



Life with Cancer®

SEPTEMBER 2015

HIGHLIGHTS

Orientation to Life with Cancer

FC, Thu, Sep 10, 11:30am-12:30pm
FC, Thu, Sep 24, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can't make a scheduled orientation? Just call Life with Cancer Connect 703.206-5499 to arrange a personal tour.

Ask the Expert: Feeling a Little Irritable?

FC, Thu, Sep 24, 7-8:30pm

Drucilla Brethwaite, LCSW, OSW-C will help us to understand and explore strategies to manage the strong emotions that can arise for patients/survivors and their loved ones during and after cancer treatment.

Cancer Survivorship Education Series

FC, Wed, Sep 9 & 23, 6:30-8:15pm
Tue, Sep 15 & 29, 6:30-8:15pm

Join us for this comprehensive, evidence-based 4-week series on general principles of cancer survivorship. You may attend all or choose the weeks which you would like to attend. Week 1: General Survivorship Principles and Follow-up Guidelines, Week 2: Late Physical Effects of Cancer

Treatment, Week 3: Late Psychosocial Effects of Cancer Treatment, and Week 4: Preventive Health for Cancer Survivors. Each week presented by oncology nurse navigators and other experts in oncology. Please register for each week online at www.lifewithcancer.org or 703.698.2526.

Fourth Annual Kayak Day! BCR, Thu, Sep 24, 9:30am-12pm

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

Look Good...Feel Better FC, Mon, Sep 28, 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.

Menopause Mayhem FC, Thu, Sep 17, 6-8:30pm

For women with a cancer diagnosis and who are experiencing symptoms of menopause, this session on "Menopause Mayhem!" might be for YOU! Medical oncologist, Mary Wilkinson, MD, along with a pelvic floor specialist and a psychiatrist, will review how menopausal symptoms impact the body physically, mentally, and emotionally and what coping strategies can be used to lessen the impact. Registration and light dinner from 6-6:30 PM. Please register by Tuesday, September 15 at lifewithcancer.org or call 703.698.2526.

Planning Ahead: Developing a Road Map for Dealing with a Chronic Disease.

FC, Tue, Sep 8, Oct, 6, Nov 10 and Dec 1, 6:30-8pm

This is the first of a four-part monthly series. Healthcare professionals will provide information and strategies to help you and your family, wherever you may be on your cancer journey, in living fully to the end. This first session will be presented by medical oncologist Nicholas Robert, MD. Please register by the previous Thursday. Facilitator: Marsha Komandt, RN, OCN.

Highlights continues on page 2.

About Life with Cancer®

Life with Cancer programs and services are offered throughout Northern Virginia. Our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the questions that arise when one is diagnosed with cancer. Our staff is made up of experienced oncology nurses and social workers. Our programs and services (except massage) are FREE thanks to generous community support. Any one affected by cancer, including family members, may participate, regardless of where they live or receive treatment.

Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- Register at www.lifewithcancer.org and click on the calendar and class registration page, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email Mayra.Zepeda@inova.org or call 703.698.2526.

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Location Key

44084 RP:	44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
ABEHC:	Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
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 24202
CUMC-1:	Christ United Methodist Church, Trailer 6- until August, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
FC:	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
FO-C&D:	Fair Oaks Cancer Center, Conference Rooms, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
FO-LWC:	Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
FO-Rad Onc:	Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite, 001, 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
IFMC:	Inova Fairfax Medical Campus, Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042

Sexual Health and Healing after Cancer

FO-Rad Onc, Wed, Sep 16, 5-6pm

While sexuality is an important part of one's quality of life and sexual problems after cancer are very common, many find it difficult to broach this topic. Join us as two physicians address common concerns related to women's sexual health and cancer, including menopause and pain.

Tools for Couples

FC, Wed, Oct 7-28, 7-8:30pm

Meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Facilitators: Micheline Toussaint, MSW, LCSW, RYT and Drucilla Brethwaite, LCSW, OSW-C.

