



Life with Cancer®

DECEMBER 2017

ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

CLASS/GROUP REGISTRATION INFORMATION

- Classes, groups & counseling are FREE.
- REGISTRATION IS REQUIRED for all groups & classes. Registration enables us to appropriately plan for materials and staff time.
- If you cannot attend a class/group for which you are registered, CANCEL your registration within 24 hours by calling 703.698.2526; this will allow another person to attend.

CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington
- ★ Breast Cancer Class

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INFORMATION & EDUCATION

Orientation

- FC, Thu, Dec 14, 11:30am-12:30pm
- FC, Thu, Dec 28, 6-7pm

Take a tour of our Family Center and learn about our many programs, classes, groups and services for children and adults. Registration required. Can't make a scheduled orientation? Call us at 703.206.5433 to arrange a personal session. Registration required.

The Holidays are here: How do I make it to January?

- FC, Mon, Dec 4, 10:30am-12pm
- The holiday season can be a wonderful time—filled with family, food, and festivities—but it also can be stressful. Do you ever wonder how you'll make it through to January? We'll provide helpful tips on how to navigate this holiday season while coping with cancer. Registration required.

Naughty or Nice? Healthy Holiday Eating

- FC, Tue, Dec 12, 10:30-11:30am
- Certified specialist in oncology nutrition and Fitness Expert, Julie Thorsen, RD, will provide you with information to help you have healthier holidays. Registration required.

*Sign up for
Life with Cancer
Updates*

You will receive timely information on

Program Highlights and Fundraisers

It's Easy!

1. Go to www.lifewithcancer.org
2. Scroll all the way down to the bottom of the page and look for the Subscribe for Updates box.
3. Type your email in the Email window and click Submit.

Handling the Holidays after the Death of a Loved One

- FC, Tue, Dec 5, 6:30-8pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Facilitated by Drucilla Brethwaite, LCSW. Registration is required by Mon, Dec 5.

Fighting Cancer with a Fork

- FO-LWC, Tue, Dec 19, 12-1pm
- Registered Dietitian, Sara Negron will provide an overview of nutritional recommendations for cancer patients and survivors. Registration required.

Registration is required for all groups and programs

Weather Policy

Information about cancellations due to inclement weather or an area emergency can be obtained by calling

703.698.2520

Class cancellations do not always follow local public school closings.

To verify Life with Cancer is open check the Cancellations Page at

lifewithcancer.org



LOCATION KEY

- **44084 RP:** 44084 RP,
44084 Riverside Parkway,
Suite 400, Lower Level,
Leesburg, VA 20176
- **AFC:** Arlington Free Clinic,
2921 11th St S,
Arlington, VA, 22204
- **FC:** Life with Cancer
Family Center,
8411 Pennell Street,
Fairfax, VA 22031
www.lifewithcancer.org
- **FO-B:** 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-RO:** Fair Oaks Cancer Center,
Radiation Oncology,
Lower Level, Suite 001,
3580 Joseph Siewick Drive,
Fairfax, VA 22033
- **IAH-AUD:** Inova Alexandria Hospital,
Auditorium,
4320 Seminary Road,
Alexandria, VA 22304
- **IAH-CCW:** Inova Alexandria Hospital
Cancer Center Waiting Room,
4320 Seminary Road,
Alexandria, VA 22304
- **IAH-LWC:** Inova Alexandria Hospital,
Life with Cancer Office,
Suite 1.NE.5.4,
4320 Seminary Road,
Alexandria, VA 22304
- **ILH-PER :** Inova Loudoun Hospital
Patient Education Room,
44045 Riverside Parkway,
Leesburg, VA
- **ILH-R:** Inova Loudoun Hospital,
Radiation Oncology Center,
44035 Riverside Parkway,
Suite 100,
Leesburg, VA 20176
- **LCSC:** Loudoun County
Senior Center,
21060 Whitfield Place,
Sterling, VA 20165
- **PCC:** Physician's Conference Center,
3300 Gallows Road,
Falls Church, VA 22042

Fighting Cancer with a Fork

● **IAH-CCW, Wed, Dec 13, 1-2pm**
Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register with Deb Rowland, RD, 703.504.7923.

