



Life with Cancer®

SEPTEMBER 2014

HIGHLIGHTS

Orientation

FC, Thu, Sep 11 & 25, 11:30am-12pm

FC, Mon, Sep 15, 6-7pm

This is a one-hour session offered multiple times monthly 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.

When Cancer Spreads to the Liver, Where do you Turn?

FC, Sat, Sept 20, 9:30-11:30am

This is a question often asked when learning that you or a loved one has liver tumors. This powerful patient seminar features an expert team of physicians who will discuss leading edge treatment options including surgical techniques, chemotherapy and biologics, targeted treatments such as SIR-Spheres, as well as resources to help along the way and support to ensure that you are not alone. This meeting is designed for patients and their families and will share inspiring and encouraging stories from other survivors. To Register, visit www.beatlivertumors.org or call 877.937.7478.

Ask the Expert: Gynecological Cancers, Treatments & Survivorship

FO-3580-CR, Tue, Sep 9, 6-7pm

In acknowledgement of Gynecologic Cancer Awareness month we have three experts providing updates on Disease Prevention and Recovery. Dr. Ruchi Garg will be talking about disease prevention and symptoms. Dr. Stella Hetelekidis will focus on treatments, side effects and pelvic health recovery. Maryam Farsi, PT, MDT, a physical therapist specializing in pelvic floor issues, will present on pelvic floor and sexual health recovery. Please join us for this interactive and informative discussion. Please call 703.698.2526 to register or www.lifewithcancer.org

Look Good...Feel Better

FC, Mon, Sep 8, 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.

Tools for Couples

FC, Tue, Sep 16-Oct 7, 7-8:30pm

Meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Attendance is recommended at all four sessions. This session is scheduled for 4 Tuesdays: Facilitators: Micheline Toussaint, MSW, LCSW, RYT, and Drucilla Brethwaite, LCSW, OSW-C.

Multiple Myeloma Guest Speaker: Gregory Orloff, MD

FC, Tue, Sep 16, 11:45-1:30pm

Our September meeting will feature Gregory Orloff, MD, Co-Director Inova Fairfax Hospital/Fairfax Stem Cell Transplant Program who will provide an update on, "Transplant and Multiple Myeloma: What the Research Shows." Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!



Seminars for Survivors: Cancer and Your Cash

FC, Thu, Sep 18, 7-8:30pm

"Cancer and Your Cash: Everything You Need to Know to Navigate Health Insurance and Your Rights on the Job" with Bob Rosenblatt, editor of the website HelpwithAging.com and former correspondent for the Los Angeles Times. Please register on the LWC website by September 16.

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.

Calendar Table of Contents:

Highlights.....Page 1	Fair Oaks programs.....Page 6
Fairfax and Falls Church programs.....Pages 2-5	Loudoun programs.....Pages 6-7
Alexandria /Mount Vernon programs.....Pages 5-6	Calendar overview.....Page 8



Life with Cancer Mission Statement

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

Location Key:

44084 RP: 44084 Riverside Parkway, 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176	IAH-CCW: Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
AFC: Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204	IFHC: Inova Fairfax Hospital for Children- Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
APS: Art Pottery Studio, 4810 Tabard Place, Annandale, VA, 22003	IFOH-1: Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
CUMC-1: Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039	ILH-R : Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031 www.lifewithcancer.org	ILPO-I: Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
FO-3580: Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA 22033	IMVH-CC: Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
GSG: Green Spring Gardens, 4603 Green Spring Road, Alexandria, VA, 22312	LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
IAH-CCC: Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304	

Finding Your Way with Clay

APS, Thu, Sep 4 & Oct 2, 10:30am-12:30pm

DON'T MISS THIS CHANCE!

This two-part class is open to those who are currently in treatment and recently off treatment. Award winning, professional ceramic artist and cancer survivor Susan Fox-Hishman, will assist as students create fun pieces in wet clay in the first session, and then return to paint colorful glazes on their work in the second session. Participants must be able to commit to both sessions! Register by Monday, Sept.1. Class is located in artist's inviting backyard studio in Annandale.

Making Sense of Your Story
FC, Wed, Sep 24, 12:30-2:30pm

Class continues for those already registered. Dates for remaining classes are: Oct 22, Nov 19 and Dec 17.

Knitting and Crocheting Circle
FC, Tue, Sep 2, 7-8:30pm

FC, Fri, Sep 19, 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. New participants, please register.

Poetry for Healing: Shimmering Voice on a Deep Ocean
FC, Mon, Sep 8, 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.

