



Life with Cancer®

JULY 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

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INFORMATION & EDUCATION

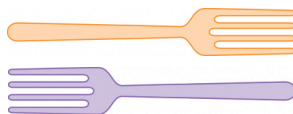
Orientation to Life with Cancer

- FC, Thu, Jul 13, 11:30am-12:30pm
- FC, Thu, Jul 27, 6-7pm

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

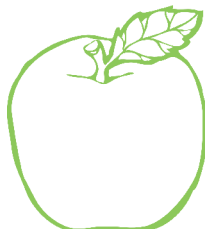
Fighting Cancer with a Fork

- IAH-CCW, Wed, Jul 12, 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.



Optimizing Nutrition throughout Treatment

- FC, Thursday, July 27th at 10:30am
- We'll review nutritional priorities throughout the course of cancer treatment, as well as strategies to help overcome common treatment related side effects to help optimize nutrition status. Class will include a demo of preparation of 2 or 3 nutrient dense smoothie/shakes, with a good protein base, a common recommendation when experiencing a variety of side effects from chemo/radiation.



Look Good...Feel Better

- FC, Mon, Jul 17, 5-7pm
- IAH-LWC, Mon, Jul 10, 6-8pm

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. Family members/friends may not attend. Registration is required through www.lookgoodfeelbetter.org, or call 1-800-227-2345.

Managing Side Effects of Hormonal Therapy

- FC, Tue, Jul 18, 5-6:30pm
- Mary Wilkinson, MD, Laura Hudgens, RN, BSN, OCN, Shara Sosa, MSW, LCSW, OSW-C, Drucilla Brethwaite, MSW, LCSW, OSW-C will discuss management of hot flashes, sleep disruption, bone health & sexual side effects. Registration is required.

Chemotherapy Class

- IAH-LWC, Tue, Jul 25, 10-11:30am
- An oncology nurse navigator will explain 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.

Chemotherapy for Breast Cancer

- FC, Mon, Jul 10, 5-6:30pm
 - FC, Fri, Jul 21, 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.



LOCATION KEY

- 44084 RP: 44084 RP, Life with Cancer Studio, 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031 www.lifewithcancer.org
- FO-C: Fair Oaks Cancer Center, Lower Level, Conference Rooms, C&D, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-LWC: Fair Oaks Cancer Center, Lower Level, Life with Cancer, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-RO: Fair Oaks Cancer Center, Lower Level, Radiation Oncology, 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, Ste 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, Ste. 100, Leesburg, VA, 20176
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Breast Surgery Pre-Op Class

- FC, Thu, Jul 13, 12:30-2pm
- FC, Mon, Jul 17, 10-11:30am
- FC, Thu, 27, 12:30-2pm
- FO-LWC, Wed, Jul 5, 12:30-2pm
- FO-LWC, Wed, Jul 26, 12:30-2pm
- IAH-LWC, Tue, Jul 18, 12:30-2pm

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. Family member/friend may attend. Please register.



Breast Surgery Pre-Op Class

- ILH-PER, Wed, Jul 5, 4-5:45pm
- ILH-PER, Thu, Jul 27, 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. Registration is required; no exceptions.

Flavor Perception in People Affected by Cancer

Washington, DC, Wed, Jun 21, 2-5:45pm

This program is brought to you by The Multinational Association of Supportive Care in Cancer. Attendance is FREE for people affected by cancer and one family member or friend. The location is the Omni Shoreham Hotel, 2500 Calvert Street NW, Washington, DC 20008. To register go to: www.mascc2017.com/scientific-information/patient-seminar.

HEALTHY LIVING

EXERCISE

A signed Physical Participation Waiver is required for each new class you take in 2017. To print the form go to lifewithcancer.org, look for the Class Registration Tab, then find the Class Forms page in the drop down menu. Physician approval is required if you have had surgery within 6 weeks. No exercise classes will be held during the week of July 3.

Barre Tone

- FC, Thu, Jul 13-27, 6:30-7:30pm
- Class continues for those already registered.