Look Good...Feel Better

● **IAH-LWC, Tue, Dec 5, 6-8pm**
● **FC, Mon, Dec 18, 5-7pm**
A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration required through lookgoodfeelbetter.org, or call 1-800-227-2345.



look good
feel better
SUPPORTING WOMEN WITH CANCER

The Role of Adjuvant Endocrine Therapy in Early Stage Breast Cancer

● **★ FC, Wed, Dec 13, 3-4pm**
Mary Wilkinson, MD, will discuss the role of hormonal therapy in treatment for breast cancer, what studies show regarding its effectiveness, benefits versus risks of side effects, and what you need to know about healthy living during treatment.

Breast Surgery Pre-Op Class

● **★ FC, Mon, Dec 4, 5-6:30pm**
● **★ FC, Mon, Dec 18, 10-11:30am**
● **★ FC, Thu, Dec 14, 12:30-2pm**
● **★ FO-LWC, Wed, Dec 6 or 20, 12:30-2pm**
● **★ IAH, Call 703.504.3019 for appointment**
A nurse navigator will explain what you need to know before, during and after mastectomy surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Information is power! Registration required. Family member may attend without registration.

Registration is required for all groups and programs

Breast Surgery Pre-Op Class

● **★ ILH-PER, Tue, Dec 5, 4-5:45pm**
● **★ ILH-PER, Thu, Dec 28, 12-1:45pm**
If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Family member may attend without registration. Registration required; no exceptions.



Chemotherapy Class

● **IAH-LWC, Call 703.504.3019 for appointment**
● **ILH-PER, Wed, Dec 13, 2-3:30pm**
Call 703-504-3019 to schedule an appointment with an oncology nurse navigator. Learn what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects, and resources available during treatment and into survivorship. Registration required.

Chemotherapy for Breast Cancer

● **★ FC, Mon, Dec 11, 5-6:30pm**
● **★ FC, Fri, Dec 22, 10-11:30am**
An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer, how to prepare for your appointment, an overview on nutrition and exercise, managing side effects and available online resources. Registration required.

Handling the Holidays After the Death of a Loved One

● **FC, Tue, Dec 5, 6:30-8pm**
If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Registration required by Monday, 12/4.

HEALTHY LIVING

EXERCISE

Barre Tone

● FC, Thu, Dec 7 & 14, 6:30-7:30pm

Class is appropriate for all fitness levels. Jazz up your routine and experience the latest trend in a full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance. Registration required.



Building Strength while in Treatment

● FO-LWC, Tue, Dec 5 & 12, 1:30-2:30pm

Appropriate for all fitness levels. Learn how to build strength and increase energy with gentle, low intensity and low impact resistance exercises. With emphasis on increasing overall strength, endurance and range of motion, this class will help you cope with the physical issues associated with your treatment. Equipment is provided. Dress comfortably and bring water and a small towel. Registration required.

Chair-Based Exercise

● FC, Mon, Dec 4 & 11, 2-2:45pm

● FC, Wed, Dec 6 & 13, 2-2:45pm

Appropriate for all fitness levels of fitness. Designed for people with limited mobility, you'll increase your stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. Registration required.

Circuit Training

● 44084 RP, Thu, Dec 7 & 14, 9:15-10:15am

● 44084 RP, Mon, Dec 4 & 11, 9:15-10:15am

Appropriate for advanced fitness levels. Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. Registration required.

Cross-Train Challenge

● FC, Wed, Dec 6 & 13, 3-3:45pm

Appropriate for medium to experienced fitness levels. If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery. Registration required.

Functional Fitness

● FO-LWC, Mon, Dec 4 & 11, 10-11am

Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. Registration required.

Keeping Fit

● FC, Mon, Dec 4 & 11, 3-4pm

* No class Thanksgiving week. Appropriate for all fitness levels. If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! You must be able to get up and down from the floor. Registration required.



Latinos Unidos

● AFC, miércoles, 13 de diciembre, 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. Registración es obligatoria. Escribir al david.mcginness@inova.org para más información.

Move Your Body

● FO-LWC, Wed, Dec 6 & 13, 3-4pm

*No class Thanksgiving week. Appropriate for medium to advanced levels of fitness. Kick up your energy and fitness levels with a cardio workout designed to increase strength and endurance. Incorporates body weight exercises and a moderately intense pace. Registration required.