BREAST CANCER GROUPS & CLASSES

Living with Breast Cancer: Exercise FC, Thu, Oct 1-Nov 5, 6-6:45pm

This six-week series is paired with the Living with Breast Cancer: Education series. We'll introduce you to aerobic exercise that will help to increase strength, flexibility and restore mind/body balance after breast cancer surgery with ACSM certified Cancer Exercise Trainer and LWC's Fitness instructor, Susan Gilmore. Participation in the whole series is recommended for full benefit. Registration required by Tue. 9/29.

IFOH-1:	Inova Fair Oaks Hospital- Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
ILH-PER :	Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA 20176
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 2010, 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

Living with Breast Cancer: Education

FC, Thu, Oct 1-Nov 5, 7-8:30pm

This six-week series is for women newly diagnosed with breast cancer and is paired with the Living with Breast Cancer: Exercise series. A variety of healthcare professional will provide you with information on various aspects of breast cancer treatment including radiation, systemic therapy, management of side effects, cancer genetics, lymphedema, intimacy issues and an overall survivorship care plan. For weekly seminar topics or for more information, call Marsha Komandt, RN, OCN at 703-698-2530. Registration required by Tue. 9/29.

Life with Cancer Breast Cancer Education and Support Groups ABEHC, Mon, Jul 20, 6-7:30pm

Current and former breast cancer patients are invited to learn, share and discuss ways of meeting the challenges of breast cancer. Meet other women who are in the process of making treatment decisions, receiving treatment or navigating survivorship. Please register online at www.lifewithcancer.org or call 703.698.2526.

• IMVH-CC, Wed, Sep 9, 6-7:30pm

Facilitator: Oncology Nurse Navigator, Michele Reddick, RN, BSN.

• ILH-R, Mon, Sep 28, 5-6:30pm

Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and an oncology nurse navigator.

• ABEHC, Mon, Sep 21, 6-7:30pm

Facilitator: Michelle Ferretti, MSW.

• FO-Rad Onc, Wed, Sep 9, 5:30-7pm

Facilitators: Maureen Broderick, LCSW and Gale Towery, RN, BSN, OCN, CBCN.

• IFMC, Wed, Sep 2 & 16, 5:30-7pm

Co-facilitators: Corinne Cook, LWCW, OSW-C and Marsha Komandt, RN, BSN, OCN.

Coalesce: An Advanced Breast Cancer Group

FC, Fri, Sep 4-25, 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.

Preparation for Breast Cancer Surgery

FO-LWC, Thu, Sep 10, 4-5:30pm OR FO-LWC, Mon, Sep 21, 12-1:30pm

A Nurse Navigator will explain what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family members/friends welcome. To register call 703.391.4673.

Yoga for Breast Cancer

FC, Tue, Sep 15-Oct 6, 5:30-6:45pm

This five-week series will teach yoga poses specifically for Breast Cancer patients/survivors. Wear comfortable clothing and bring a blanket and water bottle. Registration is required by September 10. Physician approval is required if you have had surgery within six weeks. If attending for the first time in 2015, please bring a signed Participation Waiver (available online) to first class. Instructor: Catherine Syron, RYT.

Young Women with Breast Cancer

FC, Tue, Sep 15, 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. Please register, and call if attending for the first time, 703.698.2522.

Young Women with Breast Cancer

IAH-CCW, Tue, Sep 8, 6:30-8pm

See listing above. Facilitator: Shara Sosa, LCSW.

CHILDREN AND PARENTS

Counseling for Children, Teens, Parents and Families

A cancer diagnosis is never easy. It can be especially difficult for children, teens and parents. Life with Cancer has experienced staff, programs and services that can help families manage the challenging questions and situations that may arise when a family member is diagnosed with cancer. To schedule a counseling appointment for you or your child call, 703.206.5433.

Curious About Cancer

FC, Wed, Sep 23-Nov 4, 5:30-6:30pm

This group is for children 5-12 who have a loved one with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur when someone in the family has cancer. For more information contact Jean McCaw MA, ATR-BC, LCPAT Children's Program Coordinator at 703.698.2537 or jean.mccaw@inova.org.

