



# Life with Cancer®

Experience a Community of Hope

## FUNDRAISING EVENTS

### 14th Annual Raccoon Run! Saturday, May 10

Mantua Elementary School  
Fairfax, VA 22031

Kick off Mother's day weekend with a 5K & 1-Mile Fun Run/Walk in memory of Roberta Romano- a great family activity! All proceeds are generously donated to Life with Cancer. Questions? Want to volunteer? Please contact Jennifer Cooper at 703-426-2490 or jalcooper@aol.com. To register go to raccoonrun.org.

### 2nd Annual Hack 'n Smash Golf Tournament!

Thu, May 15, 9am-2pm, Dulles, VA

Enjoy a great day of golf, friendship and charity as we raise money for Life with Cancer. All golfers go home as winners as we end the day with a banquet and awards ceremony. Sign up as an individual player, or bring a foursome of your friends. We also welcome businesses to purchase one of our major sponsorship packages to entertain colleagues or clients with a day on the links. Please call Kristen Harlow at 703-652-5710 to reserve your foursome and /or sponsorship, or email info@novahackandsmash.com.

### Karen's Florist Gives Back! 527 Maple Ave E., Vienna, VA 22180 703-667-4790

During the month of June, Karen's floral designers will create an arrangement that will pay tribute to the accomplishments of Life with Cancer. 10% of the proceeds from that arrangement will be donated directly to Life with Cancer. Thank you Karen's Florist!

## HIGHLIGHTS

### Movement & Healing Workshop with Sharon Marroquín FC, Sat, May 10, 1-3pm

Sharon Marroquín is an award winning dancer and breast cancer survivor. In this workshop, Sharon will lead survivors through a series of gentle warm-up exercises, followed by a guided movement improvisation. She will also share the process that led to the creation of The Materiality of Impermanence, a dance based on her experience with Breast Cancer. Sharon will perform a short section and show a video excerpt of the production. No dance experience is necessary. Wear comfortable clothes. We will work with bare feet or socks. Registration is limited, RSVP ASAP. This special workshop is sponsored by We Will Survive Cancer and will be followed by a reception in honor of Mothers (see below).



### Reception in Honor of Mother's Day FC, Sat, May 10, 3-4:30pm

Take time for yourself to enjoy an afternoon with other moms who are busy surviving cancer! We've planned a relaxing afternoon featuring a delicious lunch, a swag bag full of gifts any mother would love and professional photo opportunity (only if you choose). Moms only please.

### A Retreat Experience: Rejuvenate Yourself by Thinking and Living Creatively FC, Fri, May 9, 9:30am-2pm

Join us for an introduction to various techniques to help you feel renewed and refreshed. Registration is limited and is required by May 7. Light lunch provided. Co-facilitated by Jenn Fay, MA, RYT and Marsha Komandt, RN, OCN®. For information, contact Marsha at 703-698-2530.

### Orientation to Life with Cancer FC, Mon, May 5, 6-7pm FC, Thu, May 15 & 29, 11:30am-12:30pm

This hour-long class is offered four times monthly for those who are new to Life with Cancer. Learn about our many programs, support groups and services for children and adults. Overview includes who we are, what we do, staff and services available at our various locations, tour of our Family Center, and you specific questions addressed. Please call or register on our website by preceding day.

### What to Expect During Chemo FC, Thu, May 8, 10-11:30am FC, Mon, May 19, 10-11:30am

This hour-long class is offered twice monthly for people new to chemotherapy. Oncology Nurse Educator, Lynn Magrum, MSN, CANP will explain medical terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Register at least 48 hours in advance and if unable to make it, PLEASE call by preceding day to cancel.

### 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](http://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 [kathleen.alleman@inova.org](mailto:kathleen.alleman@inova.org) or call 703.698.2526.

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### Life with Cancer Mission Statement

To enhance the quality of life of those affected by cancer by providing education, information and support.

**Location Key:**

- 1789 Golf Cl:1789 Golf Club,  
45120 Wax Pool Rd, Dullus,  
VA, 20166
- 3580-A:** Inova Fair Oaks Radiation  
Oncology Center, 3580  
Joseph Siewick Drive,  
Conference Room A, Fairfax,  
VA, 22033
- 3580-001** Inova Fair Oaks Radiation  
Oncology Center, 3580  
Joseph Siewick Drive, LL-  
001, Fairfax, VA, 22033
- 44084** Riverside Parkway, Ste 400,  
Lower Level , Leesburg, VA,  
20176
- AFC:** Arlington Free Clinic, 2921  
11th St S, Arlington, VA,  
22204
- BCR:** Beaverdam Creek Reservoir  
Mount Hope Baptist Church  
Entrance, 42507 Mount Hope  
Church Road, Ashburn,  
VA
- CUMC-1:** Christ United Methodist  
Church, Trailer 6, 8285 Glen  
Eagles Lane, Fairfax Station,  
VA, 22039
- FC:** Life with Cancer Family  
Center, 8411 Pennell Street,  
Fairfax, VA, 22031  
  