Building Strength While in Treatment

- FO-LWC, Tue, Jul 11-25*, 1:30-2:30pm
- *No class July 4. Appropriate for all fitness levels of fitness. Learn how to build strength and increase energy with gentle, low intensity and low impact resistance exercises. This class emphasizes increasing overall strength, endurance and range of motion. Equipment is provided. Dress comfortably and bring water and a small towel. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.



Chair-Based Exercise

- FC, Mon, Jul 10-Aug 14, 2-2:45pm
 - FC, Wed, Jul 12-Aug 16, 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 is required.

Circuit Training

- 44084 RP, Mon, Jul 10-Aug 14, 9-10am
 - 44084 RP, Thu, Jul 13-Aug 17, 9-10am
- Appropriate for medium to advanced fitness levels. Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Registration is required for all groups and programs

Cross-Train Challenge

● FC, Wed, Jul 12-Aug 16, 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 is required.

Functional Fitness

● FO-LWC, Mon, Jul 10-Aug 14*, 10-11am

*No class July 3. Appropriate for all fitness levels of fitness. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Joyful Belly Dance

● FC, Thu, Jul 13, 3:30-4:30pm

Appropriate for all fitness levels. Immerse yourself in the music, rhythms, patterns and pure joy of middle eastern belly dance! Learn shimmies, belly rolls, undulations, isolations and more as your body gets stronger, more relaxed and more limber. It's an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

Keeping Fit

● FC, Mon, Jul 10-Aug 14, 3-4pm

Appropriate for all fitness levels. Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect workout! You must be able to get up and down from the floor. If this is your first time attending in 2017, bring Physical Participation waiver to first class (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Men's Fitness Workshop

● FO-LWC, Thu, Jul 20, 5-6:30pm

Is it time to regain strength, flexibility and balance? Need a program you can complete at home with those weights hanging out in the back of your closet? Our Men's Fitness Workshop will help you create a program

NEW!

you can easily do on your own. Equipment is provided. Dress comfortably and bring water and a small towel. Registration is required.

Move Your Body

● FO-LWC, Wed, Jul 12-26, 3-4pm

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 at moderately intense pace. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

PiYo

● FO-LWC, Wed, Jul 12 & 19*, 7-8pm

*No class July 5. Class continues for those already registered.

Strengthen with Barre and Pilates

● FO-LWC, Thu, Jul 13-20*, 11:30am-12:30pm

Class continues for those already registered.

*No class July 6

Tai Chi

● FC, Tue, Jul 11-Aug 1, 5:30-6:30pm

Class continues for those already registered.

Total Body Conditioning

● 44084 RP, Mon, Jul 10-Aug 14, 10:15-11:15am

● 44084 RP, Thu, Jul 13-Aug 17, 10:15-11:15am

Appropriate for all fitness levels. An energetic workout that combines cardio, strengthening, balance and core in one workout. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Zumba Gold

● 44084 RP, Fri, Jul 14 & 28, 10:30-11:30am

Appropriate for all fitness levels, Zumba Gold is a modified Zumba® class that recreates the original moves we love at a lower-intensity. We'll use easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Registration is required.

Zumba

● FC, Tue, Jul 11-25, 7-8pm

This aerobic dance fitness program features movements inspired by various styles of Latin American dance. If this is your first time attending in 2017, bring Physical Participation waiver to first class (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Registration is required.

YOGA

Evening Gentle Yoga

● 44084 RP, Mon, Jul 10-Aug 14*, 7-8:30pm

● FC, Mon, Jul 17-31**, 7-8:30pm

*No class at 44084 RP on July 3.

**No class at the Family Center July 3 or July 10.

This class is appropriate for all fitness levels. 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 is required.



Gentle Yoga

● FC, Thu, Jul 20-Aug 17, 1-2pm

This class is appropriate for all fitness levels. 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 is required.

Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Jul 14-28, 1-2:30pm

Class continues for those already registered.