Pediatric Oncology Parent Night

FC, Tue, Sep 22, 6-8:30pm

Join us for an interactive session on nutrition during and after treatment with Danielle Cook, MS, author of Happily Hungry: Smart Recipes for Children with Cancer, who runs the Georgetown Happily Hungry Bellies Full of Healing™ hospital-based nutrition program; and Nicole Jacobson, RN, Certified Health Coach, and pediatric oncology nurse at Pediatric Specialists of Virginia. Learn about the healthy gut, foods to boost the immune system, improve moods, and cope with side effects from therapy. Sample nutritious recipes and make your own smoothies. Explore myths, use of supplements, essential oils, etc. Co-sponsors: Leukemia and Lymphoma Society and DC Candlelighters. A separate Children's Activity Group will be available for kids 5 - 12. Dinner provided. Register with Connie Connor, LCSW at 703.531.1515 or constance.connor@inova.org.

EXPRESSIVE ARTS

Healing through Art Therapy

FC, Tue, Sep 1, 12:30-3pm OR Tue, Sep 1, 7-9pm

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Please register for either the day or evening group by the previous Friday. Facilitator: Art therapist Jean McCaw, ATR-BC, LCPAT.

Joy of Movement

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

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

Knitting and Crocheting Circle

FC, Tue, Sep 1, 7-8:30pm AND/OR Fri, Sep 18, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.

Making Sense of Your Story

FC, Wed, Sep 9, 12:30-2:30pm

This monthly class is now closed for enrollment. Only those who were previously registered may attend. Facilitated by Oncology Counselor Micheline Toussaint, LCSW, RYT, 703.698.2521 and Art Therapist Jean McCaw, LCPAT, ATR-BC, 703.698.2537.

Writing Your Memoirs and Life Stories

FC, Thu, Sep 17, 2:30-4pm

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Please register, ASAP.

Feeling a little overwhelmed? Life with Cancer can help...

- A Life with Cancer Oncology Nurse Navigator is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.
- A Life with Cancer Oncology Therapist is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.
- To determine if you or your family might benefit from these professionals, just call
- Life with Cancer Connect 703-206-LIFE (5433).

***Important Message About Levels I-IV Exercise Classes:**

Levels I-IV Exercise Classes are taught by ACSM certified Cancer Exercise Trainer Susan Gilmore, MS. and must be taken sequentially. Registration is required and a waiver (available online) must be completed for each level. For questions, contact Susan Gilmore 703-698-2523 or susan.gilmore@inova.org.

Level I Exercise: Launching into Fitness

FC, Tu, Sep 22-Oct 13, 1-1:45pm

For those who are new to LWC's Level I-IV Exercise Program, this series will help to assess your fitness level as you gain strength, flexibility and stamina, and is appropriate for those with neuropathy, balance and low energy issues. Attendance in at least two classes is required after which you can progress to the Level II class. Registration is required. NO new registrations after 9/29. Read "Important Message", above.

Level II Exercise: Chair-Based

FC, Mon, Sep 21-Oct 26, 2-2:45pm

FC, Wed, Sep 23-Oct 28, 2-2:45pm

This class will help to increase heart rate, range of motion, flexibility, and tone and strengthen muscles. Attend EITHER OR BOTH Monday and Wednesdays sessions, but REGISTER SEPARATELY. Read "Important Message", above.

Level III Exercise: Keeping Fit

FC, Mon, Sep 21-Oct 26, 3-4pm

This class offers a combination of standing and floor exercises. Level II participants may move to this class, but must register. Read "Important Message", above.

Level IV Exercise: Fitness Fusion

FC, Wed, Sep 23-Oct 28, 3-4pm

This class offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training. Level III participants may progress to Level IV but must register. Read "Important Message", above.

Core Strengthening

FO-LWC, Wed, Sep 2-30, 3-4pm

Build core strength and stability by focusing on the muscles of the abdominal region lower back, pelvis, and hips.

Exercises will help with posture, daily functional activities, and overall strength and balance. Incorporates elements of Yoga and Pilates. Dress comfortably and bring a water bottle. Registration is required. Instructor: Jackie Le.

Evening Fitness

44084 RP, Tue, Sep 15-Oct 27, 6:30-7:30pm

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

Registration is required. Instructor: Jenny Townsend, A.C.E.