[www.lifewithcancer.org](http://www.lifewithcancer.org)
- GSG:** Green Spring Gardens,  
4603 Green Spring  
Road, Alexandria, VA,  
22312
- 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
- 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
- IFOH-2:** Inova Fair Oaks Hospital-  
Conference Room 2, 3600  
Joseph Siewick Drive,  
Fairfax, VA
- ILH-R:** Inova Loudoun Hospital-  
Radiation Oncology Center,  
44035 Riverside Parkway,  
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
- PCC:** Physicians Conference  
Center, 3300 Gallows Road,  
Falls Church, VA, 22042

### Seminars for Survivors: Searching the Internet FC, Thu, May 15, 6:30-8pm

Medical librarian, Melinda Byrnes, MLIS will guide you to getting good medical information online for yourself or a loved one. From Google to interpreting lab values and understanding tests, to researching healthcare professionals and organizations, to Medical Subject Headings (MeSH) and more. Please register 48 hours in advance.

### Chocolate Therapy FC, Tue, May 6, 3:30-5:30pm

Pampering yourself with chocolate may be the best "therapy". In this hands-on workshop you will learn how to make two different kinds of Belgian chocolates. Please note: We will be working with nuts. If you have a nut allergy, or have previously participated program, please refrain from registering for this workshop. Facilitator: Robbin Warner, Belgian-trained chocolatier and breast cancer survivor. Space limited; register ASAP and if unable to make it, PLEASE call by preceding day to cancel.

## GENERAL INTEREST

### Caregiver Connection FC, Mon, May 12, 7-8:30pm

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. Co-facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

### Dancing to Wellness FC, Wed, May 14, 7-8:30pm

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This class will focus on music from the 1930s to today and the dances that go with them. Dances like waltz, swing, and salsa will be on the agenda. Come alone or bring a partner. 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, May 6 & 13, 2-3:30pm

Class continues for those already registered.

### Knitting and Crocheting Circle FC, Tue, May 6, 7-8:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday. Work on your own or one to donate. Facilitator: Carolyn Sam, M.Ed. New participants, please register.

### Look Good...Feel Better FC, Mon, May 12, 7-9pm

A professional cosmetologist will teach women how to manage appearance-related side effects chemotherapy and radiation. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

### Young Adult Group FC, Thu, May 22, 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.

### 4th Annual National Conference on Work & Cancer Friday, June 13th, 2014

Conference: 8am - 5pm

The Graduate Center at CUNY  
365 Fifth Avenue, New York, NY

The day will offer a look at a range of topics, which we will explore in interactive sessions. Topics include: Job Search, Legal Issues, Career Change, Managing Stress During and Post-Treatment, Taking Time Off, Working Through Treatment, Building Self Confidence, Navigating Health Insurance and the ACA, Managing Your Finances . . . REGISTER online at [cancerandcareers.org](http://cancerandcareers.org).

## MIND BODY WELLNESS

### EXPRESSIVE ARTS

### Art for Wellness and Growth FC, Mon, May 19, 12-3pm

FC, Thu, May 22, 1-4pm

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 by previous Friday. Facilitators: Art therapist, Jean McCaw, MA, ATR-BC and Sara Huffman, Art Therapy Intern.

## Life with Cancer en Español

### **Arte Para Salud y Crecimiento** **FC, jueves, 22 de mayo, 1-4pm**

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva percepción 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 al 703-698-2539..

### **Grupo de Tejido y Crochet** **ILPO-I, Jueves, 15 de mayo,** **11am-12pm**

Tejedores y tejedores de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más expertos, están bienvenidos para trabajar juntos en un ambiente relajado. Traiga su propio proyecto o encuentre un nuevo proyecto. Los materiales para los que recién estarán empezando serán proveídos. La instructora, Mary Jane Escobar, tiene la experiencia y el entusiasmo para enseñar su destreza. Favor de registrarse.

### **Latinas Unidas** **FC, lunes, 19 de mayo, 6:30-8:30pm**

Grupo de apoyo y crecimiento personal para mujeres con diagnóstico de cáncer. Recibe los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. Para más información, llamar a Debra Haynes 703-698-2539.

### **Latinos Unidos** **AFC, miércoles, 7 de mayo, 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. Para más información, llamar a David McGinness 703-698-2529.

### **Zumba - Bilingual** **FC, martes, 6 y 20 de mayo, 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, 703-698-2529.

### **Drumming** **for Well-Being** **FC, Fri, May 9, 1-2:30pm** **FC, Thu, May 21, 7-8:30pm**



Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. All instruments are provided; no experience necessary. Group facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C and Jennifer Brothers. Please register by preceding Wednesday.