Writing Your Memoirs and Life Stories

FC, Thu, Sep 25, 3pm-4:30pm

Monthly meeting for those who completed previous 6 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN.

EXPRESSIVE ARTS

Art for Wellness and Growth

FC, Thu, Sep 18, 1-4pm

FC, Fri, Sep 19, 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 by previous Friday. Art therapists: Jean McCaw, MA, ATR-BC and Sarah Huffman, MA.

Dancing to Wellness

FC, Wed, Sep 10, 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, Fri, Sep 12, 1-2:30pm

FC, Thu, Sep 25, 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.

FITNESS

Note: Level I-IV Exercise Classes are taught by ACSM certified Cancer Exercise Trainer Susan Gilmore. Bring completed Registration and Waiver Forms (available online) to first class. For questions, contact Marsha Komandt, RN, OCN®. 703.698.2530.

Level I Exercise: Launching into Fitness

FC, Tue, Sep 16-Oct 7, 1-1:45pm

Those new to LWC's exercise program must attend this four-week introductory exercise series which will help to assess your fitness level. At least two classes are required after which you can progress to the Level II class. Please no new registrants after the second class.



Level II Exercise: Chair-Based

FC, Wed, Sep 17-Oct 29, 2-2:45pm

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

LEVEL I EXERCISE IS A PREREQUISITE.

This seven-week series is tailored for those with treatment limitations such as neuropathy, balance and low energy issues. It will help to increase heart rate, range of motion and flexibility and to tone and strengthen muscles. May attend either or both Monday and Wednesday sessions, but PLEASE REGISTER SEPARATELY. Participants can move forward to LEVEL III mid-way through the series as recommended by the instructor.

Level III Exercise: Keeping Fit

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

PREQUISITE: LEVELS I & II EXERCISE.

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

PREQUISITE: LEVELS I, II, III. This

seven-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training.

Zumba!

FC, Tue, Sep 2-23, 7-8pm

Now 4 monthly classes! Please register under "Zumba-Bilingual". Zumba is a fusion of Latin rhythms and easy to follow steps. It combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of well being.



Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register at least 48 hours in advance.

Fighting Cancer with a Fork

FC, Wed, Sep 17, 5:30-6:30pm

LEVEL I EXERCISE IS A 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.

NUTRITION

Diet, Exercise and a Healthy You

FC, Wed, Sep 17, 10:30am-12pm

Life with Cancer en Español



Arte Para Salud y Crecimiento

FC, jueves 18 septiembre, 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.

Grupo de Tejido y Crochet

ILPO-I, jueves, 11 y 25 septiembre, 11am-12:30pm

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, 22 septiembre, 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, 10 septiembre, 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 al 703.698.2529.

Zumba

FC, martes, 2-23 septiembre, 7-8pm

Ahora cuatro veces al mes! 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.

SPIRITUALITY

Spiritual Support Group **CUMC-1, Thu, Sep 25, 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.

Spirituality Quest **GSG, Tue, Sep 9, 10:30am-12pm**

Join us monthly on the second Tuesdays as we explore our spiritual paths. To recognize 9/11, we will meet at Green Spring Gardens for "Reflections and Remembrances". We will meet at the picnic tables near the visitor parking lot. For directions, go to www.greenspring.org or call 703.642.5173. Please register by the preceding day.

MEDITATION, REIKI, TAI CHI, YOGA

Gentle Yoga with Jenn Fay, MA, RYT

FC, Thu, Sept 4-25, 1-2pm

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



Laughter Yoga with Jenn Fay, MA, RYT

FC, Thu, Sept 25, 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. Register by preceding day.

Meditation with Jenn Fay, MA, RYT

FC, Thu, Sept 4, 11 & 18, 2-3pm

Join in a relaxing exploration of the power and benefits of meditation. Each session begins with breathwork and a relaxation technique that leads into a guided meditation. Register for each class by preceding day.

Meditation and Guided Imagery with Micheline

FC, Wed, Sep 10-24, 3-4pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Come to any or all sessions, but please register by preceding day.

Reiki for Relaxation

FC, Mon, Sep 8, 4:30, 5:30, 7pm

FC, Wed, Sep 24, 4:30, 5:30, 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.

Yoga for Breast Cancer Survivors

FC, Tue, Sept 9-Nov 11, 5:30-6:45pm

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

BREAST CANCER

Breast Cancer Support Group

IFHC, Wed, Sep 3 & 17, 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®. Questions? Call facilitators at 703.776.2813 or 703.698.2530.

