



HIGHLIGHTS

What's New at Life with Cancer?

Our New Look!

After celebrating our 25th year of service to the community, we thought it was time for a makeover beginning with a new logo and color scheme! Watch for changes to the look and organization of our website within the upcoming months!

Life with Cancer Connect!

We are now offering a central triage system to best match our services to your questions and needs. This new phone system is especially helpful to those of you who are new to Life with Cancer. Call

703.206.LIFE (5433)

to be connected with Life with Cancer Services including support groups, counseling, nurse navigation, wellness and education programs!

Pain: How to Manage it and Live Your Best Life FC, Wed, Oct 15, 6:30-8pm

Lynn Magrum MSN, CANP Oncology Nurse Educator will discuss the myths about pain, pain types and the pharmacological and non-

pharmacological treatments to control pain. Please register at least 2 days in advance.

Elements of Mind-Body Exploring Techniques to Reduce Distress, Ease Pain and Promote Wellness FC, Wed, Oct 22-Nov 12, 7-8:30pm

During this four-week series participants will be introduced to: Week 1. Stress Response and Breathwork, Week 2. Eating and Movement, Week 3. Biofeedback and Guided Imagery, Week 4. Body Scan, Progressive Muscle Relaxation and Mandalas. Please register for each session. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Micheline Toussaint, LCSW, RYT.

Orientation to Life with Cancer FC, Thu, Oct 9 & 23, 11:30am-12pm FC, Tue, Oct 14 & 28, 6-7pm

This is a one-hour session is for those who are new to Life with Cancer. Learn about who we are, what we do, staff and services available at our various locations, take a tour of our Family Center and have your specific questions answered. Please register by preceding day.



Seminars for Survivors: Survivors in Transition FC, Thu, Oct 23, 7-8:30pm

This is the first of four monthly classes to help guide survivors in regaining balance in life, once treatment has ended. Professionals in the field will share their expertise on nutrition, rehabilitating and exercising the body, and managing the inner self. This first session will cover, "Managing Your Fears of Recurrence and Developing a Survivorship Care Plan." Register by Oct. 22.

Tools for Couples FC, Tue, Sept 16-Oct 7, 7-8:30pm

Class continues for those already registered. For information on next series contact drucilla.brethwaite@inova.org.

Waldenstrom and MGUS in Families FC, Sat, Oct 11, 2pm registration 2:30-4:30pm program

Join us for an informative afternoon with Mary L. McMaster, MD, Senior Clinical Specialist with the National Institutes of Health, who will present "Waldenstrom and MGUS in Families-Your Questions Answered. Families, friends, doctors and nurses welcome. Advance registration required, as space is limited. To register email lukleppinger@verizon.net or call 703-255-9878. Sponsored by the International Waldenstrom's Macroglobulinemia Foundation.

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 maria.rodriquez@inova.org or call 703.698.2526.

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Location Key:

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

AFC: Arlington Free Clinic,
2921 11th St S,
Arlington, VA, 22204

APS: Art Pottery Studio,
4810 Tabard Place,
Annandale, VA, 22003

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

FO-3580-001/A/CR/D:
Inova Fair Oaks Radiation
Oncology Center,
3580 Joseph Siewick Drive,
Fairfax, VA 22033

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 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
Park at yellow entrance

LCSC: Loudoun County Senior
Center, 21060 Whitfield Place,
Sterling, VA, 20165

PCC: Physicians Conference
Center
3300 Gallows Road,
Falls Church, VA, 22042

spiritual self or inner wisdom. We will then walk the labyrinth in the company of LWC friends. Please register by the preceding day. Questions? Contact Marsha Komandt, RN, OCN®, 703.698.2530.

EXPRESSIVE ARTS**Art for Wellness and Growth****FC, Thu, Oct 16, 1-4pm****FC, Fri, Oct 17, 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 therapists: Jean McCaw, MA, ATR-BC and Sarah Huffman, MA.

Dancing to Wellness**FC, Wed, Oct 8, 7-8:30pm**

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This class will highlight music from the 1930's and 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.

Drumming for Well-Being**FC, Wed Oct 8, 10-11:30am****FC, Thu, Oct 23, 7-8:30pm**

Therapeutic drumming is an ancient approach that uses rhythm to promote self-expression and empowerment. Recent research reviews indicate that drumming boosts the immune system and produces feelings of well-being, a release of emotional stress and greater sense of self. Facilitators: Drucilla Brethwaite, MSW, LCSW, OSW-C and Jennifer Brothers. Please register.