If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Feldenkrais

FO-LWC, Thu, Sep 3-24, 10:30am-12pm

The Feldenkrais Method® is a mental and physical improvement system based on discovering natural and efficient ways of moving your mind and body. It is intended to improve the sensibility, awareness, and quality of movement through one's own body feedback. Monica Browne, GCFP, teaches gentle and effective movement sequences to offer ways to move better, improve posture, and reduce pain.

Registration required.

If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Feldenkrais-Chair

FO-C&D, Mon, Sep 14-28, 10:30-11:30am

For those who prefer the assistance of a chair, this class will show how the Feldenkrais Method® can be adapted. See previous listing for more information. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Fitness for Wellness - Level I

44084 RP, Mon, Sep 28-Oct 26,

10:30-11:30am

44084 RP, Wed, Sep 30-Oct 28,

10:30-11:30am

For those who are new to fitness or currently in treatment, this class will help to assess your fitness level as you gain strength, flexibility and stamina, and is appropriate for those with neuropathy, balance and low energy issues. **Register for either or both classes.** If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Registration is required.

Fitness for Wellness - Level II

44084 RP Mon, Sep 14-Oct 26, 12-1pm

44084 RP Wed, Sep 16-Oct 28, 12-1pm

PREREQUISITE LEVEL I: This series is for people who are not in active treatment. We'll use a combination of standing and floor exercises to improve strengthening and endurance. **Register for either or both classes.** If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Instructor: Jenny Townsend A.C.E.

Stronger Body after Cancer

FO-LWC, Wed, Sep 2-30, 7-8pm

Build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. This class will help build muscle, teach you the proper way to exercise, and can be modified for all physical strengths and limitations. Attending each class will provide you with the greatest benefit. Equipment is provided. Dress comfortably and bring a water bottle. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Walking for Fitness

44084 RP, Tue, Sep 15-29, 9:30-10:30am

Walking is a great form of exercise. Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Dress comfortably, bring a water bottle. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Facilitator: Jenny Townsend A.C.E.

Zumba!

FC, Tue, Sep 1-22, 7-8pm

Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Zumba Gold

44084 RP, Fri, Sep 18-Oct 30, 10:30-11:30am

Have fun and exercise at the same time. Zumba Gold focuses on all elements of fitness, cardiovascular, muscular conditioning and flexibility at a gentler pace but still maintains the enthusiasm of the music. Registration required. Facilitator: Vivian Monroe. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

HEALING TOUCH, MEDITATION, QIGONG, REIKI, TAI CHI, YOGA

Gentle Yoga

Choose a location and time that works for you! Conscious breathing and postures promote body awareness and postural alignment to bring about a deep sense of peace. Learn gentle movements that stretch, strengthen and relax muscles to improve flexibility of the spine and general range of movement. Joints are lubricated as bone density strengthens. Concentration is improved along with balance. Feel the benefits on every level, mind, body, and spirit. Bring a blanket. Attend each class in the series for greatest benefit. Registration is required. If attending for the first time in 2015, please bring a signed Participation Waiver (available online) to first class.

• Evening Gentle Yoga

FC, Mon, Sep 21-Oct 5, 7-8:30pm

Instructor: Jenn Fay, MA, RYT.

• Evening Gentle Yoga

44084 RP, Mon, Sep 14-Oct 26, 7-8:30pm

Instructor: Vicki Vo, RYT

• Gentle Yoga

FC, Thu, Sep 3-24, 1-2pm

Instructor: Jenn Fay, MA, RYT.

• Gentle Yoga

**44084 RP, Tue, Sep 15-Oct 27,
11am-12:30pm**

Instructor: Ladan Judge, RYT

• Gentle Yoga

FO-LWC, Thu, Sep 3-24, 3-4pm

Instructor: Jackie Le, RYT

Healing Touch

44084 RP, Wed, Sep 16, 6-7pm

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

Healing Touch

FO-LWC, Mon, Sep 14, 4-5pm, 5-6pm

See description, above.

Meditation & Guided Imagery

FC, Thu, Sep 3-24, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breath-work and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day. Bring a blanket. Facilitator: Jenn Fay, MA, RYT.