### **Quilting with Sandi** **FC, Tue, May 27, 1-3:30pm**

Learn the art of quilting from Master quilter Sandi Goldman who will teach some basic hand-piecing and quilting techniques in this monthly program. Limited space; please register by preceding Friday

### **Shimmering Voice** **on Deep Ocean:** **Writing Into our Wisdom** **FC, Mon, May 5, 1-3pm**



Within the deep ocean of ourselves live wisdom and curiosity and all manner of wonder. Through poetry, journaling and writing we can pause and listen deeply to our bodies, hearts and minds. Through this process we can find our breaths. We can find support. And through listening, we can find our voices. Facilitator: Wendi R. Kaplan, MSW, CPT-M/S, LCSW, director of the Institute of Poetry Therapy and psychotherapist with more than twenty-five years' experience. Ms. Kaplan specializes in relational and biblio/poetry therapies with a holistic perspective. Space limited; please register by previous Friday.

### **Making Sense of Your Story** **FC, Wed, May 28, 12:30-3pm**

Class continues for those already registered. Dates for the remainder of the year are: June 25, July 23, Aug 27, Sep 24, Oct 22, Nov 19 and Dec 17.

## FITNESS

*Levels I-IV Exercise require a completed registration and waiver (available online). These classes are taught by, ACSM certified Cancer Exercise Trainer Susan Gilmore. For questions, contact Marsha Komandt, RN, OCN®, 703-698-2530.*

### **Level I** **Exercise:** **Launching** **into Fitness**

**FC, Tue, May 13-Jun 3, 1-1:45pm**

Those new to LWC's exercise program must attend at least two of four classes before moving on to Levels II - IV. Especially helpful for those with treatment limitations such as neuropathy, balance and low energy issues, this class will also help to assess your fitness level.



### **Level II Exercise:** **Chair-Based**

**FC, Mon, May 19-Jun 30\*, 2-2:45pm**  
**FC, Wed, May 14-Jun 25, 2-2:45pm**

\*No class Memorial Day, May 26. LEVEL I EXERCISE IS A PREREQUISITE. This seven-week series will help increase heart rate, range of motion and flexibility and tone and strengthen muscles. Attend Monday and/or Wednesday sessions, but PLEASE REGISTER SEPARATELY.

### **Level III Exercise: Keeping Fit** **FC, Mon, May 19-Jun 23\*, 3-4pm**

\*No class Memorial Day, May 26. PREREQUISITE: LEVELS I & II EXERCISE. This five-week series offers a combination of standing and floor exercises to increase strength and flexibility, improve endurance and fatigue and enhance overall well-being

### **Level IV Exercise: Fitness Fusion** **FC, Wed, May 14-Jun 25, 3-4pm**

PREREQUISITE: LEVELS I, II, III. This seven-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval training, resistance and core training.

## NUTRITION

### **Cooking for the Health of It:** **Incorporating Veggies Creatively** **FC, Thu, May 1, 12-1pm**

We all know it's important to eat veggies and fruits, but how can we successfully do it? With a little planning and some creativity you can enjoy delicious vegetables with every meal and benefitting from the added nutrition. Instructor: Vanessa Spiller, cancer survivor and certified Nutrition and Wellness consultant. Space limited; please register 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org)!



## **Fighting Cancer with a Fork** FC, Tue, May 20, 4:30-6pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. To register call Deb Rowland, 703-504-7923.

## SPIRITUALITY

### **Spirituality Quest: Green Spring Gardens** GSG, Tue, May 13, 10:30am-12pm

Enjoy the blessings of spring when we meet at Green Spring Gardens. Jeanne Evans, LPC, returns to present "Tilling One's Soil, Cultivating One's Soul" with special focus on fertilizing one's soul with self-compassion. We will meet at the picnic tables near the visitor parking lot. For directions, go to [www.greenspring.org](http://www.greenspring.org) or call 703-642-5173. Please register by the preceding day. Facilitator: Marsha Komandt, RN, OCN®, 703-698-2530.

### **Spiritual Support Group** CUMC-1, Thu, May 29, 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. Facilitator: Dana Neese, Christ United Methodist Church, 703-690-3401.

## MEDITATION, YOGA, TAI CHI, QI GONG

### **Gentle Yoga** with Jenn Fay FC, Thu, May 1-15, 1-2pm

Class continues for those already registered.



### **Guided Meditation** with Jenn Fay FC, Thu, May 1-15, 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.

## **Laughter Yoga** FC, Thu, May 22, 2-3pm

Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that have a number of benefits, including improved oxygen levels and lung capacity and reduced stress levels. Laughter yoga is practiced while sitting in a chair. Facilitator: Jenn Fay, MA, RYT. Please register by preceding day.

### **Reiki for Relaxation** FC, Mon, May 12, 4:30, 5:30pm, 7pm FC, Wed, May 28, 4:30, 5:30pm, 7pm

Appointments do not open until the first of the month. 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. Please register. If you cannot make your appointment, call 703-698-2526.

### **Restorative Yoga with Judi** FC, Fri, May 2-June 13, 10:15-11:30am

This practice is designed to balance the nervous system and release tension from the body and mind. We'll use 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 poses to deepen your practice. This class is appropriate for everyone but space is limited; come to one or all sessions; register separately for each class. Instructor: Judi Eskovitz, RYT.