Yoga for Strength and Flexibility

● 44084 RP, Tue, Jul 11-Aug 15, 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.

Registration is required for all groups and programs

Restorative Yoga

● FC, Fri, Jul 14-Aug 18*, 10:15-11:45am

*No class August 4. This class is appropriate for all fitness levels. 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 is required.

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

● FC, Mon, Jul 24, 7-8:30pm

Aprender información útil para los sobrevivientes y sus seres queridos. Registración mandatorio. Para más información, llamar a David McGinness, 703.698.2529.

STRESS MANAGEMENT

Healing Through Art Therapy

● FC, Thu, Jul 20, 12:30-3pm

● FO-LWC, Mon, Jul 24, 1-3:30pm*

Registration opens July 3. 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 art experience is necessary, just a willingness to explore and be 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. Registration is required. *Please note, # 3580, is across from the hospital; free valet parking. Once registered please call 703.698.2526 to cancel if you cannot attend. Facilitator: Jean McCaw, ATR-BC, LCPAT.



Healing Touch

● 44084 RP, Mon, Jul 10, 6-7pm

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, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Healing Touch

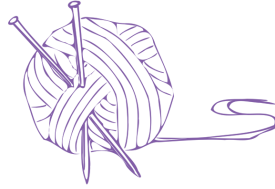
● IAH-LWC, Call 703.504.9019

See description, above and call 703.504.3019 to schedule

Knitting and Crocheting Circle

● FC, Fri, Jul 21, 1-2:30pm

Note: Only one meeting in July. 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 is required.



Meditation and Guided Imagery

● FC, Thu, Jul 20 & 27, 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. Separate registration is required for each class.

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Wed, Jul 5*, 11am-12pm

*We will meet on July 5 due to the July 4 holiday. For those that completed the 6-session Mindfulness-Based Cancer Recovery Program, this monthly drop-in group is designed to support your practice. 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 is required by the Friday prior to group.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● FC, Thu, Jul 20-Aug 24, 6-7:30pm

This is a six-week series in which you will learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health and well-being. Requirements for registration: Attendance at the course overview meeting July 6th, 6-7 PM; purchase of the book Mindfulness-Based Cancer

Recovery; regular attendance; commitment to assigned reading and home-based practice. Registration is required and space is limited.

Mindfulness-Based Cancer Recovery for Patients in Maintenance or Recently Completed Treatment

● FC, Tue, Jul 11-August 15, 1-2:30pm

See description above. Attendance at the course overview meeting on June 27th meeting, 1-2pm is required.

Reiki for Relaxation

● 44084 RP, Thu, Jul 27, 6:45-8pm

● FC, Mon, Jul 10, 6pm or 7pm

● FC, Wed, Jul 26, 6pm or 7pm

Registration opens on the first business day of each 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 is required. Once registered, please call if you need to cancel so that someone else may attend. If two appointments are missed without prior notice we may need to refer you to Reiki practitioners in the community.

Writing Your Life Stories Monthly Group

● FC, Thu, Jul 20, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Registration is required.

Zentangle

● 44084 RP, Tue, Jul 11, 1:30-3pm

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The experience 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, but if you have attended this class in the past, please bring your kit. Registration is required.



SUPPORT & NETWORKING

Summer Book Group- **Better: How I Let Go of Control, Held On to Hope, and Found Joy in My Darkest Hour**

● FC, Thu, July 13, 26, Aug 10, 24, 1-2:30pm

When Good Morning America anchor Amy Robach revealed her shocking diagnosis on live television in November 2013, the seasoned news reporter embarked on the most difficult and illuminating journey of her life. In this intimate memoir she retraces the twelve months following her announcement and speaks candidly, for the first time, about how her illness affected her family life and her marriage, tapped into her deepest fears and strengths, and transformed her in ways she never could have imagined.



Brain Tumor Group

● FC, Tue, Jul 11, 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 is required.