Meditation & Guided Imagery

FC, Wed, Sep 2, 16 and 23*, 3-4pm

* No class Sep 9. See previous listing for details. Facilitator: Micheline Toussaint, LCSW, RYT.

Mindfulness: Caring for the Mind and Body

**44084 RP, Thu, Sept 17-Oct 29,
11am-12:30pm**

This class blends meditation, breath work and deep relaxation to release stress and restore balance. Through the reduction of stress you can generate emotional and physical healing. Registration is required. Bring a blanket. Facilitator: Ladan Judge, RYT.

Qi Gong

**44084 RP, Thu, Sep 17-Nov 5,
1-2:30pm**

This eight-week series will teach you to use the internal tools of your mind, body and breath to promote wellness and help you to explore how movement, guided meditation and breathing may impact your emotional and physical well-being. Registration is Required. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Reiki for Relaxation-2 Locations

FC, Mon, Sep 14, 4:30, 5:30pm and 7pm

FC, Wed, Sep 23, 4:30, 5:30pm and 7pm

44084 RP, Thu, Sep 24, 6:45-8pm

Schedule your appointment online on the first business day of the month at 9:15am. A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. If you need to cancel your appointment, please call ASAP, or by the morning of your appointment, 703.698.2526.

SPANISH

Latinos Unidos

**AFC, miercoles, 9 de 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 mas información, llamar a David McGinness al 703.698.2529.

Zumba

**FC, martes, 1-22 de septiembre,
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. Si está asistiendo por primera vez en 2015, favor de firmar un permiso antes de empezar la primera clase.



Restorative Yoga

FC, Fri, Sep 11-25, 10:15-11:30am

This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. If attending for the first time in 2015, please bring a signed Participation Waiver (available online) to first class. Instructor: Judy Eskovitz, RYT.

Tai Chi

**FO-LWC, Thu, Sep 17-Oct 29,
1-2:30pm**

This series uses slow, fluid body movements to enhance wellness, longevity and internal peace. Students will learn simple steps and then build upon them to perform more complex movements. Wear comfortable clothing and closed-toed shoes. Registration required. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Yin Yoga

FO-LWC, Fri, Sep 4-25, 1:30-2:30pm

This is a meditative style of yoga, in which poses/stretchers are held for long periods of time. By applying moderate stress to the connective tissues of the body, benefits consist of increased circulation in the joints and improved flexibility. Yin yoga aims at cultivating awareness of the mind and body. Dress comfortably. Registration is required. Instructor: Jackie Le. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

Yoga for Breast Cancer

FC, Tue, Sep 15-Oct 6, 5:30-6:45pm

See details under "Breast Cancer"

Yoga Nidra

FO-LWC, Mon, Sep 14-Oct 26*, 10-11:30am

* This class will skip Mon, Sept 28. Yoga Nidra ("yogic sleep") is a deep relaxation technique that can bring about deep healing, mental clarity, reduced levels of stress, and peace of mind. Through this practice, we have the opportunity to be present with "what is" and develop increased mental focus and emotional tolerance. Yoga Nidra requires no formal training in meditation or yoga to practice it and receive full benefits. This practice is very different from a muscle-focused yoga practice and is a wonderful addition to any holistic health practice. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class.

NUTRITION

Diet, Exercise & a Healthy You

FC, Tue, Sep 8, 10:30am-12pm

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

Choose the location, day or time that works for you. 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.

- **FO-Rad Onc, Tue, Sep 15, 12-1pm**
- **FC, Wed, Sep 16, 5:30-6:30pm**
- **IAH-CCC, Wed, Sep 9, 1-2pm**

Nutrition and You

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

Nutrition is an important component of your cancer treatment both during and post treatment. This month Gloria Caceres-Roman RD, CNSC, CSO, Manager of Clinical Nutrition, and Chef Daniel Slaughter of Inova Loudoun Hospital, will provide valuable information on food safety, maintaining the nutritional content of the foods you purchase and storage of foods. This is especially important for those that may be immune compromised. Space is limited, please register.