Finding Your Way with Clay**APS, Thu, Oct 2, 10:30am-12:30pm**

Class continues for those already registered.

Knitting and Crocheting Circle**FC, Tue, Oct 7, 7-8:30pm****FC, Fri, Oct 17, 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. Facilitator: Carolyn Sam, M.Ed. Please register.

Making Sense of Your Story**FC, Wed, Oct 22, 12:30-2:30pm**

Class continues for those already registered.

GENERAL INTEREST**What to Expect During Chemo**
FC, Mon, Oct 6, 10:30am-12pm

This 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. Registration required by previous day. If you must cancel your registration please call 703-698-2526 ASAP.

Look Good...Feel Better**FC, Mon, Oct 27, 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 makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society,

National Cosmetology Association and Personal Care Products Council.

Fighting Cancer with a Fork**FC, Wed, Oct 15, 5:30-6:30pm**

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register via lifewithcancer.org or call 703.698.2526.

**Spirituality Quest: Walking the Labyrinth****PCC, Fri, Oct 10, 10-11:30am**

Please notice our new meeting date and location for October. Join us as we learn from labyrinth facilitator, Judi Hangen, how labyrinths can be a significant means of releasing stress, meditating, praying, finding insight and connecting with one's

Poetry for Healing: Shimmering Voice on a Deep Ocean

FC, Mon, Oct 6, 12-2pm

Within the deep ocean of ourselves lives wisdom, 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 voices and find support. 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. Space limited; please register by previous Friday.

FITNESS

Note: Level I-IV Exercise classes are taught by ACSM certified Cancer Exercise Trainer, Susan Gilmore. Those new to Life with Cancer exercise program must begin with the Level I class. Completed registration and waiver (available online) are required by the first class. Questions? Contact Marsha Komandt, RN, OCN®, 703.698.2530 or marsha.komandt@inova.org.

Level I Exercise: Launching into Fitness

FC, Tue, Oct 7, 1-1:45pm

Class continues for those already registered

Level I Exercise: Launching into Fitness

FC, Tue, Oct 28-Nov 18, 1-1:45pm

Participants must attend at least two Level I classes before progressing to other levels and no new registrants are accepted after the second class. This series will help to assess your fitness level and is helpful for those with treatment limitations such as neuropathy, balance, and low energy.

Level II Exercise: Chair-Based

FC, Mon, Sept 22-Oct 27, 2-2:45pm

FC, Wed, Sept 17-Oct 29*, 2-2:45pm

No class Oct. 1

Participants MUST take Level I Exercise before attending this series. This seven-week series is tailored for those with treatment limitations such as neuropathy, balance and low energy issues. It can help to increase heart rate, range of motion and flexibility, and tone and strengthen muscles. Attend either or both Monday and Wednesday sessions, but must register separately.

Level III Exercise: Keeping Fit

FC, Mon, Sep 22-Oct 27, 3-4pm

Participants MUST take Level I & II Exercise before attending this series. This six-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, Sep 17-Oct 29*, 3-4pm

*No class Oct 1. Participants MUST take Level I & II Exercise before attending this series. This seven-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training.

Zumba!

FC, Tue, Oct 7-28, 7-8pm

Please register under "Zumba-Bilingual". Zumba combines easy to follow dance and aerobic elements, performed primarily to Latin American dance music, to enhance fitness and left your mood.

NOW 4 TIMES MONTHLY!

MEDITATION / YOGA

Gentle Yoga with Jenn

FC, Thu, Oct 9-Nov 20, 1-2pm

Learn movements to stretch, strengthen and relax muscles. Practice while seated in a chair or on the floor. Space is limited; register ASAP. If full, preference is given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT.

Life with Cancer en Español

NUEVA OPORTUNIDAD

Arte Para Salud y Crecimiento

FC, jueves, 16 de octubre, 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 a Débora Haynes al 703-698-2539.

Latinas Unidas

FC, lunes, 27 de octubre, 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 Débora Haynes al 703.698.2539.

Latinos Unidos

AFC, miércoles, 8 de octubre, 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 mas información, llamar a David McGinness al 703.698.2529.

