring a blanket for comfort. Registration is required.



Evening Gentle Yoga with Jenn

FC, Mon, Feb 16-Mar 2, 7-8pm

Gentle Yoga uses conscious breathing and postures to promote body awareness and postural alignment which brings a deep sense of peace. Each class includes 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.

Gentle Yoga with Jenn

FC, Thu, Mar 5-19, 1-2pm

Bring your own blanket and Space is limit. If class is full, preference will be given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Attend each class for greatest benefit. Meditation class follows. Please register.

Laughter Yoga

FC, Thu, Mar 19, 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. Facilitator: Jenn Fay, MA, RYT. Please register.

Meditation and Guided Imagery with Micheline

FC, Wed, Mar 4-18, 3-4pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Come to any or all sessions, but please register by preceding day. We will not meet on March 25.

Meditation with Jenn Fay

FC, Thu, Mar 5 & 12, 2-3pm

Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

Loudoun Reiki for Relaxation

ILH-R, Thu, Mar 26, 6:45-8pm

Rebalance and recharge your body's energy systems while relaxing to live harp music. Registration is required.

Fairfax Reiki for Relaxation

FC, Mon, Mar 9, 4:30, 5:30 and 7pm

FC, Wed, Mar 25, 4:30, 5:30 and 7pm

Call 703-698-2526 to schedule your appointment and bring your own blanket! 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. If you need to cancel your appointment, please call ASAP, 703-698-2526.

Fairfax Restorative Yoga with Judi

FC, Fri, Mar 6-27, 10:15-11:30am

This practice is designed to balance the nervous system and release tension from the body and mind. Using bolsters, blocks, and blankets to support the body, students can easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with poses to deepen your practice. Please bring one or two blankets. This class is appropriate for everyone but has limited space available; come to one or all sessions, but please register separately for each class. Instructor: Judi Eskovitz, RYT.

Loudoun Restorative Therapeutic Yoga with Ladan

44084 RP, Tue, Mar 3-24, 11am-12:30pm
Restorative yoga uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with restorative poses to deepen your practice. Please register.

Tai Chi with Kurt

44084 RP, Wed, Mar 4-Apr 29, 1-2:30pm

This 8-week series (no class 4/1) uses slow, fluid body movements to enhance wellness, longevity and internal peace. Students will learn simple steps and then build upon them to perform more complex movements. Please submit a completed participant information and waiver form (available online) at the first session. Wear comfortable clothing and closed-toed shoes. Registration required.

Therapeutic Gentle Yoga with Ladan

44084 RP, Thu, Mar 5-26, 11am-12:30pm

This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen the body, increase stamina and flexibility while helping to detoxify. Restore physical and emotional balance and connect with your inner healing forces. Attend each class for greatest benefit. Registration is required.

Yoga for Breast Cancer Survivors

FC, Tue, Feb 17-Mar 24, 5:30-6:45pm

This six-week series will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by preceding Thursday. Bring completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks. Instructor: Catherine Syron, RYT.

NUTRITION

Fighting Cancer with a Fork

- FC, Wed, Mar 18, 5:30-6:30pm
- FO 3580-001, Tue, Mar 17, 12-1pm
- IAH-CCC, Wed, Mar 11, 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. For FC and FO classes, please register via lifewithcancer.org or call 703.698.2526. *For IAH-CCC class, call 703-504-7923



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)**.

SPIRITUALITY

Spiritual Support Group

Thu, Mar 26, 7-8:30pm

Located at Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039, this faith-based support group is for those who are 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, Mar 10, 10:30am-12pm

Join us on the second Tuesdays of the month to explore our spiritual paths. Topic for discussion and sharing: "Springing Forward". What does that mean? Do we really lose an hour? How does a time change affect us spiritually? Facilitator, Marsha Komandt, RN, OCN®. Please register 24 hours in advance.

BREAST CANCER CLASSES AND GROUPS

Alexandria Young Women with Breast Cancer

IAH-CCW, Tue, Mar 10, 6:30-8pm

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 Laura Harty, LCSW. If attending for the first time, please call 703.504.7921.

Breast Cancer Surgery Preparation

FO 3580-001, Mon, Mar 2 & 30, 12-1:30pm

FO 3580-001, Wed, Mar 18, 12-1:30pm
A Breast Care Navigator will explain everything you need to know before, during and after breast cancer surgery: sentinel node biopsy, your hospital stay, how to manage drains, dressings and discomfort; practical tips for bathing, sleeping and moving comfortably; prostheses, undergarments and more. Lots of information; bring a friend or relative. To register call Gale Towery, RN, BSN, OCN®, CBCN at 703-391-4673.