SPIRITUALITY

Spiritual Support Group

CUMC-1, Thu, Sep 24, 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 Group: Green Spring Gardens

GSG, Tue, Sep 8, 10:30am-12pm

Join us on the second Tuesday of every month to explore our spiritual paths as patients, survivors or caregivers. This month we'll meet at Green Spring Gardens for our annual fall outing for "Reflections and Remembrances." 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 Sept 7. Facilitator: Marsha Komandt, RN, OCN.

EDUCATION & SUPPORT GROUPS

Brain Tumor Group

FC, Tue, Sep 8, 6-7:30pm

ILH-R, Tue, Sep 15, 5:30-7pm

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. FC Facilitators: Vera Hirschman, RN, and Micheline Toussaint, LCSW. ILH-R Facilitators: Neurological care Nurse, Vera Hirschman RN and Roberta Quirk, MSW.

Carcinoid Cancer Group

FC, Sat, Sep 12, 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 14, 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. Facilitators: Elise Schneider, MSW, LCSW and Rebecca Babb, MSN, RN, CPNO-AP.

Caregiver Connection

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

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

Colorectal Cancer:

Dr. Cannon

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

Timothy Cannon, MD, Medical Oncologist with Inova Medical Group, will discuss and answer your questions on "New Chemotherapy Modalities for Colorectal Cancer". Find support, share tips and learn the latest news for colorectal cancer patients/caregivers. Space limited; registration required.



Colorectal Cancer:

Eat Smart for Life

FC, Tue, Sep 29, 6:30-8pm

Join Eric Cohen RN, MS, OCN for this interactive presentation. Learn about foods that will support you during and after cancer treatment. Bring your questions!



Good Grief

FC, Tue, Sep 15-Nov 3, 7:15-9pm

Good Grief 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. To register contact David McGinness, MSW, LCSW, 703.698.2529 david.mcginness@inova.org.

Good Grief

ILH, A&B, Wed, Oct 7-Dec 2*, 6:30-8:30pm

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

GYN Cancers Group: Amethyst Jubilee

FC, Wed, Sep 30*, 5:30-7:30pm

*This month's GYN Group is on an alternative different date. Join us for dinner, speaker and a chance to socialize at our 9th Annual Amethyst Jubilee in celebration of women with gynecological cancers. Registration in advance is required.

GYN Cancers Group

FO-LWC, Tue, Sep 15, 6:30-8pm

Women diagnosed with ovarian, cervical and all GYN cancers are invited to drop in to this monthly group to share experiences and learn from one another.

Head and Neck Cancers Group

IFMC, Wed, Sep 9, 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.

Leukemia and Lymphoma Education and Support Group

FC, Thu, Sep 10, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. Special Panel Presentation: Managing Your Symptoms. Co-sponsored with the Leukemia and Lymphoma Society (LLS) and facilitated by Rebecca S McIntyre, MA, MEd, LCSW, OSW-C and Peter Clement, RN, BSN, OCN.*Light dinner will be provided complements of LLS. Please register by the Sept. 8.

Living with Advanced Disease

IFOH-1, Fri, Sep 11, 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. Please call 703.391.3758 for more information. Registration encouraged.

Living with Advanced Disease

ILH-R- Mon, Sep 28, 6:30-8pm

Join others who are living with an advanced cancer diagnosis to learn to learn and explore ways to meet the challenges of living with advanced disease. Formerly Advanced Breast Support Group. Registration is required. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN/Barb McDonnell, RN, MSN, CBCN.

Lung Cancer Group

FC, Wed, Sep 2, 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, OCN and David McGinness, LCSW.

Melanoma Group

FC, Thurs, Sep 3, 6:30-8pm

This group meets quarterly and is sponsored by the Ashley Fister Cole Foundation with light refreshments provided. Topic TBD. Co-facilitators: David McGinness, LCSW, and Marsha Komandt, RN, OCN.

Multiple Myeloma

FC, Tue, Sep 15, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Guest Speaker: Mark Roschewski, M.D. Center for Cancer Research, Lymphoid Malignancies Branch National Cancer Institute will speak on "Clinical Trials and Multiple Myeloma. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Spirituality Quest Group: Green Spring Gardens

GSG, Tue, Sep 8, 10:30am-12pm

Join us on the second Tuesday of every month to explore our spiritual paths as patients, survivors or caregivers. This month we'll meet at Green Spring Gardens for our annual fall outing for "Reflections and Remembrances." 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 Sept 7. Facilitator: Marsha Komandt, RN, OCN.