Luzca Bien...Siéntase Mejor (Sesión de belleza)

FC, jueves, 9 de octubre, 6-8pm

Programa de belleza gratuito para mujeres en tratamiento de quimioterapia y/o radioterapia. Una cosmetóloga les enseñará técnicas de maquillaje, cuidado de la piel, uso de pelucas y pañuelos, etc. Venga a fortalecer su espíritu y confianza en sí misma. Recibirás cosméticos personalizados. REGISTRACIÓN ES MANDATARIA vía nuestro sitio de Internet: www.lifewithcancer.org. o llamando a Débora al 703.698.2539.

Zumba

FC, martes, 7, 14, 21 y 28 de octubre, 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.

Meditation and Guided Imagery
FC, Wed, Oct 8-29, 3-4pm, with
Micheline

FC, Thu, Oct 9-30, 2-3pm, with Jenn

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each session begins with breathwork and a relaxation technique that leads into a guided meditation. Register separately for each class.



Reiki for Relaxation

FC, Mon, Oct 13, 4:30, 5:30 and 7pm
FC, Wed, Oct 22, 4:30, 5:30 and 7pm

Call 703.698.2526, after Oct. 1, to make an appointment for a session with a certified Reiki practitioner (no longer scheduling appointments online). 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. Call in advance, if you cannot make your appointment so that others may take your spot.

Restorative Yoga

FC, Fri, Oct 10-31, 10:15-11:30am

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. Please register separately for each class. Instructor: Judi Eskovitz, RYT.



BREAST CANCER

Pink Ribbon Brunch

FC, Thu, Oct 30, 11am-1pm

Join us for a lovely social and educational morning in honor of breast cancer survivors featuring Costanza Cocilovo, MD, of Inova Breast Care Services, Sage Bolte, PhD, director of Life with Cancer, and Pamela Crum, Survivors Offering Support (SOS) program Coordinator. Learn about Inova Breast Care, Life with Cancer and SOS Updates. Space is limited. Register by October 28.

Breast Cancer Support Group
IFHC, Wed, Oct 1 & 15, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face as a breast cancer survivor. Co-facilitators: Corinne Cook, LWCW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

Coalesce

FC, Fri, Oct 3-31, 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.

Yoga for Breast Cancer Survivors

FC, Tue, Oct 7-28, 5:30-6 pm

Yoga can help to help you reduce stress, regain mobility and strength. Yoga instructor, Catherine Syron, RYT is specifically trained to work with breast cancer survivors. Register by preceding day for each class you plan to attend.

Young Women with Breast Cancer

FC, Tue, Oct 21, 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.

Living with Breast Cancer: Exercise

FC, Tue, Oct 7-Nov 11, 5:30-6:30pm

In this six-week series, paired with the education series directly following, Catherine Syron, RYT, 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.

Living with Breast Cancer: Education

FC, Tue, Oct 7-Nov 11, 6:45-8:15pm

In this six-week series, paired with the exercise series directly preceding, you will learn about breast cancer development, radiation therapy, systemic therapy options, management of treatment side effects,

cancer genetics, lymphedema, intimacy issues and a survivorship care plan. Check online calendar for weekly seminar topics. Registration required by preceding Thursday.

SUPPORT GROUPS

Blood Cancers Group

FC, Thu, Oct 9, 7-8:30pm

Individuals with leukemia or lymphoma and anyone in their support network are welcome to attend our October meeting for open discussion. Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research. Please register by preceding Tuesday.

Brain Tumor Support Group

FC, Tue, Oct 14, 6-7:30pm

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



Carcinoid Cancer Group

FC, Sat, Oct 18, 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 e-mail mitchmberger@msn.com.

Caregiver Connection-Fairfax

FC, Mon, Oct 13, 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. FC Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

Cutaneous Lymphoma Support Group

FC, Sat, Oct 11, 10:30am-12pm

Individuals with all forms and stages of cutaneous lymphoma, and their support network, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. For more information visit www.clfoundation.org/clf-dc.

Good Grief for Adults

FC, Tue, Sep 16-Nov 4, 7:15-9pm

(Sept 16-Nov 4) This eight-week series offers the opportunity to join with others who have experienced the loss of a loved

one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Registration is required. For information contact David McGinness, 703.698.2529.

GYN Cancers Group FC, Wed, Oct 22, 5:30-7pm

Women diagnosed with ovarian, cervical, endometrial, vulvar and vaginal cancers are invited to drop in on this monthly group to share experiences and learn from one another.