## BREAST CANCER

### **Breast Cancer Support Group** IFHC, Wed, May 7 & 21, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

### **Coalesce: An Advanced Breast Cancer Support Group** FC, Fri, May 2-30, Call for time

Meet weekly in a closed support group with women of all ages to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW and Dr. Yu Dong. If interested in attending, please call 703-698-2522. Prior screening is required as this is a closed group.

## **Living with Breast Cancer: Exercise**

### FC, Tue, May 6-Jun 10, 5:30-6:15pm

This six-week series is paired with the Living with Breast Cancer Education series; participation in both is encouraged. Learn various exercise modalities that can help increase strength and flexibility after breast cancer surgery. Wear comfortable, loose clothing. Registration is required. A waiver (available online) must be completed before or upon arrival to class. Physician approval is required if you have had surgery within six weeks. Contact Marsha Komandt, RN OCN®, 703-698-2530, for further information.

### **Survivors Offering Support**

**Are you facing breast cancer? A diagnosis of breast cancer can be overwhelming. The SOS program brings together those newly diagnosed with trained volunteer mentors. These mentors, all breast cancer survivors themselves, provide knowledge, support, encouragement, and a shoulder to lean on. With SOS, you are not alone.**

**Whether you're facing breast cancer and could benefit from the help of a mentor or you are a breast cancer survivor and can offer help to another, SOS is for you.**

**To learn more about the program, please contact Pamela Crum, Coordinator, Survivors Offering Support at 703-698-2532 or [Pamela.crum@inova.org](mailto:Pamela.crum@inova.org)**

## **Living with Breast Cancer: Education**

### FC, Tue, May 6-Jun 10, 6:30-8pm

This six-week series is paired with the Living with Breast Cancer Education series; participation in both is encouraged. Learn various exercise modalities that can help increase strength and flexibility after breast cancer surgery. Wear comfortable, loose clothing. Registration is required. A waiver (available online) must be completed before or upon arrival to class. Physician approval is required if you have had surgery within six weeks. Contact Marsha Komandt, RN OCN®, 703-698-2530, for further information.

### **Young Women with Breast Cancer Support Group** FC, Tue, May 6, 6-7:30pm

For women in their 20s, 30s and 40s with non-metastatic breast cancer. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. Registration requested. If attending for the first time, please call 703-698-2522.

## DIAGNOSIS-SPECIFIC

### **Blood Cancers Group** **FC, Thu, May 8, 7-8:30pm**

**GUEST  
SPEAKER!**

This group is for individuals with leukemia or lymphoma and their support people. Special Guest Speaker, Eric Cohen, RN, MS, OCN®, will present: “Integrative Health and Nutrition: How to Eat, Sleep and Move your Way to Wellness.” Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C. and Lynn Magrum, MSN, CANP. Please register by preceding Tuesday.

### **Brain Tumor Support Group** **FC, Tue, May 6, 12-1:30pm**

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.

### **Carcinoid (neuroendocrine) Cancer Group** **FC, Sat, May 10, 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. Contact [mitchmberger@msn.com](mailto:mitchmberger@msn.com) for more information.

### **Cutaneous Lymphoma Support Group**

**FC, Wed, May 7, 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. This month Susan Thornton, CEO of the Cutaneous Lymphoma Foundation, will be our guest. Please register 48 hours in advance via [www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP](http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP).

### **GYN Cancers Group** **FC, Wed, May 28, 5:30-7pm**

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in on this monthly group to share experiences and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN MS OCN®.

### **Head and Neck Cancers Group** **IFHC, Wed, May 14, 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 [corinne.cook@inova.org](mailto:corinne.cook@inova.org) for more information.

### **Lung Cancer Support Group** **FC, Wed, Apr 9, 6:30-8pm**

**GUEST  
SPEAKER!**

Join other patients, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Paul Clark, PhD, LCSW and Carrie Friedman RN, BS.

### **Melanoma Group: It's Melanoma Awareness Month!** **FC, Thu, May 22, 6:30-8pm**

Evan J. Lipson, M.D., is a melanoma specialist at the Johns Hopkins Kimmel Cancer Center. His research focuses on investigating new therapies for patients with various stages of melanoma, ranging from preventing disease recurrence in high-risk patients to developing innovative drug therapies for patients with advanced disease. Dr. Lipson is also the founder of [SeizeTheDays.org](http://SeizeTheDays.org), which chronicles the stories of cancer patients who, with power and determination, find interesting and meaningful ways to add life to their days. Join us for our quarterly meeting, sponsored by the Ashley Fister Cole Foundation. Light refreshments provided. Facilitators: Marsha Komandt, RN, OCN® and David McGinness, LCSW.

### **Multiple Myeloma** **FC, Tue, May 20, 11:45-1:30pm**

**GUEST  
SPEAKER!**

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. **Special Guest Speaker:** Lynn Gerber, MD, Director for the Center for the Study of Chronic Illness and Disability, George Mason University will speak on “Managing Fatigue in the Patient with Multiple Myeloma.” Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register 48 hours in advance via the LWC website!