Us Too Prostate Cancer Groups

Choose from three locations. Our monthly groups provide an opportunity to share your experiences, learn from one another, and from experts in the field.

• **Loudoun Chapter LCSC, Tue, Sep 8, 6-8pm**

Facilitator: Roberta Quirk, MSW. For questions call 703.858.8857.

• **Alexandria Chapter**

IAH-CCW, Thu, Sep 17, 6-7:30pm

Facilitator: David McGinness, LCSW.

• **Fairfax Chapter FC, Tue, Sep 8, 7:30-9pm**

Urologist Janice Arnold, MD will speak on "Incontinence Treatment After Prostate Cancer Treatment." Facilitator: Steve Haraczak

Women's Survivorship Group

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

Many women find it difficult to resume their life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on quality of life. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and balance to your life after cancer. Please register for this group if you have completed treatment. Facilitator: Sandra Weller, LCSW, OSW-C.

Young Adult Group

FC, Thu, Sep 24, 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.

Give A Little, Help A Lot

Yes, I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift:

\$250 \$100 \$50 Other _____

Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____

*Please send your tax-deductible contribution to:
Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031*



SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<p>1</p> <p>12:30pm Healing through Art Therapy (FC) 7pm Zumba (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Healing through Art Therapy (FC)</p>	<p>2</p> <p>3pm Core Strengthening (FO-LWC) 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Group (IFMC) 6:30pm Lung Cancer Group (FC) 7pm Cutaneous Lymphoma Group (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p>3</p> <p>10:30am Feldenkrais (FO-LWC) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation and Guided Imagery (FC) 3pm Gentle Yoga (FO-LWC)</p>	<p>4</p> <p>Coalesce, Call for Time (FC) 1:30pm Yin Yoga (FO-LWC)</p> <p>5</p> <p>6</p>
<p>7</p>	<p>8</p> <p>10:30am Spirituality Quest (GSG) 10:30am Diet, Exercise and a Healthy You (FC) 6pm Brain Tumor Group (FC) 6pm Us Too . . . (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Planning Ahead (FC) 7pm Zumba! (FC) 7:30pm Us Too, Prostate Cancer Group (FC)</p>	<p>9</p> <p>12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 3pm Core Strengthening (FO-LWC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Support Group (3580-001) 6pm Breast Cancer Education & Support (IMVH-CC) 6:30pm Latinos Unidos (AFC) 6:30pm Cancer Survivorship Education Series (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p>10</p> <p>10:30am Feldenkrais (FO-LWC) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation and Guided Imagery (FC) 3pm Gentle Yoga (FO-LWC) 4pm Breast Cancer Surgery Preparation (FO-LWC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Leukemia and Lymphoma . . . (FC)</p>	<p>11</p> <p>Coalesce, Call for Time (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Yin Yoga (FO-LWC)</p> <p>12</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>13</p>
<p>14</p> <p>10am Yoga Nidra (FO-LWC) 10:30am Feldenkrais-Chair (FO-C&D) 12pm Fitness for Wellness - Level II (44084 RP) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregivers Connection (ILH-R) 7pm Gentle Evening Yoga with Vicki (44084 RP) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC)</p>	<p>15</p> <p>9:30am Walking for Fitness (44084 RP) 11am Gentle Yoga with Ladan (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-Rad Onc) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Brain Tumor Group (ILH-R) 5:30pm Yoga for Breast Cancer (FC) 6:30pm Cancer Survivorship Education Series (FC) 6:30pm Evening Fitness, (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 6:30pm GYN Cancer Group (FO-LWC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>16</p> <p>12pm Fitness for Wellness - Level II (44084 RP) 3pm Core Strengthening (FO-LWC) 3pm Sexual Health and Healing . . . (FO-Rad Onc) 5:30pm Breast Cancer Support Group (IFMC) 5:30pm Fighting Cancer with a Fork (FC) 6pm Healing Touch (44084 RP) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p>17</p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness: Caring for the Mind and Body (44084 RP) 1pm Qi Gong (44084 RP) 1pm Nutrition and You (ILH-PER) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Memoirs and Life Stories (FC) 3pm Gentle Yoga (FO-LWC) 6pm Us Too Prostate . . . (IAH-CCW) 6:30pm Menopause Mayhem (FC)</p>	<p>18</p> <p>Coalesce, Call for Time (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Zumba Gold (44084 RP) 1pm Knitting and Crocheting Circle (FC) 1:30pm Yin Yoga (FO-LWC)</p> <p>19</p> <p>20</p>
<p>21</p> <p>10am Yoga Nidra (FO-LWC) 10:30am Feldenkrais-Chair (FO-C&D) 12pm Fitness for Wellness - Level II (44084 RP) 12pm Breast Cancer Surgery Preparation (FO-LWC) 2pm Level II Exercise (FC) 3pm Level III Exercise (FC) 6pm Breast Cancer Support Group (ABEHC) 7pm Evening Gentle Yoga (FC) 7pm Gentle Evening Yoga with Vicki (44084 RP)</p>	<p>22</p> <p>9:30am Walking for Fitness (44084 RP) 11am Gentle Yoga with Ladan (44084 RP) 1pm Level I Exercise: Launching Into Fitness (FC) 1pm Joy of Movement (44084 RP) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Pediatric Oncology Parent Night (FC) 6:30pm Evening Fitness (44084 RP) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>23</p> <p>12pm Fitness for Wellness - Level II (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Curious About Cancer (FC) 5:30pm Reiki for Relaxation (FC)</p>	<p>24</p> <p>9:30am Fourth Annual Kayak Day! (BCR) 10:30am Feldenkrais (FO-LWC) 11am Mindfulness . . . (44084 RP) 1pm Qi Gong (44084 RP) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation and Guided Imagery (FC) 3pm Gentle Yoga (FO-LWC) 6pm Orientation to Life with Cancer (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Support Group (CUMC-1) 7pm Ask the Expert: Feeling a Little Irritable? (FC) 7:30pm Young Adult Group (FC)</p>	<p>25</p> <p>Coalesce, Call for Time (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Zumba Gold (44084 RP) 1:30pm Yin Yoga (FO-LWC)</p> <p>26</p> <p>27</p>
<p>28</p> <p>10:30am Fitness for Wellness - Level I (44084 RP) 10:30am Feldenkrais-Chair (FO-C&D) 12pm Fitness for Wellness - Level II (44084 RP) 2pm Level II Exercise (FC) 3pm Level III Exercise (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Living with Advanced Disease (ILH-R) 7pm Gentle Evening Yoga with Vicki (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Look Good...Feel Better (FC)</p>	<p>29</p> <p>9:30am Walking for Fitness (44084 RP) 11am Gentle Yoga with Ladan (44084 RP) 1pm Level I Exercise: Launching Into Fitness (FC) 1pm 1-Parent-Level I Exercise (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Yoga for Breast Cancer (FC) 6:30pm Cancer Survivorship Education Series (FC) 6:30pm Colorectal Cancer: Eat Smart for Life (FC) 6:30pm Colorectal Cancer: Speaker (44084 RP) 6:30pm Evening Fitness (44084 RP) 7:15pm Good Grief (FC)</p>	<p>30</p> <p>10:30am Fitness for Wellness - Level I (44084 RP) 12pm Fitness for Wellness - Level II (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise, Fitness Fusion (FC) 3pm Core Strengthening (FO-LWC) 5:30pm Curious About Cancer (FC) 5:30pm 9th Annual Amethyst Jubilee (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p>Life with Cancer Family Center 8411 Pennell Street Fairfax, VA 22031 Monday – Friday</p> <p>Life with Cancer Studio 44084 Riverside Pkwy, LL, Ste 400 Leesburg, VA 20176 Tuesdays and Saturdays</p> <p>● Appointments are for patients/survivors and their family members ● Physician approval is required; ask for written permission at your next appointment ● Call 703-698-2526 to schedule or cancel your appointment ● Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org</p> <p>Please Note: Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.</p>	