Head and Neck Cancers Group IFHC, Wed, Oct 8, 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.

Lung Cancer Group Meeting FC, Wed, Oct 1, 6:30-8pm

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

Shine a Light on Lung Cancer

FC, Thu, Nov 20, 6-8:30pm

Register now for our 5th Annual Shine a Light on Lung Cancer Event. Join us for an evening of hope and learn about current topics in lung cancer and survivorship.



Multiple Myeloma FC, Tue, Oct 21, 11:45am-1pm

Patients/survivors and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. The October group will be open discussion. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch- please register.

Ostomy Support Group of Northern Virginia

PCC, Sun, Oct 5, 1:30-3:30pm

Join us for food, fun and fellowship. For more information visit us at www.ostomysupportofnova.org.

Prostate Cancer Group FC, Tue, Oct 14, 7:30-9pm

Join us monthly on the second Tuesday to share information. October's meeting will feature an Update on Hormonal Therapy with speaker Jim Waldenfels.

Spiritual Support Group CUMC-1, Thu, Oct 30, 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. Questions? Contact Dana Neese, Christ United Methodist Church, 703-690-3401.

Young Adult Group FC, Thu, Oct 23, 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.

CHILDREN/TEENS/PARENTS

Note: Unless otherwise specified, please contact Jenny Eckert, LCSW, Children's Program Coordinator, for more information and to register for children's programs.

Curious About Cancer FC, Wed, Sep 24-Nov 5, 5:15-6:15pm

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. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Good Grief for Children FC, Tue, Sep 23-Nov 4, 5:30-6:30pm

Through age-appropriate discussion, games and art children will be invited to share thoughts and feelings and work through the grief process. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Good Grief for Teens FC, Oct 15, 6:30-8pm

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

Kid and Sib Day FC, Oct 13 10am-4pm

Children ages 5-12 with cancer, and their brothers and sisters, ages 5-12, are invited to share the day with other children, play games, do arts and crafts and just have fun. Kids with cancer and their siblings will do activities separately as well as together.

Pediatric Oncology Parent Night: Halloween Party

FC, Tue, Oct 28, 6-8:30pm

Attention little spooks and goblins! Come in costume and join us for the 5th annual Candlelighters Pediatric Oncology Family Halloween Party. Fun & Games, Crafts, Prizes, a piñata, Dinner & Spooky Treats galore. All ages welcome. Please RSVP to Constance Connor, LCSW at 703.531.1515, constance.connor@inova.org or to dccandlelighters@gmail.com by 10/27.



ALEXANDRIA/MOUNT VERNON

Breast Cancer Support and Education Group

IMVH-CC, Wed, Oct 8, 6-8pm

Current and former breast cancer patients/survivors are invited to meet with Nurse Navigator Michele Reddick and Surgical Physician Assistant Leah Basch to learn, discuss and share ways of meeting the challenges of a breast cancer diagnosis.

Fighting Cancer with a Fork IAH-CCC, Wed, Oct 8, 1-2pm

Now on Thursday nights! Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, 703.698.2529.

Prostate Cancer Support Group IAH-CCW, Thu, Oct 16, 6-7:30pm

Now on Thursday nights! 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, Oct 28, 2-3:30pm

Women living with any type of advanced cancer are invited to join this guided discussion group. 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. Early registration is suggested. Facilitator: Shara Sosa, LCSW.

Words for Healing: Writing, Word Art and Journal Making IAH-CCC, Tue, Oct 28, 11am-1pm

By writing in a supportive environment you'll be amazed by your own insights. We'll honor your thoughts and words by embellishing them in a variety of artistic ways: collage, word art and journal making. No writing or artistic ability required. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.

Young Women with Breast Cancer

IAH-CCW, Tue, Oct 14, 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. Facilitator: Shara Sosa, LCSW. If attending for the first time, please call 703.698.2522.

FAIR OAKS

Register for Fair Oaks classes and groups at www.lifewithcancer.org or call us at 703-698-2526.

CLASSES

Ask the Expert: Breast Cancer and Genetics

FO 3580-CR, Wed, Oct 15, 5-6pm

October is Breast Cancer Awareness Month. Do you know how your genetics affect you? Come find out from Genetics Counselor, Kimberly Rutledge, MS, GC, in an informal, informative and interactive talk.

Fighting Cancer with a Fork

FO 3580-001, Tue, Oct 21, 12-1pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register via lifewithcancer.org or call 703.698.2526.