### **United Ostomy Associations of America, Inc. Mid-Atlantic Regional Conference** **May 2-4, 2014**

**Holiday Inn Washington Dulles Hotel.**

Information available at [www.ostomy.org](http://www.ostomy.org) and [www.osgnv.org](http://www.osgnv.org). Questions? Email: [Billatmaccom@verizon.net](mailto:Billatmaccom@verizon.net)

### **Prostate Cancer Support Group** **FC, Tue, May 13, 7:30-9pm**

Bob Rosenblatt, writer, speaker on Health and Financial Issues will be this month's speaker.

## GRIEF, LOSS & RECOVERY

### **Good Grief for Adults** **FC, Tue, Apr 29-Jun 17, 7:15-9pm**

This monthly dinner offers an opportunity to meet with other 13-18 year olds who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org)

## CHILDREN, TEENS, PARENTS

Contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org) to register and for more information on programs and services for children and teens.

### **Curious about Cancer** **FC, Wed, April 30-Jun 11, 5:15-6:15pm**

Children 5-12 will learn about cancer through age appropriate discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

### **Good Grief Dinner for Teens** **FC, Wed, May 7, 6:30-8pm**

This monthly dinner offers an opportunity to meet with other 13-18 year olds who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

### **Parent Night: Eating the Rainbow and Beyond...**

**FC, Tues, May 27, 6-8:30pm**

Nicole Jacobson, RN, CPN, Certified Health Coach & Anne Schirmer, LCSW, Certified Holistic Health Counselor, and Judi Escovitz, Yoga Instructor will provide integrative nutrition and wellness information plus yoga for the whole family. Dinner and separate activity group for children, 5-12. Wear comfortable clothing. Please register with [constance.connor@inova.org](mailto:constance.connor@inova.org) or call 703-531-1515. Co-sponsored with the Leukemia and Lymphoma Society and DC Candlelighters.

## ALEXANDRIA/MOUNT VERNON

### **Breast Cancer Support and Education Group**

**IMVH-CC, Wed, May 14, 6-8pm**

Meet with Dr. David Weintritt and Nurse Navigator Michele Reddick to learn about, discuss and share ways of meeting the challenges of a breast cancer diagnosis. Group is open to current and former breast cancer patients. Park at yellow entrance; signs will be posted for directions to conference room C on the second floor.

### **Fighting Cancer with a Fork**

**IAH-CCC, Wed, May 14, 1-2pm**

Deb Rowland, RD, Dietitian and certified specialist in oncology nutrition, will provide an overview of nutritional recommendations for cancer patients and survivors. Register online.

### **Look Good...Feel Better**

**IAH-CCW, Thu, May 8, 10am-12pm**

A professional cosmetologist will teach women how to manage appearance-related side effects chemotherapy and radiation. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Please register 48 hours in advance via LWC website.

### **Prostate Cancer Support Group**

**IAH-CCW, Tue, May 20, 6-8pm**

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, 703-698-2529.

### **Women Living with Cancer**

**IAH-CCC, Tue, May 27, 2-3:30pm**

This is a guided discussion group for women with any type of advanced cancer. Topics are generated by the group and may include, dealing with difficult feelings, communicating with friends and family, identifying ways of coping and finding hope in the present. Facilitators: Shara Sosa, LCSW and Maureen Broderick, MSW, LCSW. Early registration is suggested.

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

**IAH-CCW, Tue, May 13, 6:30-8pm**

Meet with other women who know what it's like to face non-metastatic breast cancer in their 20s, 30s and 40s. Come for education and support. For more information, or if attending for the first time, group facilitators: Shara Sosa, LCSW and Maureen Broderick, MSW, LCSW. Early registration is suggested.

## FAIR OAKS

*Register for classes and groups 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).*

### **Ask the Expert- Palliative Care: What Is It and How Can It Help Me?**

**IFOH-2, Wed, May 21, 5-6pm**

Do you have ongoing issues related to pain, late or long term effects from treatment that continue to interfere with your quality of life? Are you living with Advanced Disease? If so, this informative Q & A session with leading experts in palliative care is for you! There are a lot of misperceptions and misunderstandings about what Palliative Care is. Come ask the experts and be informed on this wonderful model of care. Speakers: Dr. Tom Sullivan and Lynne Kennedy, PhD, MSN, RN. RSVP 703-698-2526 or register online [www.lifewithcancer.org](http://www.lifewithcancer.org).

### **Breast Cancer Support Group**

**3580-001, Wed, May 14, 5:30-7pm**

This is a support and education group for women diagnosed with an early stage breast cancer within the past three years. The group will provide a supportive environment to meet other women, gather information and learn how to best navigate survivorship. Facilitated by an oncology nurse navigator and social worker. Register online at [www.lifewithcancer.org](http://www.lifewithcancer.org), or call 703-698-2526.

### **Living with Advanced Disease**

**IFOH-1, Fri, May 9 & 23, 12-1:30pm**

This group is for 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: Sage Bolte, PhD, LCSW, OSW-C and Gale Towery, RN, BSN, OCN®. Please call 703-391-4673 for more information. Registration encouraged.