Strength, Balance, Stretch

● 44084 RP, Tue, Dec 5 & 12, 10:30-11:30am

Appropriate for beginners and those in treatment. This class is designed to develop muscular strength, balance and flexibility. You'll use a variety of resistance equipment that will challenge every major muscle. Registration required.

Strengthen with Barre and Pilates

● FO-LWC, Thu, Dec 7 & 14, 11:30am-12:30pm

Appropriate for all fitness levels. You'll combine barre and Pilates' movements set to motivating music to create an invigorating workout. Registration required.

Total Body Conditioning

● 44084 RP, Mon, Dec 4 & 11, 10:30-11:30am

● 44084 RP, Thu, Dec 7 & 14, 10:30-11:30am

Appropriate for intermediate fitness levels. An energetic workout combining cardio, strengthening, balance and core in one workout. Registration required.

Oncology Massage and Body Work

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

Life with Cancer Studio
44084 Riverside Pkwy, LL, Suite 400
Leesburg, VA 20176

- \$60 for 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
- Physician approval is required for patients; ask for written permission at your next appointment.
- To schedule an appointment call us at 703.698.2526.
- Arrive 15 minutes early for your first appointment to complete paperwork.
- Please provide 24 hour notice if you need to cancel an appointment.
- After two missed appointments without notification, massage options in the community will be provided.

Registration is required for
all groups and programs

Zumba

● FC, Tue, Dec 5 & 12, 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 well-being. Registration required.



Zumba Gold

● 44084 RP, Fri, Dec 1-15, 10:30-11:30am

Appropriate for all fitness levels. Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Registration required.

YOGA

Evening Gentle Yoga

● 44084 RP, Mon, Dec 4 & 11, 6-7:30pm

This class is best for those in active treatment or recovering from surgery. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration required.

Evening Gentle Yoga

● FC, Mon, Dec 4, 7-8:30pm

Appropriate for all fitness levels, this class blends gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Physician approval is required if you have had surgery within 6 weeks. Registration required.

Gentle Yoga

● FC, Thu, Dec 7 & 14, 1-2pm

Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration required.



Gentle Therapeutic Yoga

● IAH-LWC, Mon, Dec 4 & 11, 4-5:30pm

Nourish your mind, body and spirit. This very gentle practice of yoga is perfect for those individuals who are just starting a yoga practice. Classes may include, yoga postures, breathing exercises, meditations and visualizations to encourage healing, strength and inner peace. Registration required.

PiYo

● FO-LWC, Wed, Dec 6 & 13, 7-8pm

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It's all about energy, power, and using your body to sculpt your body. Registration required.

Restorative Yoga

● FC, Fri, Dec 1-15, 10:15-11:45pm

● 44084 RP, Fri, Dec 1-15, 12-1:30pm

Using bolsters, blocks and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. Registration required.

Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Dec 1-15, 1-2:30pm

Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration required.

Yoga for Breast Cancer

●★ FC, Wed, Dec 6 and 13, 5:30-7pm

Breast cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required.

Yoga for Strength and Flexibility

● 44084 RP, Tue, Dec 5 and 12, 6-7:30pm

Best for those 6 weeks out from surgery and ready for more active yoga. Bring your yoga practice to a new level as you strengthen your body and improve flexibility. Bring a blanket. Registration is required.

STRESS MANAGEMENT

Healing through Art Therapy

● FC, Thu, Dec 14, 1-3:30pm

● FO-LWC, Mon, Dec 18, 1-3:30pm

Registration opens 12/1. 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. Artistic ability is not necessary. This group is for those currently in treatment, out of treatment within 2 years, caregivers or bereaved within 2 years. Registration required. Please note: free valet parking is available at the FO-LWC location. Once registered call 703.698.2526 to cancel if you cannot attend.



Healing Touch

● 44084 RP, Mon, Dec 11, 6-7pm

● IAH, Call 703.504.3019 for appointment

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields to affect physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space limited; Registration required.

Knitting and Crocheting Circle

● FC, Tue, Dec 5, 7-8:30pm

● FC, Fri, Dec 15, 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. Registration required.



Registration is required for
all groups and programs

Laughter Yoga

● FC, Thu, Dec 14, 2-3pm

Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity, reduced stress and an enhanced feeling of well-being. Fun and easy! Laughter yoga can be done seated in a chair. Registration required.