Mindfulness and Core Strengthening

FO 3580-A, Fri, Oct 3-31, 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. Attendance for all classes is encouraged. Dress comfortably and bring a water bottle. Registration is required.

Stronger Body After Cancer

FO 3580-D, Mon, Oct 6-27, 7-8pm

When cancer treatments finish, survivors often find themselves asking "How do I begin to get back to the gym or a regular exercise routine?" A certified trainer, will use bands, medicine balls and other low impact and body weight exercises to help survivors gain confidence in building back a stronger body. Use of will be used. Appropriate for all athletic capabilities.

SUPPORT GROUPS

Breast Cancer Support Group

FO 3580-001, Wed, Oct 8, 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 Gale Towery, RN, BSN, OCN®, CBCN and Shereena Rodney, MSW. Please register.

Good Grief for Adults

FO 3580-CR, Mon, Sept 16-Nov 3, 7-9pm

Group continues for those already registered.

GYN Support Group

FO 3580-CR, Wed, Oct 15, 6:30-8pm

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. Facilitated by Maureen Broderick, LCSW and Molly Kisiel, RN, BSN OCN®.

Living with Advanced Disease

IFOH-1, Fri, Oct 10 & 24, 12-1:30pm

This group welcomes those 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: Suzanne Freeman, MSW,

and Gale Towery, RN, BSN, OCN®, CBCN. Questions? Call 703.391.4673. Registration encouraged.

LOUDOUN

Register for Loudoun classes and groups at www.lifewithcancer.org or call us at 703-698-2526.

CLASSES

Art for Wellness and Growth ILPO-I, Tue, Oct 28, 1-3pm

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. Art Therapist, Sarah Huffman, MA. Registration required.

Curious About Cancer

ILH-R, Thu, Oct 2-Nov 13, 5-6pm

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. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Fitness for Wellness

44084 RP, Mon, Oct 6-27, 10:30-11:30am

Exercise is an integral part of your wellness plan. This class is designed 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 for the maximum benefit.

Knitting & Crocheting Circle

ILPO-I, Thu, Oct 9 and 23, 11am-12:30pm

Join our circle of knitters and crocheters who enjoy working together in a relaxed environment. Every level of experience is welcome from total beginners to the most experienced. Instructor Mary Jane Escobar is experienced and enthusiastic in teaching her craft. Materials will be provided or you may bring your own. Please register.

Look Good....Feel Better

ILH-R, Sat, Oct 25, 10:30am-12:30pm

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. New participants will receive a personalized make-up kit. Co-sponsored with American Cancer Society. Please register.

NEW!

Personal Care and Beauty Products for Healthy Living
44084 RP, Tue, Oct 21, 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. Please register.

Reiki for Relaxation
ILH-R , Thu, Oct 23, 6:45-8pm

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. Rebalance and recharge your body's energy systems while relaxing to live harp music. Class meets monthly on the fourth Thursday. Class size is limited; registration is required.

Relaxation and Guided Meditation with Esther
ILH-R , Thu, Oct 2, 6:30-8pm

For patients, family, & friends touched by cancer. Learn about and practice the art of relaxation and guided meditation. Group meets every-other month. Registration is required.

Tai Chi with Kurt
44084 RP, Wed, Oct 1-29, 1-2:30pm

T'ai Chi Ch'uan is a Chinese martial art that uses slow, fluid body movements to enhance wellness, longevity and internal peace. During this eight-week course, Kurt Von Quintus will teach some of the movements of the Wu-style form. Learn simple steps and then build on them to perform more complex movements. A completed registration and waiver are required at the first session (available online). Wear comfortable clothing and closed-toed shoes. Registration required.

Therapeutic Yoga with Ladan
44084 RP, Thu, Sep 18-Nov 6, 11am-12:30pm

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. Attendance at all sessions is recommended for greatest benefit. Bring a blanket for comfort. Registration is required.

Therapeutic Yoga with Pat
44084 RP, Tue, Oct 7-28, 11am-12:30pm

See description above.

Understanding "Chemobrain"
44084 RP, Thu, Oct 16, 6:30-8pm

Learn more about this often frustrating and challenging side- and after- effect of treatment, and how to better manage it. Registration required by Wed., Oct. 15.