### **Understanding Lab Values**

**3580-001, Tue, May 13, 12:30-2pm**

Hgb, Plt, ANC. What do all these letters and numbers actually mean? What is normal? How can my abnormal lab values be corrected? How important are these labs to me and my doctor? These are a few questions that many have when looking at their lab values. Join Lynn Magrum, MSN, CANP, AOCN as she will help bring clarity to what can be a very confusing topic.

### **Stronger Body After Cancer**

**3580 A&B, Wed, May 7-28, 7-8am**

(Yes! 7 AM!) When cancer treatments finish, survivors often find themselves asking

“How do I begin to get back to the gym or a regular exercise routine?” This 8 week exercise series is focused on helping survivors begin to gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Attendance at all 8 sessions is important. Appropriate for all athletic capabilities. Instructor, Jennifer Nagy, AFPA certified trainer. Bring to class completed Registration and Waiver forms (available online). Register 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).

### **Tai Chi and Qi Gong for Health and Wellness**

**3580-A, Fri, May 2-30, 1:30-2:30pm**

Both Tai Chi and Qi Gong are ancient Chinese systems of movements, body postures, breathing exercises and mental concentration intended to help you maintain good health and control the flow of vital energy. Potential benefits include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration is required as class size is limited. Attendance for all classes is encouraged. Dress comfortably and bring a water bottle. Class builds on learned information each week, so attending all classes is best.

## LOUDOUN

*Register for classes and groups 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).*



### **3rd Annual Kayak Day!**

**BCR, Fri, May 2, 9:30am-12pm**

Join us as we learn the basics of Kayaking and explore Loudoun County's Beaverdam Creek Reservoir Experience is not necessary. All equipment, life vests and instruction will be provided by Eastern Mountain Sports of Dulles, VA. Wear comfortable shoes (that can get wet), sunscreen and bring a water bottle. Registration is required. Rain date, May 16.

## SUPPORT GROUPS

### **Advanced Breast Cancer Support Group**

**ILH-R, Mon, May 19, 6:30-8pm**

For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time.

### **Brain Tumor Support Group**

**ILH-R, Tue, May 20, 5:30-7pm**

Adults with primary brain tumors and their family members and friends are invited to attend these monthly meetings to discuss



issues, explore coping strategies, share and learn ways to meet the challenges of living with a primary brain tumor. Facilitated by Neurological Care Registered Nurse, Vera Hirschman and Oncology Social Worker, Karen Archer. Please register if attending for the first time.

### **Breast Cancer Support Group** ILH-R, Mon, May 19, 5-6:30pm

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Registration is requested if attending for the first time.

### **Caregiver Connection** ILPO-I, Mon, May 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.

### **Lung Cancer Support Group** ILPO-I, Mon, May 19, 6:30-8pm

Join other patients, survivors and family members to discuss the challenges of living with cancer and its treatments; Facilitators: Saundra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN\*. Contact Saundra Weller for more information 703-858-8466.

### **Loudoun Prostate Cancer Support Group - Men Helping Men** LCSC, Tue, May 13, 6-8pm

Meet with others diagnosed with prostate cancer and their adult family members to share experiences and to learn from one another in these monthly meetings. Registration is not required.

## GENERAL INTEREST

### **Art for Wellness and Growth** ILPO-I, Fri, May 30, 10am-12:30pm

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. Facilitator: Sarah Huff MAT. Registration required

### **Knitting & Crocheting Circle** ILPO-I, Thu, May 15, 11-12:30pm

Experienced and inexperienced knitters and crocheters are invited to practice their craft in the companionship of others. Work on your own project or start a new one; materials are provided. Facilitated by Mary Jane Escobar, an experienced and enthusiastic instructor. Please register.

### **Grupo de Tejido y Crochet** ILPO-I, Jueves, 15 de mayo, 11am-12pm

Tejedores y tejedores de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más expertos, están bienvenidos para trabajar juntos en un ambiente relajado. Traiga su propio proyecto o encuentre un

nuevo proyecto. Los materiales para los que recién estarán empezando serán proveídos. La instructora, Mary Jane Escobar, tiene la experiencia y el entusiasmo para enseñar su destreza. Favor de registrarse.

### **Life Beyond Diagnosis** ILH-R, Sat, May 17, 10am-1pm

Life Coaching believes in looking at your whole life, who you are and who you are becoming, empowering you to make conscious choices toward that which fulfills and balances you. In group coaching, we explore topics and do exercises to deepen your personal learning and inspire your next actions. Facilitated by Kim Tapper, ACC CPCC. Class size is limited and registration is required. Register 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).

### **Women in Transition: The Next Step** 44084 RP, Mon, May 12, 6:30-8pm

Women who are post-treatment are invited to attend this 6 week series to help guide you in regaining balance in your life. Professional, certified speakers and a panel of survivors will share their expertise on nutrition, relationships, rehabilitating and exercising your body, managing your thoughts, and looking at your inner self- all designed to help you bridge the gap to wellness. Registration is required to ensure that each session will be held.