Meditation to Find Peace in the Holiday Season

● FC, Thu, Dec 7, 2-3pm

Join us for this special meditation experience. Session begins with breath work and a relaxation technique that leads into a guided meditation. Registration required.

Mindfulness-Based Cancer Recovery Drop-In

● FC, Tue, Dec 5, 11am-12pm

This monthly drop-in group is for those that completed the 6-session Mindfulness-Based Cancer Recovery Program. Stop by and see former group members, engage in some meditation and guided imagery; and talk about the benefits and challenges of maintaining “mindful-awareness” in your daily life. Registration required by the Friday prior to group.

Mindfulness-Based Cancer Recovery for Patients in Maintenance or Post Treatment

● FC, Wed, Dec 6-20, 1-2:30pm

Class continues for those already registered.

Reiki for Relaxation

● FC, Mon, Dec 11, 6-7pm & 7-8pm

● FO-LWC, Tue, Dec 19, 6-7pm & 7-8pm

● 44084 RP, Thu, Dec 28, 6:45-8pm

Registration opens on the first business day of the month. This ancient practice involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Registration required. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community.

Registration is required for all groups and programs

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Dec 21, 2:30-4pm

This drop-in writing group is for those who previously completed the 4 week series, providing an opportunity to remember and capture some of your favorite memories in writing. Registration is required.



Zentangle

● 44084 RP, Tue, Dec 12, 1:30-3pm

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The process of doing Zentangle increases focus and creativity, and provides artistic satisfaction along with an increased sense of wellbeing. A new theme is explored in each monthly class. All supplies are provided; if you have attended in the past, please bring your kit. Registration required.



SUPPORT & NETWORKING

Brain Tumor Group

● FC, Wed, Dec 20, 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. Registration required.

Breast Cancer Group

●★ FC, Wed, Dec 6, 6:45-8pm

●★ FO-RO, Wed, Dec 13, 5:30-7pm

●★ IAH-LWC, Mon, Dec 18, 5:30-7pm

●★ ILH-R, Mon, Dec 18, 5:30-7pm

These groups are for women diagnosed with stage 0-3 breast cancer, no more than 2 years out of active treatment (see groups below women 2-3 years and more than 3 years into survivorship). Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration required.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Dec 1-29, 00pm

Meet weekly with women of all ages to share life’s joys and sorrows. Prior screening is required as this is a closed group; call 703.698.2538 to register.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Dec 26, 10:30am-12pm

Meet with women of all ages to share life’s joys and sorrows. Online registration required.

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

Living with Advanced Disease

● FO-LWC, Thu, Dec 14, 1-2:30pm

Only one December meeting. Join us as we explore ways to learn to live with any type of advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Join others who can support you on this road. Registration required.

Woman's Survivorship 3+

●★ FC, Tue, Dec 12, 5-6:30pm

This group is for women who completed treatment for any kind of cancer more than 3 years ago. Many women who have completed treatment find that they can experience challenges well into survivorship. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Registration required.

Women's Breast or Gynecological Cancer Group

●★ FC, Wed, Dec 20, 5:30-7pm

This group is for women in maintenance therapy or those who have completed treatment less than 3 years ago. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Registration required.

Women's Survivorship Group

●★ ILH-R, Thu, Dec 14, 6:30-8pm

For women in maintenance therapy or completed treatment for any kind of cancer. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and other modalities. Registration required.

Young Women with Breast Cancer

●★ IAH-CCW, Tue, Dec 12, 6:30-8pm

●★ FC, Tue, Dec 19, 6:30-8pm

●★ FO-LWC, Wed, Dec 6, 6-7:30pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to one year completion of active treatment, are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first time: IAH-CCW location, call 703.504.3019; FC location, call 703.698.2538; FO-LWC location, call 703-391-4180. Registration is required.

Colorectal Cancer Group

● FC, Tue, Dec 19, 6-7:30pm

● ILH-R, Wed, Dec 13, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Registration required.

Good Grief

● FO-LWC, Mon, Dec 4, 6-8pm

● FC, New group begins in January

The FO-LWC Group continues for those already registered. 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.

GYN Cancers Group

● FC, Wed, Dec 20, 5:30-7pm

We will meet on the 3rd Wednesday in December due to the Holidays. Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Registration required.