Coalesce: An Advanced Breast Cancer Group

FC, Fri, Mar 6-27, 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.

Fair Oaks Breast Cancer Group

FO-3580, Wed, Mar 11, 5:30-7pm

This support and education group, for women diagnosed with an early stage breast cancer within the past three years, will provide a supportive environment to meet with others, gather information and learn how to best navigate survivorship. Facilitated by oncology nurse navigator, Gale Towery, RN, BSN, OCN® and social worker Shereena Rodney. Please register AND if it is your first time attending, please call Gale Towery at 703-391-4673.

Fairfax Young Women with Breast Cancer

FC, Tue, Mar 17, 6:30-8pm

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.

Falls Church Breast Cancer Group

IFHC, Wed, Mar 4 & 18, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. Meets on first and third Wednesdays of the month. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

Loudoun Breast Cancer Group

ILH-R, Mon, Mar 23, 5-6:30pm

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Please register. For more information, call Sandra Weller, LCSW, OSW-C, 703-858-8466.

Loudoun Advanced Breast Cancer Group

ILH-R, Mon, Mar 23, 6:30-8pm

For those who have had a recurrence or have metastatic breast cancer. Please register. For more information call Sandra Weller, LCSW, OSW-C, 703-858-8466

Triple Negative Breast Cancer Tea

FC, Fri, Mar 13, 3:30-5pm

Come for a pre-weekend afternoon tea to learn more about Triple Negative Breast Cancer (TNBC). Survivors Tracy Bunch and Vicky Carr will share TNBC research efforts, educational programs and financial resources available including The Triple Negative Breast Cancer Foundation. Register on line by Tuesday, March 10. For further information, contact Marsha Komandt, RN, OCN, 703-698-2530.



Mount Vernon Breast Cancer Support and Education

IMVH-CC, Wed, Mar 11, 6-8pm

Current and former breast cancer patients and survivors are invited to meet with Dr. David Weintritt, Nurse Navigator Michele Reddick, RN, BSN, and social worker Laura Harty, MSW. Breast cancer patients and survivors to learn, share and discuss ways of meeting the challenges of breast cancer. Please register.

Yoga for Breast Cancer Survivors

FC, Tue, Feb 17-Mar 3-24, 5:30-6:45pm

This six-week series will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by preceding Thursday. Bring completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks. Instructor: Catherine Syron, RYT.

SUPPORT GROUPS

Blood Cancers Group

FC, Thu, Mar 12, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. Special Guest Speaker: Christina Tafe RN, MSN, ACNP-BC, CCRN, ACHPN, Nurse Practitioner, Inova Palliative Medicine will present, "Palliative Care for Symptom Management 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. Please register by preceding Wednesday. For more information contact, Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

Brain Tumor Group

- FC, Tue, Mar 10, 6-7:30pm
- ILH-R, Tue, Mar 17, 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. FC facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW. ILH-R facilitators: Neurological Care Nurse, Vera Hirshman, RN, and an Oncology Social Worker.

Carcinoid Cancer Group

- FC, Sat, Mar 14, 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, Mar 9, 7-8:30pm
- ILH-R, Mon, Mar 9, 6:30-8pm
- 3580-005, Wed, Mar 25, 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 Facilitator: Drucilla Brethwaite, LCSW, OSW-C. ILH Facilitator: Gill Phillips, MSW and Molly Kiesel, RN, BSN, CPHON. 3580-005 facilitators: Karen Archer, MSW and Molly Kiesel, RN, BSN, CPHON

Cutaneous Lymphoma Support Group

- FC, Wed, Mar 4, 7-8:30pm

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.

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

Colorectal Cancer Support Group

- FC, Wed, Mar 18, 6:30-8pm

March is Colorectal Cancer awareness month! Medical Oncologist with Inova Medical Group, Timothy Cannon, MD, will discuss and answer your questions on “New Chemotherapy Modalities for Colorectal Cancer”. Find support, share tips and learn the latest news for colorectal cancer patients/survivors.



Prostate Cancer Support Group

- FC, Tue, Mar 10, 7:30-9pm
- LCSC, Tue, Mar 10, 6-8pm
- IAH-CCW, Thu, Mar 19, 6-7:30pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Speakers may be scheduled as members identify their interests. FC facilitator: Marsha Komandt, RN, BSN, OCN. LCSC questions call Sandra Weller LCSW, OSW-C 703-858-8466. IAH facilitator: David McGinness.