Coalesce

FC, Fri, Sep 5-26, 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.

Young Women with Breast Cancer Support Group

FC, Tue, Sep 16, 6-7:30pm

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.

SUPPORT GROUPS

Blood Cancers Group

FC, Thu, Sep 11, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. September's meeting will address Survivorship Care Plans for the individual with a blood cancer. 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. For more information contact, Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org. Please register by preceding Tuesday.

Brain Tumor Support Group

FC, Tue, Sep 9, 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. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Carcinoid Cancer Group

FC, Sat, Sep 13, 10am-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Caregiver Connection

FC, Mon, Sep 8, 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.

Colo-Rectal Cancer Group:

FC, Wed, Sept 17, 6:30-8pm

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. In this meeting Drucilla Brethwaite, LCSW, OSW-C will provide an overview of evidence based tools that you can use at home to help you get back to sleep.

Cutaneous Lymphoma Support Group

FC, Wed, Sep 3, 6:30-9pm

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.

GYN Cancers Group

FC, Tue, Sep 30, 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 Cancer Group

IFHC, Wed, Sep 10, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. For more information contact, corinne.cook@inova.org.

Lung Cancer Group Meeting

FC, Wed, Sep 3, 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

Melanoma Group

FC, Tue, Sept 9, 6:30-8pm

A Survivorship Care Plan is an individualized tool to help you and your healthcare providers monitor and maintain your health as you move beyond cancer treatment. This presentation will give a detailed explanation of Inova Life with Cancer's Survivorship Care Plan and learn how to get a plan completed. Join us for this interactive discussion. Facilitated by Sandra Weller, MSW, LCSW, OSW-C.

Multiple Myeloma- Gregory Orloff, MD

FC, Tue, Sep 16, 11:45-1:30pm

Gregory Orloff, MD, Co-Director Inova Fairfax Hospital/Fairfax Stem Cell Transplant Program will provide an update on, "Transplant and Multiple Myeloma: What the Research Shows." Co-sponsored with Leukemia & Lymphoma Society. Light lunch, please register. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN.

Prostate Cancer Support Group

FC, Tue, Sep 9, 7:30-9pm

Join this group monthly on the second Tuesdays. Dr. Christopher Heery from NCI will be our speaker for September on "Clinical Trials and Break Through Discoveries".

Young Adult Group

FC, Thu, Sep 25, 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.

GRIEF

Good Grief for Adults

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

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 Drucilla Brethwaite, LCSW, OSW-C, 703.698.2538.

CHILDREN/TEENS/PARENTS

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 Dinner for Teens

FC, Wed, Sep 17, 6:30-8pm

Grief is a normal, healthy, and healing emotion. This monthly dinner offers the opportunity to meet with other 13-18 year olds who have experienced the loss of a loved to cancer. 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.

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.

Pediatric Oncology Parent Night

FC, Tue, Sep 23, 6-8:30pm

In honor of Childhood Cancer and Leukemia and Blood Disorders Month, featured speakers will be Dr. Carly Varela, MD, Pediatric Specialists of Virginia & Children's Center for Cancer and Blood Disorders of N. Virginia, and Lt. Col. Thomas Newton, MD, Chief, Division of Pediatric Hematology/Oncology, Walter Reed National Military Medical Center. These expert speakers will address treatment updates for solid tumors and blood cancers, respectively. Dinner and a separate children's activity group for kids 5 - 12 will be provided. Co-sponsored by the Leukemia and Lymphoma Society and DC Candlelighters. Register with Connie Connor, LCSW, 703.531.1515, constance.connor@inova.org or hunter.gunn@lls.org.

ALEXANDRIA/MOUNT VERNON

Fighting Cancer with a Fork

IAH-CCC, Wed, Sep 10, 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 by calling 703.504.7923.

Words for Healing: Writing, Word Art and Journal Making

IAH-CCC, Tue, Sep 23, 11am-1pm

Listen to the wise voice inside you, the one we so often ignore. 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.

Prostate Cancer Support Group

IAH-CCW, Thu, Sep 18, 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.

Young Women with Breast Cancer

IAH-CCW, Tue, Sep 9, 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.

Breast Cancer Support and Education Group

IMVH-CC, Wed, Sep 10, 6-8pm

Meet with Nurse Navigator Michele Reddick and Surgical Physician Assistant Leah Basch 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.

Women Living with Cancer

IAH-CCC, Tue, Sep 23, 2-3:30pm

Women 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. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW.