Brain Tumor Support Group
ILH-R , Tue, Oct 21, 5:30-7pm

Adults with primary brain tumors and their family members and friends are invited 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, Oct 27, 5-6:30pm
Guest speaker, Wendy Johnson, RD will discuss diet and nutrition after breast cancer For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Please register if attending for the first time.



Caregiver Connection
ILH-R , Mon, Oct 13, 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.

Loudoun Prostate Cancer Support Group
LCSC, Tue, Oct 14, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings.

Lung Cancer Support Group
ILPO-I, Mon, Oct 20, 6:30-8pm

Join other patients, survivors and family members to discuss the challenges of living with cancer and its treatments; Facilitators: Sandra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN®.

SUPPORT GROUPS

Women's Survivorship Group
ILH-R, Thu, Oct 9, 6:30-8pm

After cancer treatment many women find themselves asking "now what?" and may have difficulty adjusting to the "new normal". This group will help you to problem solve some of these areas of uncertainty and provide you with support and education to help you through this time of transition. Please register if attending for the first time.



Advanced Breast Cancer Support Group

ILH-R , Mon, Oct 27, 6:30-8pm
Guest speaker, Wendy Johnson, RD will discuss diet and nutrition after breast cancer. This group welcomes women who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time.

Oncology Massage and Body Work

Life with Cancer Family Center
8411 Pennell Street,
Fairfax, VA 22031
Monday – Friday

Life with Cancer, Loudoun County
44084 Riverside Parkway, LL, Suite 100
Leesburg, VA 20176
Tuesdays and some Saturdays

- Call 703-698-2526 to schedule or cancel your appointment*
- Appointments are for patients/survivors and their family members
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Cash or check payable to massage therapist; sorry, no credit cards
- If you are absent for your appointment more than 3 times without calling in advance, we will no longer be able to schedule appointments for you.