GYN Cancers Support Group

- FC, Wed, Mar 25, 5:30-7pm
- FO 3580-CR, Wed, Mar 18, 6:30-8pm

Women diagnosed with cervical, ovarian, uterine/endometrial, vaginal, and vulvar cancers are invited to drop in, share experiences and learn from one another in this monthly support group. FC Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN, MS, OCN®. FO Facilitators: Maureen Broderick, LCSW and Molly Kiesel, RN, BSN CPHON.

Head and Neck Cancers Group

- IFHC, Wed, Mar 11, 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. For more information contact, corinne.cook@inova.org.

Lung Cancer Group Meeting

- FC, Wed, Mar 4, 6:30-8pm
- ILH-R, Mon, Mar 16, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. FC facilitators: Carrie Friedman, RN, BS, OCN® and David McGinness, LCSW. ILH-R facilitators: Sandra Weller LCSW, OSW-C and Oncology RN. Registration is requested if attending for the first time.

Multiple Myeloma

- FC, Tue, Mar 17, 11:45am-1:30pm

This monthly meeting is designed for patients and families to discuss, learn, and share the challenges of living with multiple myeloma. Special Guest Speaker, Deb Cook, RN, BSN, OCN®, Clinical Nurse Educator Millennium - The Takeda Oncology Company, will present “Understanding your Treatment with Bortezomib.” Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Women’s Survivorship Group

- ILH-R, Thu, Mar 12, 6:30-8pm

For women who have completed treatment (surgery, chemotherapy & radiation) and are navigating new territory, please join us as we help you to define your new normal. Please register if attending for the first time. Questions? Call Sandra Weller, LCSW, OSW-C, 703-858-8466.

Young Adult Group

- FC, Thu, Mar 26, 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.

Living with Advanced Disease

- IFOH-1, Fri, Mar 13 & 27, 12-1:30pm

This group welcomes 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. Facilitators: Karen Archer, MSW and Molly Kiesel, RN, BSN, CPHON. Please register.

**Curious about Cancer
FC, Wed, Mar 4, 5:15-6:15pm**

Class continues for those already registered. For more information contact Jenny Eckert, LCSW, Children's Program Coordinator at 703-698-2536 or jennifer.eckert@inova.org.

**Pediatric Oncology Parent Night
FC, Tue, Mar 24, 6-8:30pm**

Brain Tumors and CNS Disease. Speakers: Dr. Jeffrey Knipstein, Pediatric Specialists of Virginia/Children's National Medical Center and Karin Walsh, PsyD, Neuropsychologist, Children's National Medical Center. Come learn about treatment, latest therapies, neuropsychological testing, and supports available to manage cognitive and neurological challenges. Co-sponsored by the Leukemia and Lymphoma Society and DC Candlelighters. Registration required. Contact Connie Connor, 703-531-1515, constance.connor@inova.org.



Life with Cancer en Español

**Arte Para Salud y Crecimiento
FC, jueves, 19 de marzo, 1-4pm**

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva precepción y crecimiento personal. No se necesita experiencia artística – solo tiene que estar dispuesto a explorar, divertirse y ser parte de una comunidad de apoyo y creatividad. Dirigida por terapeuta de arte, Jean McCaw, MA, ATR-BC. Este grupo es solo para adultos. Requiere registrarse; llamar a Débora Haynes al 703-698-2539.

**Latinos Unidos
miércoles, 11 de marzo, 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. Reúnase con nosotros en Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204. Para mas información, llamar a David McGinness al 703.698.2529.

**Zumba – Bilingual
FC, martes, 3-24 de marzo, 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.

“ Life with Cancer helped me to better cope with my cancer diagnosis by giving me a sense of strength, understanding and belonging ”

-Five-year Cancer Survivor

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.

MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>2</p> <p>10:30am Fitness for Wellness (44084 RP) 12pm Breast Cancer Surgery Preparation (FO 3580-001) 7pm Evening Therapeutic Yoga with Vicki (44084 RP) TBA Evening Gentle Yoga with Jenn (FC)</p>	<p>3</p> <p>9:30am Walking for Fitness (ILPO-I) 11am Restorative Therapeutic Yoga with Ladan (44084 RP) 1pm Elements of Mind-Body (FC) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC) 7:15pm Good Grief (FC)</p>	<p>4</p> <p>1pm Tai Chi with Kurt (44084 RP) 3pm Meditation and Guided Imagery with Micheline (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer (IFHC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Cutaneous Lymphoma (FC) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>5</p> <p>11am Therapeutic Gentle Yoga with Ladan (44084 RP) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation with Jenn (FC) 6:30pm Drumming for Well-Being (44084 RP)</p>	<p>6</p> <p>Coalesce(FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Zentangle (44084 RP) 1:30pm Mindfulness and Core Strengthening (FO-3580-D)</p> <p>7</p> <p>8</p>
<p>9</p> <p>10:30am Fitness for Wellness (44084 RP) 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 Caregiver Connection (FC) 7pm Reiki for Relaxation (FC) 7pm Evening Therapeutic Yoga with Vicki (44084 RP)</p>	<p>10</p> <p>9:30am Walking for Fitness (ILPO-I) 10:30am Spirituality Quest (FC) 11am Restorative Therapeutic Yoga with Ladan (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Brain Tumor Group (FC) 6pm Prostate Cancer (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer (FC)</p>	<p>11</p> <p>1pm Tai Chi with Kurt (44084 RP) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5:30pm Head and Neck Cancers Group (IFHC) 5:30pm Breast Cancer (FO-3580) 6pm Breast Cancer Support and Education (IMVH-CC) 6:30pm Latinos Unidos 6:30pm Choose Safer Personal Care and Beauty... (44084 RP) 7pm Dancing to Wellness (FC) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>12</p> <p>11am Therapeutic Gentle Yoga with Ladan (44084 RP) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn (FC) 1pm Elements of Mind-Body at "The J" 2pm Meditation with Jenn (FC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Blood Cancers Group (FC)</p>	<p>13</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 12pm Art for Wellness (44084 RP) 1:30pm Mindfulness and Core Strengthening (FO-3580-D) 3:30pm Triple Negative Breast Cancer Tea (FC)</p> <p>14</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>15</p>
<p>16</p> <p>10:30am Fitness for Wellness (44084 RP) 2pm Level II: Exercise-Chair-based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6:30pm Lung Cancer (ILH-R) 7pm Evening Therapeutic Yoga with Vicki (44084 RP)</p>	<p>17</p> <p>9:30am Walking for Fitness (ILPO-I) 11am Restorative Therapeutic Yoga with Ladan (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO 3580-001) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Brain Tumor (ILH-R) 6:30pm Good Grief (ILPO-I) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>18</p> <p>12pm Breast Cancer Surgery Preparation (FO 3580-001) 1pm Tai Chi with Kurt (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 5pm Ask the Expert: Complementary Energy Therapies (FO 3580-CR) 5:30pm Breast Cancer (IFHC) 5:30pm Fighting Cancer with a Fork (FC) 6:30pm Colorectal Cancer (FC) 6:30pm GYN Cancer (FO 3580-CR) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>19</p> <p>11am Therapeutic Gentle Yoga with Ladan(44084 RP) 1pm Gentle Yoga with Jenn (FC) 1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 2pm Laughter Yoga (FC) 6pm Prostate Cancer (IAH-CCW) 7pm Ask the Expert: Medical Marijuana (FC)</p>	<p>20</p> <p>Coalesce(FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Art for Wellness and Growth (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Core Strengthening (FC)</p> <p>21</p> <p>22</p>
<p>23</p> <p>10:30am Fitness for Wellness (44084 RP) 2pm Level II: Exercise-Chair-based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer (ILH-R) 6:30pm Advanced Breast Cancer (ILH-R) 7pm Evening Therapeutic Yoga with Vicki (44084 RP) 7pm Look Good...Feel Better (FC)</p>	<p>24</p> <p>9:30am Walking for Fitness (ILPO-I) 11am Restorative Therapeutic Yoga with Ladan (44084 RP) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Words for Healing (IAH-CCC) 6pm Pediatric Oncology Parent Night (FC) 6:30pm Good Grief (ILPO-I) 7pm Zumba! (FC)</p>	<p>25</p> <p>1pm Tai Chi with Kurt (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm GYN Cancers (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregivers Connection (3580-005) 7pm Reiki for Relaxation (FC) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>26</p> <p>11am Therapeutic Gentle Yoga with Ladan (44084 RP) 6pm Orientation to Life with Cancer (FC) 6:30pm Seminars for Survivors in Transition (FC) 6:45pm Reiki (ILH-R) 7pm Spiritual Support Group 7:30pm Young Adult Group (FC)</p>	<p>27</p> <p>Coalesce(FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 12pm Zentangle (44084 RP) 1:30pm Mindfulness and Core Strengthening (FO-3580-D)</p> <p>28</p> <p>29</p>
<p>30</p> <p>12pm Breast Cancer Surgery Preparation (FO 3580-001)</p>	<p>31</p> <p>9:30am Walking for Fitness (ILPO-I) 6:30pm Good Grief (ILPO-I)</p>			