FAIR OAKS

Ask the Expert: Gynecological Cancers, Treatments & Survivorship

FO-3580-CR, Tue, Sep 9, 6-7pm

In acknowledgement of Gynecologic Cancer Awareness month we have three experts providing updates on Disease Prevention and Recovery. Dr. Ruchi Garg will be talking about disease prevention and symptoms. Dr. Stella Hetelekidis will focus on treatments, side effects and pelvic health recovery. Maryam Farsi, PT, MDT, a physical therapist specializing in pelvic floor issues, will present on pelvic floor and sexual health recovery. Please join us for this interactive and informative discussion. Please call 703.698.2526 to register or www.lifewithcancer.org

Breast Cancer Support Group

FO-3580-001, Wed, Sep 10, 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 oncology nurse navigator, Gale Towery, RN, BSN, OCN®. and social worker Shereena Rodney. Register online at www.lifewithcancer.org, or call 703.698.2526.

Fighting Cancer with A Fork

FO-3580-001, Tue, Sep 16, 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](http://www.lifewithcancer.org) or call 703.698.2526.

Good Grief for Adults

FO-3580-CR, Mon, Sep 15-Nov 3, 7-9pm

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 Maureen Broderick, LCSW at 703.391.4180.

Living with Advanced Disease

IFOH-1, Fri, Sep 12 & 26, 12-1:30pm

Explore 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®. Please call 703.391.4673 for more information. Registration encouraged.

Mindfulness and Core Strengthening

FO-3580, Fri, Sep 5-Oct 3, 1:30-2:30pm

Formerly Gentle Yoga and Pilates Fusion, this class incorporates 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. Instructor: Jennifer Nagy, AFPA certified trainer. Please register.

Stronger Body After Cancer

FO-3580, Mon, Sep 1-29, 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?”. This 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. Appropriate for all athletic capabilities. Attend each class for greatest benefit. Instructor: Jennifer Nagy, AFPA certified trainer. Please register via www.lifewithcancer.org or call 703.698.2526.

LOUDOUN

Fitness for Wellness

44084 RP, Mon, Sep 22-Nov 3, 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.

Therapeutic Gentle Yoga w/ 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. Restore your body and emotional balance and connect with your inner healing forces. Attendance at all 8 sessions is recommended for greatest benefit. Registration is required.

Therapeutic Gentle Yoga w/Pat

44084 RP, Tue, Sep 16-Nov 4, 11am-12:30pm

See description, above

Reiki for Relaxation

ILH-R, Thu, Sep 25, 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 and registration is required. Register via www.lifewithcancer.org or call 703.698.2526.

Tai Chi
44084 RP, Wed, Sep 17-Nov 5,
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. It is frequently characterized as "moving meditation". During this eight-week course, instructor Kurt Von Quintus will teach students some of the movements of the Wu-style form. Students will learn simple steps and then build on them to perform more complex movements. All participants will be required to submit completed participant information and waiver forms at the first session (available online). Wear comfortable clothing and closed-toed shoes.

Knitting & Crocheting Circle
ILPO-I, Thu, Sep 11 & 25, 11am-
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, 11 y 25 septiembre,
11am-12:30pm

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.

Art for Wellness and Growth
ILPO-I, Tue, Sep 23, 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. Registration required.

Advanced Breast Cancer
Support Group
ILH-R , Mon, Sep 22, 6:30-8pm

This group welcomes women who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register via www.lifewithcancer.org.

Brain Tumor Support Group
ILH-R , Tue, Sep 16, 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. If attending for the first time, please register via www.lifewithcancer.org or call 703.858.8857.

Breast Cancer Support Group
ILH-R , Mon, Sep 22, 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. Please register via www.lifewithcancer.org.

Caregiver Connection
ILH-R , Mon, Sep 8, 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 via www.lifewithcancer.org. Facilitator: Saundra Weller, LCSW, OSW-C.

Loudoun Prostate Cancer
Support Group
LCSC, Tue, Sep 9, 6-8pm

A Panel of experts, urologist, medical oncologist and radiation oncologist, will discuss the latest treatments for prostate cancer. Meet with others to share experiences and to learn from one another in these monthly meetings.

Lung Cancer Support Group
ILPO-I, Mon, Sep 15, 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.

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.

SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>1</p> <p>7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>2</p> <p>7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingual (FC) 7pm Zumba! (FC)</p>	<p>3</p> <p>5:30pm Breast Cancer Support Group (IFHC) 6:30pm Lung Cancer Group Meeting (FC) 6:30pm Cutaneous Lymphoma Support Group (FC)</p>	<p>4</p> <p>10:30am Finding Your Way with Clay (APS) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC)</p>	<p>5</p> <p>Coalesce (FC) 1:30pm Mindfulness and Core Strengthening (FO-3580-A)</p> <p>6</p> <p>7</p>
<p>8</p> <p>12pm Poetry for Healing (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC) 7pm Look Good...Feel Better (FC) 7pm Stronger Body After Cancer (FO-3580)</p>	<p>9</p> <p>10:30am Spirituality Quest (GSG) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Ask the Expert: Gynecological Cancers... (FO-3580-CR) 6pm Brain Tumor Support Group (FC) 6pm Loudoun Prostate Cancer Support Group (LCSC) 6:30pm Melanoma Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:30pm Prostate Cancer Support Group (FC)</p>	<p>10</p> <p>1pm Fighting Cancer with a Fork (IAH-CCC) 3pm Meditation and Guided Imagery with Micheline (FC) 5:30pm Breast Cancer Support Group (FO-3580-001) 5:30pm Head and Neck Cancers Group (IFHC) 6pm Breast Cancer Support and Education Group (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Dancing to Wellness (FC)</p>	<p>11</p> <p>11am Knitting & Crocheting Circle (ILPO-I) 11am Grupo de Tejido y Crochet (ILPO-I) 11:30am Orientation (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 7pm Blood Cancers Group (FC)</p>	<p>12</p> <p>Coalesce (FC) 12pm Living with Advanced Disease (IFOH-1) 1pm Drumming for Well-Being (FC) 1:30pm Mindfulness and Core Strengthening (FO-3580-A)</p> <p>13</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>14</p>
<p>15</p> <p>6pm Orientation I (FC) 6:30pm Lung Cancer Support Group (ILPO-I) 7pm Good Grief Group (FO-3580-CR) 7pm Stronger Body After Cancer (FO-3580-A)</p>	<p>16</p> <p>11am Therapeutic Gentle Yoga w/Pat (44084 RP) 11:45am Multiple Myeloma-Gregory Orloff, MD (FC) 12pm Fighting Cancer with A Fork-Fair Oaks (FO-3580-001) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Brain Tumor Support Group (ILH-R) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC) 7pm Tools for Couples (FC) 7:15pm Good Grief for Adults (FC)</p>	<p>17</p> <p>10:30am Diet, Exercise and a Healthy You (FC) 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) 5:30pm Fighting Cancer with a Fork (FC) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Good Grief Dinner for Teens (FC) 6:30pm Colo-Rectal Cancer Group: Managing Insomnia (FC)</p>	<p>18</p> <p>11am Therapeutic Gentle 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) 6pm Prostate Cancer Support Group (IAH-CCW) 7pm Seminars for Survivors: Cancer and Your Cash (FC)</p>	<p>19</p> <p>Coalesce (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>20</p> <p>9:30am When Cancer Spreads to the Liver... (FC)</p> <p>21</p>
<p>22</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 Good Grief Group (FO-3580-CR) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>23</p> <p>11am Words for Healing (IAH-CCC) 11am Therapeutic Gentle Yoga w/Pat (44084 RP) 1pm Art for Wellness and Growth (ILPO-I) 1pm Level I Exercise: Launching into Fitness (FC) 2pm Women Living with Cancer (IAH-CCC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Good Grief for Children (FC) 6pm Pediatric Oncology Parent Night (FC) 7pm Tools for Couples (FC) 7pm Zumba! (FC) 7:15pm Good Grief for Adults (FC)</p>	<p>24</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 Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC)</p>	<p>25</p> <p>11:30am Orientation (FC) 11am Grupo de Tejido y Crochet (ILPO-I) 11am Therapeutic Gentle Yoga w/Ladan (44084 RP) 11am Knitting & Crocheting Circle (ILPO-I) 1pm Gentle Yoga with Jenn (FC) 2pm Laughter Yoga with Jenn (FC) 3pm Writing Your Memoirs and Life Stories (FC) 6:45pm Reiki for Relaxation (ILH-R) 7pm Drumming for Well-Being (FC) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)</p>	<p>26</p> <p>Coalesce (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening, (FO-3580-A)</p> <p>27</p> <p>28</p>
<p>29</p> <p>10:30am Fitness for Wellness (44084 RP) 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>30</p> <p>11am Therapeutic Gentle Yoga w/Pat (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Good Grief for Children (FC) 7pm Tools for Couples (FC) 7:15pm Good Grief for Adults (FC)</p>			