Head and Neck Cancers Group

● FC, Wed, Dec 13, 5:30-7pm

This support group is open to any patient, survivor and loved ones impacted by a diagnosis of head and neck cancer. Join us to learn from and connect with one another while discussing the challenges of diagnosis, treatment and survivorship. Registration required.

Leukemia and Lymphoma Group

● FC, Mon, Dec 18, 10-11:30am

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. Each month we will focus on a specific topic (e.g. coping with uncertainty, fear of recurrence, etc.) in addition to open discussion. Registration required by Friday prior to the meeting.

Lung Cancer Group

● FC, Wed, Dec 6, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Registration required.

*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)**.

Registration is required for all groups and programs

Melanoma Quarterly Meeting

● FC, Thu, Dec 7, 6:30-8pm

Dr. Sekwon Jang will give a talk on treatment updates and answer audience questions. Please register.

Multiple Myeloma

● FC, Tue, Dec 19, 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. This month will be an open discussion group. Light lunch; registration required.

Spirituality Quest

● FC, Tue, Dec 12, 10:30am-12pm

Join us for fellowship, food and to share memories of your most meaningful gifts, both given and received, from past holidays. Facilitator: Marsha Komandt, RN, OCN. Please register by the preceding day.



Us Too Prostate Cancer Support Group

● LCSC, Tue, Dec 12, 6-8pm

Join other men for an opportunity to network and learn about valuable prostate cancer information and resources. Registration required.

Us Too, Prostate Cancer Support Group

● IAH-AUD, Thu, Dec 14, 6-7:30pm

This monthly group includes a 30-40 minute presentation by a physician or other health professional, followed by an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved Ones welcome! Registration required.

Life with Cancer Programs and Services for Children, Teens and Parents

- Individual and family counseling for children, teens, and parents
- Art therapy, play therapy, sand tray therapy
- Guidance in how to talk with your child or teen about cancer
- SCCIP-ND: a three-session program intervention which provides techniques to help parents/caregivers cope more effectively when they have a child diagnosed with cancer.
- Support in navigating the end of treatment and survivorship
- Grief support
- Information and referral to services in the community

For more information or to schedule an appointment please contact Jean McCaw, MA, ATR-BC, LCPAT, Child and Adolescent Program Coordinator. 703.698.2537 or jean.mccaw@inova.org.

Us Too, Prostate Cancer Support

● FC, Tue, Dec 12, 7:30-9pm

Topic to be determined. Check the website for details.

Young Adult Group

● FC, Thu, Dec 21, 6:30-8:30pm

Join us on this special day and time for a Young Adult Holiday Gathering! Registration required.

CHILDREN, TEENS AND PARENTS

Art Therapy Group for Teens in Treatment

● FC, Tue, Dec 12, 5:30-7pm

Explore your creative side using a variety of techniques and materials. Artistic ability is NOT necessary - just a willingness to have some fun and make art with other teens who are also impacted by cancer. To register contact Sarah. Schmidt@inova.org or call 703.776-2403. No online registration

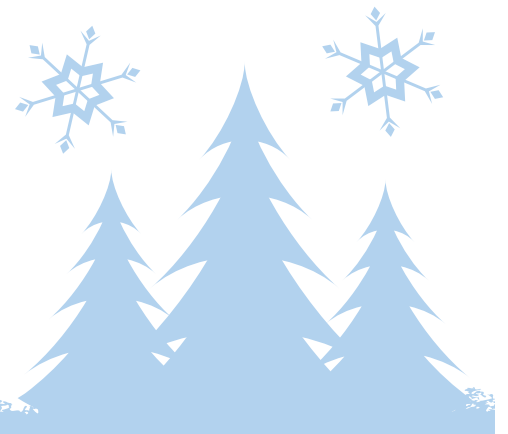
Pediatric Oncology Holiday Party

● PCC, Sat, Dec 9, 12-3:30pm

DC Candlelighters and Growing Hope invite you to their annual Pediatric Oncology Holiday Party for patients on-treatment or off-treatment two years or less. Validated garage parking provided. RSVP by December 1 to DCCandlelighters@gmail.com.