## FITNESS/WELLNESS

### **Reiki for Relaxation** ILH-R, Thu, May 22, 6:45-8pm

For those touched by cancer (patients, family, & friends). Rebalance and recharge your body's energy systems while you relax to live "healing harp" music. Group meets monthly on the fourth Thursday. Class size is limited and registration is required. Register 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).

### **Relaxation and Guided Meditation with Esther** ILH-R, Thu, May 1, 6:30-8:30pm

For patients, family, & friends touched by cancer. This group offers individuals the opportunity to learn about and practice the art of relaxation and guided meditation. Group meets every-other month. Register 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).

### **Tai Chi and Qi Gong** 44084 RP, Mon, May 12-Jun 23\*, 2-3pm

\* No class on Memorial Day, May 26. Restore physical and emotional balance and connect with your inner healing forces. Blending gentle movement, breathing and deep relaxation this class will help to release stress, calm the nervous system, strengthen the body, increase stamina and flexibility while helping the body detoxify.

Attendance at all 6 sessions is recommended for greatest benefit. Registration is required.

### **Tai Chi Ch'uan** 44084 RP, Wed, May 7, 1-2:30pm

Class continues for those already registered.

### **Therapeutic Yoga with Ladan** 44084 RP, Thu, May 1, 11am-12:30pm

Class continues for those already registered.

### **Therapeutic Gentle Yoga with Pat** 44084 RP, Tue, May 6 and 13, 11am-12:30pm

Class continues for those already registered.

### **Walking for Fitness** 44084 RP, Tue, May 6-27, 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 (walk inside on rainy days). Register 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).

## CHILDREN, TEENS, PARENTS

### **Curious About Cancer** ILH-R, Tue, May 6-27, 4:15-5:15pm

Group continues for those already registered. For information about future groups contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).

### **Good Grief for Children** ILH-R, Tue, May 6-27, 5:30-6:30pm

Group continues for those already registered. For information about future groups contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).

### **Parent Connection** ILH-R, Tue, May 6-27, 4:15-5:15pm

While your children are at their Curious about Cancer meeting you will have time to meet with other parents who also have a spouse or partner with cancer. Share and learn from one another about how to meet the challenges of parenting when one's partner has cancer. Facilitated by Saundra Weller, MSW, LCSW, OSW-C, 703-858-8466 or [saundra.weller@inova.org](mailto:saundra.weller@inova.org). Please register.

### **Parenting Alone** ILH-R, Tue, May 6-27, 5:30-6:30pm

Meet with other parents who have lost a spouse or partner to cancer while raising children. Share thoughts, challenges and solutions, and hear from professionals who will share information and ideas you might find helpful. Parents will meet for six weeks during the "Good Grief for Children" program. Facilitated by Saundra Weller, MSW, LCSW, OSW-C, 703-858-8466 or [saundra.weller@inova.org](mailto:saundra.weller@inova.org). Please register

# MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			1 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 12pm Cooking for the Health of It (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided Meditation with Jenn Fay (FC) 6:30pm Women in Transition: The Next Step (ILPO-I) 6:30pm Relaxation and Guided Meditation with Esther (ILH-R)	2 Coalesce: An Advanced Breast Cancer Support Group 2014 (FC) 9:30am Third Annual Kayak Day! (BCR) 10:15am Restorative Yoga with Judi (FC) 1:30pm Tai Chi and Qi Gong for Health and Wellness(3580-A) 3 6pm 16th Annual Lobster Extravaganza(FC) 4 1:30pm Ostomy Support Group of Northern Virginia (PCC)
5 1pm Shimmering Voice on Deep Ocean (FC) 6pm Orientation to Life with Cancer 2014 (FC)	6 9:30am Walking for Fitness (44084 RP) 11am Therapeutic Gentle Yoga with Pat (44084 RP) 12pm Brain Tumor Support Group-Fairfax 2014 (FC) 2pm Elements of Mind-Body... (FC) 3:30pm Chocolate Therapy (FC) 4:15pm Curious About Cancer (ILH-R) 4:15pm Parent Connection (ILH-R) 5:30pm Living with Breast Cancer: Education (FC) 5:30pm Good Grief for Children (ILH-R) 5:30pm Parenting Alone (ILH-R) 6pm Young Women with Breast Cancer (FC) 6:30pm Living with Breast Cancer: Exercise (FC) 7pm Zumba - Bilingual (FC) 7pm Knitting and Crocheting Circle (FC) 7:15pm Good Grief for Adults (FC)	7 7am Stronger Body After Cancer (3580-B&C) 1pm Tai Chi Ch'uan (44084 RP) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Latinos Unidos (AFC) 6:30pm Good Grief Dinner (FC) 7pm Cutaneous Lymphoma Support Group (FC)	8 10am Look Good...Feel Better (IAH-CCW) 10am What to Expect During Chemo (FC) 11am Grupo de Tejido y Crochet (ILPO-I) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided Meditation with Jenn Fay (FC) 6:30pm Women in Transition: The Next Step (ILPO-I) 7pm Blood Cancers Group (FC)	9 Coalesce (FC) 9:30amA Retreat Experience... (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 1pm Drumming for Well-Being (FC) 1:30pm Tai Chi and Qi Gong... (3580-A) 10 8am 14th Annual Mantua Raccoon Run 10am Carcinoid Cancer Group (FC) 1pm Movement & Healing Workshop(FC) 3pm Mother's Day Celebration (FC) 11
12 2pm Tai Chi and Qi Gong (44084 RP) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILPO-I) 7pm Look Good...Feel Better (FC) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)	13 10:30am Spirituality Quest: Green Spring Gardens (GSG) 11am Therapeutic Gentle Yoga with Pat (44084 RP) 12:30pm Understanding Lab Values (3580-001) 1pm Level I Exercise (FC) 2pm Elements of Mind-Body... (FC) 4:15pm Parent Connection (ILH-R) 4:15pm Curious About Cancer (ILH-R) 5:30pm Parenting Alone (ILH-R) 5:30pm Living with Breast Cancer: Education (FC) 5:30pm Good Grief for Children (ILH-R) 6pm Loudoun Prostate Cancer Support Group (LCSC) 6:30pm Living with Breast Cancer: Exercise (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7:15pm Good Grief for Adults (FC) 7:30pm Prostate Cancer Support Group (FC) 9:30am Walking for Fitness (44084 RP)	14 7am Stronger Body After Cancer (3580-B&C) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious about Cancer (FC) 5:30pm Head and Neck Cancers Group (IFHC) 5:30pm Breast Cancer Support Group (3580-001) 6pm Breast Cancer Support and Education Group (IMVH-CC) 6:30pm Lung Cancer Support Group (FC) 7pm Dancing to Wellness (FC)	15 9am Second Annual Hack 'n Smash Golf Tournament 11am Knitting & Crocheting Circle (ILPO-I) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided Meditation with Jenn Fay (FC) 6:30pm Women in Transition: The Next Step (ILPO-I) 6:30pm Seminars for Survivors: Searching the Internet (FC)	16 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 1:30pm Tai Chi and Qi Gong... (3580-A) 17 10am-1pm Life Beyond Diagnosis (ILH-R) 18
19 10am What to Expect During Chemo (FC) 12pm Art for Wellness and Growth (FC) 2pm Tai Chi and Qi Gong (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Lung Cancer Support Group (ILPO-I) 6:30pm Latinas Unidas (ILPO-I) 6:30pm Advanced Breast Cancer Support Group (ILH-R)	20 9:30am Walking for Fitness (44084 RP) 11:45am Multiple Myeloma (FC) 1pm Level I Exercise: Launching into Fitness (FC) 4:15pm Curious About Cancer (ILH-R) 4:15pm Parent Connection (ILH-R) 4:30pm Fighting Cancer with a Fork-FC (FC) 5:30pm Brain Tumor Support Group (ILH-R) 5:30pm Living with Breast Cancer: Education (FC) 5:30pm Parenting Alone (ILH-R) 5:30pm Good Grief for Children (ILH-R) 6pm Prostate Cancer Support Group (IAH-CCW) 6:30pm Living with Breast Cancer: Exercise (FC) 7pm Zumba - Bilingual (FC) 7:15pm Good Grief for Adults (FC)	21 7am Stronger Body After Cancer (3580 B&C) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Ask the Expert: Palliative Care (IFOH-2) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC) 7pm Drumming for Well-Being (FC)	22 11am Grupo de Tejido y Crochet (ILPO-I) 1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided Meditation with Jenn Fay (FC) 2pm Laughter Yoga (FC) 6:30pm Women in Transition: The Next Step( ILPO-I) 6:30pm Melanoma Group (FC) 6:45pm Reiki for Relaxation (ILH-R) 7:30pm Young Adult Group (FC)	23 Coalesce(FC) 10:15am Restorative Yoga with Judi (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Tai Chi and Qi Gong (3580-A) 24 25
26 <b>Memorial Day</b>	27 9:30am Walking for Fitness (44084 RP) 1pm Quilting with Sandi (FC) 1pm Level I Exercise: Launching into Fitness (FC) 2pm Women Living with Cancer (IAH-CCC) 4:15pm Parent Connection (ILH-R) 4:15pm Curious About Cancer (ILH-R) 5:30pm Good Grief for Children (ILH-R) 5:30pm Living with Breast Cancer: Education (FC) 6:30pm Living with Breast Cancer: Exercise (FC) 6pm Parent Night (FC) 7:15pm Good Grief for Adults (FC)	28 7am Stronger Body After Cancer (3580 B&C) 12:30pm Making Sense of Your Story (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:15pm Curious about Cancer (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC)	29 11:30am Orientation (FC) 6:30pm Women in Transition: The Next Step (ILPO-I) 7pm Spiritual Support Group (CUMC-1)	30 Coalesce (FC) 10am Art for Wellness and Growth (ILPO-I) 10:15am Restorative Yoga with Judi (FC) 1:30pm Tai Chi and Qi Gong... (3580-A)