OCTOBER 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI/SAT/SUN |
|--|---|--|--|--|
| <p style="text-align: center;">COMING SOON!</p> <p>Need Sleep? Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Look for this upcoming class series or contact us for individual help. Learn evidence based tools for getting to sleep and getting back to sleep. Contact Drucilla Brethwaite, MSW, LCSW, OSW-C, 703.698.2538 or drucilla.brethwaite@inova.org.</p> | | <p>1</p> <p>1pm Tai Chi (44084 RP) 5:15pm Curious About Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Lung Cancer Group Meeting (FC)</p> | <p>2</p> <p>10:30am Finding Your Way with Clay (APS) 11am Therapeutic Yoga w/Ladan (44084 RP) 5pm Curious About Cancer (ILH-R) 6:30pm Relaxation and Guided Meditation with Esther (ILH-R)</p> | <p>3</p> <p>Coalesce (FC) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p> <p>4</p> <p>5</p> <p>1:30pm Ostomy Support Group of Northern Virginia (PCC)</p> |
| <p>6</p> <p>10:30am Fitness for Wellness(44084 RP) 10:30am What to Expect During Chemo (FC) 12pm Poetry for Healing (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 7pm Stronger Body After Cancer (FO 3580-D) 7pm Good Grief Group (FO 3580-CR)</p> | <p>7</p> <p>11am Therapeutic Yoga w/Pat (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Good Grief for Children (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Living with Breast Cancer: Exercise (FC) 6:45pm Living with Breast Cancer: Education (FC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Zumba - Bilingual (FC) 7pm Tools for Couples (FC) 7pm Knitting and Crocheting Circle (FC) 7:15pm Good Grief for Adults (FC)</p> | <p>8</p> <p>10am Drumming for Well-Being (FC) 1pm Tai Chi (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) 5:15pm Curious About Cancer (FC) 5:30pm Head and Neck Cancers Group (IFHC) 5:30pm Breast Cancer Support Group (FO-3580-001) 6pm Breast Cancer Support and Education Group (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Dancing to Wellness (FC)</p> | <p>9</p> <p>11am Therapeutic Yoga w/Ladan (44084 RP) 11am Knitting & Crocheting Circle (ILPO-I) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 5pm Curious About Cancer (ILH-R) 6pm Luzca Bien... Siéntase Mejor (FC) 7pm Blood Cancers Group (FC)</p> | <p>10</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10am Spirituality Quest- Walking the Labyrinth (PCC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p> <p>11</p> <p>10:30am Cutaneous Lymphoma Support Group (FC) 2pm Waldenström's Macroglobulinemia Meeting (FC)</p> <p>12</p> |
| <p>13</p> <p>10am Kid and Sib Day (FC) 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 Stronger Body After Cancer (FO 3580-D) 7pm Caregiver Connection (FC) 7pm Good Grief Group (FO-3580-CR) 7pm Reiki for Relaxation(FC)</p> | <p>14</p> <p>11am Therapeutic Yoga w/Pat (44084 RP) 5:30pm Living with Breast Cancer: Exercise (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Good Grief for Children (FC) 6pm Brain Tumor Support Group (FC) 6pm Orientation to Life with Cancer (FC) 6pm Loudoun Prostate Cancer Support Group (LCSG) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:45pm Living with Breast Cancer: Education (FC) 7pm Zumba - Bilingual (FC) 7:15pm Good Grief for Adults (FC) 7:30pm Prostate Cancer Group (FC)</p> | <p>15</p> <p>1pm Tai Chi (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Good Grief Dinner for Teens (FC) 5pm Ask the Expert: Breast Cancer and Genetics (FC) 5:15pm Curious About Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC) 5:30pm Fighting Cancer with a Fork (FC) 6:30pm Dealing with Pain Issues (FC) 6:30pm GYN Support Group (FO 3580-CR)</p> | <p>16</p> <p>11am Therapeutic Yoga w/Ladan (44084 RP) 1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 5pm Curious About Cancer (ILH-R) 6pm Prostate Cancer Support Group (IAH-CCW) 6:30pm Understanding "Chemobrain" (44084 RP)</p> | <p>17</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Art for Wellness and Growth (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p> <p>18</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>19</p> |
| <p>20</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 Support Group (ILPO-I) 7pm Stronger Body After Cancer (FO 3580-D) 7pm Good Grief Group (FO 3580-CR)</p> | <p>21</p> <p>11am Therapeutic Yoga w/Pat (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO 3580-001) 5:30pm Living with Breast Cancer: Exercise (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Good Grief for Children (FC) 5:30pm Brain Tumor Support Group (ILH-R) 6:30pm Young Women with Breast Cancer (FC) 6:30pm Personal Care...for Healthy Living (44084 RP) 6:45pm Living with Breast Cancer: Education (FC) 7pm Zumba - Bilingual (FC) 7:15pm Good Grief for Adults (FC)</p> | <p>22</p> <p>12:30pm Making Sense of Your Story (FC) 1pm Tai Chi (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (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) 7pm Elements of Mind-Body (FC)</p> | <p>23</p> <p>11am Knitting & Crocheting Circle(ILPO-I) 11am Therapeutic Yoga w/Ladan (44084 RP) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 5pm Curious About Cancer (ILH-R) 6:45pm Reiki for Relaxation (ILH-R) 7pm Survivors in Transition- Seminars for Survivors (FC) 7pm Drumming for Well-Being (FC) 7:30pm Young Adult Group (FC)</p> | <p>24</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p> <p>25</p> <p>10:30am Look Good...Feel Better (ILH-R)</p> <p>26</p> |
| <p>27</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 Support Group (ILH-R) 6:30pm Latinas Unidas (FC) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 7pm Look Good...Feel Better (FC) 7pm Stronger Body After Cancer (FO 3580-D) 7pm Good Grief Group (FO 3580-CR)</p> | <p>28</p> <p>11am Words for Healing: (IAH-CCC) 11am Therapeutic Yoga w/Pat (44084 RP) 1pm Art for Wellness and Growth, Loudoun County (ILPO-I) 1pm Level I Exercise: Launching into Fitness (FC) 2pm Women Living with Cancer (IAH-CCC) 5:30pm Living with Breast Cancer: Exercise (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Good Grief for Children (FC) 6pm Orientation to Life with Cancer (FC) 6pm Pediatric Oncology Parent Night: Halloween Party(FC) 6:45pm Living with Breast Cancer: Education (FC) 7pm Zumba - Bilingual (FC) 7:15pm Good Grief for Adults (FC)</p> | <p>29</p> <p>1pm Tai Chi (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious About Cancer (FC) 7pm Elements of Mind-Body (FC)</p> | <p>30</p> <p>11am Therapeutic Yoga w/Ladan (44084 RP) 11am Pink Ribbon Brunch (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 5pm Curious About Cancer (ILH-R) 7pm Spiritual Support Group (CUMC-1)</p> | <p>31</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 1:30pm Mindfulness and Core Strengthening (FO 3580-A)</p> |