Surviving Cancer Competently Intervention Program for caregivers of children newly diagnosed with Cancer [SCCIP-ND]

Coping with cancer is difficult; all families experience challenges and it is common to struggle with emotional distress, feelings of isolation, changes in roles, and disruption in family life. SCCIP-ND is a three-session intervention that teaches proven tools for helping caregivers cope more effectively. Developed at The Children's Hospital of Philadelphia, the program helps caregivers regain a sense of control by learning how to cope more effectively so they can better help their child with cancer and other family members cope. For more information contact Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C at 703-668-2524.



DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p>1</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients In Treatment (FO-LWC)</p> <p>2</p> <p>3</p>
<p>4</p> <p>9:15pm Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am The Holidays are here (FC) 10:30am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Therapeutic Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op Class (FC) 7pm Evening Gentle Yoga (44084 RP) 6pm Good Grief (FO-LWC) 7pm Evening Gentle Yoga (FC)</p>	<p>5</p> <p>10:30am Strength Balance Stretch (44084 RP) 11am Mindfulness-Based Drop-In (FC) 1:30pm Building Strength (FO-LWC) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Look Good...Feel Better (IAH-LWC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Handling the Holidays After (FC) 7pm Zumba (FC) 7pm Knitting and Crocheting Circle (FC)</p>	<p>6</p> <p>12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Mindfulness-Based (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm PiYo (FO-LWC)</p>	<p>7</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation to Find Peace (FC) 6pm Parenting Alone (FC) 6:30pm Melanoma Quarterly Meeting (FC) 6:30pm Barre Tone (FC)</p>	<p>8</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients In Treatment (FO-LWC)</p> <p>9</p> <p>10am Carcinoid Cancer Group (FC) 12pm Pediatric Oncology Holiday Party (PCC)</p> <p>10</p>
<p>11</p> <p>9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Therapeutic Yoga (IAH-LWC) 5pm Chemotherapy for Breast Cancer (FC) 6pm Healing Touch (44084 RP) 6pm Reiki for Relaxation (FC) 6pm Evening Gentle Yoga (44084 RP) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)</p>	<p>12</p> <p>10:30am Coalesce II (FC) 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Naughty or Nice (FC) 10:30am Spirituality Quest (FC) 1:30pm Zentangle (44084 RP) 1:30pm Building Strength While in Treatment (FO-LWC) 5pm Woman's Survivorship 3+ (FC) 5:30pm Art Therapy for Teens (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Us Too (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:30pm Us Too (FC)</p>	<p>13</p> <p>1pm Mindfulness-Based (FC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Chemotherapy Class (ILH-PER) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 3pm The Role of Endocrine Therapy (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Head and Neck Cancers (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Colorectal Cancer Group (ILH-R) 6:30pm Latinos Unidos (AFC) 7pm PiYo (FO-LWC)</p>	<p>14</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 11:30am Orientation (FC) 12:30pm Breast Surgery Pre-Op Class (FC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Healing through Art Therapy (FC) 2pm Laughter Yoga (FC) 6pm Us Too (IAH-AUD) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Barre Tone (FC)</p>	<p>15</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients In Treatment (FO-LWC) 1pm Knitting and Crocheting Circle (FC)</p> <p>16</p> <p>17</p>
<p>18</p> <p>10am Breast Surgery Pre-Op (FC) 10am Leukemia and Lymphoma Group (FC) 1pm Healing Through Art Therapy (FO-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (ILH-R) 5:30pm Breast Cancer Group (IAH-LWC)</p>	<p>19</p> <p>12pm Fighting Cancer with a Fork (FO-LWC) 6pm Reiki for Relaxation (FO-LWC) 6pm Colorectal Cancer Group (FC) 6:30pm Young Women with Breast Cancer (FC) 7pm Reiki for Relaxation (FO-LWC)</p>	<p>20</p> <p>12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Mindfulness-Based Cancer Recovery (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Breast or Gynecological Cancer (FC) 6pm Brain Tumor Group (FC)</p>	<p>21</p> <p>2:30pm Writing Your Life...Drop-In (FC) 6:30pm Young Adult Group (FC)</p>	<p>22</p> <p>Coalesce (FC) 10am Chemotherapy for Breast Cancer (FC)</p> <p>23</p> <p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>12pm Breast Surgery Pre-Op (ILH-PER) 6pm Orientation (FC) 6:45pm Reiki for Relaxation (44084 RP)</p>	<p>29</p> <p>Coalesce (FC)</p> <p>30</p> <p>31</p>