Breast Cancer Group

● FC, Wed, Jul 5, 6:45-8pm

● ILH -R, Mon, Jul 24, 6-7:30pm

● IAH-LWC, Mon, Jul 17, 5:30-7pm

● FO-RO, Wed, Jul 12, 5:30-7pm

Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, and more. Family/friends welcome. Registration is required.

Young Women with Breast Cancer

● FC, Tue, Jul 18, 6:30-8pm

● IAH-CCW, Tue, Jul 11, 6:30-8pm

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 gather information and learn how to best navigate survivorship. Registration is required. If attending for the first time, please call 703.698.2522.

Coalesce: An Advanced Breast Cancer Group

● FC, Fri, Jul 7-28, Call for time

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

call facilitator, Shara Sosa, 703.698.2522. Registration is required.

Coalesce II: An Advanced Breast Cancer Group

● FC, Tue, Jul 11 & 25, 10:30am-12pm

Meet with women of all ages to share life's joys and sorrows. Registration is required.

Carcinoid Cancer Group

● FC, Sat, Jul 8, 10am-12pm

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

Caregiver Connection

● FC, Mon, Jul 10, 7-8:30pm

● FO-C, Wed, Jul 12, 5:30-7pm

● ILH-R, Mon, Jul 10, 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. Registration is required 48 hours in advance.

Colorectal Cancer Connect Group

● FC, Tue, Jul 18, 6-7:30pm

● ILH -R, Wed, Jul 12, 6-7:30pm

Join us monthly to connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis and to meet the challenges of treatment and survivorship.

Registration is required for all groups and programs

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*

Cutaneous Lymphoma

No meetings June-August

Meetings will resume on September 6.

GYN Cancers Group

● FC, Wed, Jul 26, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Registration is required.

Head and Neck Cancers Group

● FC, Wed, Jul 12, 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 in this monthly group. Registration is required.

Leukemia and Lymphoma Support Group

● FC, Mon, Jul 17, 1-2:30pm

This support group is open to anyone with a leukemia/lymphoma diagnosis, and/or their caregivers, to 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.

Living with Advanced Disease

● FO-LWC, Thu, Jul 13, 1-2:30pm

Note: Just one monthly meeting July-August. Join us as we explore ways to learn to live with 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.

Lung Cancer Group

● FC, Wed, Jul 5, 6:30-8pm

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

Multiple Myeloma

● FC, Tue, Jul 18, 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. July will be an open discussion group. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Spirituality Quest

● FC, Tue, Jul 11, 10:30-12pm

This group meets on the second Tuesday of the month as we explore our spiritual paths. Join us for a cup of tea while we listen to dulcimer musician Linda Shearer for "Awakening the Spirit and How Sound Can Enhance Our Spiritual Practice". Registration is required.



Registration is required for all groups and programs

Us Too, Prostate Cancer Support Group

● FC, Tue, Jul 11, 7:30-9pm

Dr. Donald "Skip" Trump, CEO and Executive Director of the Inova Schar Cancer Institute will give us an update on the Inova Schar Cancer Institute.

Us Too, Prostate Cancer Support Group

● IAH, Mon, Jul 17, 6-7:30pm

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

Us Too Prostate Cancer Support Group

● LCSC, Tue, Jul 11, 6-8pm

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

Women's Survivorship Group

● ILH-R, Thu, Jul 13, 6:30-8pm

For women in maintenance therapy or completed treatment. 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 is 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)**.

Women's Survivorship Group for Women with Breast or Gynecological Cancer



● FC, Wed, July 19, July, 5:30-7pm

For women in maintenance therapy or completed treatment within the last 3 years: 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 is required.

Young Adult Group

● FC, Thu, Jul 27, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Tue, Jul 11, 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.

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.

Sign up for Life with Cancer Updates

You will receive timely information on

- Program Highlights
- Fundraisers
- Weather Closings

It's Easy!

1. Go to www.lifewithcancer.org
2. Scroll 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.



Oncology Massage and Body Work

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

Life with Cancer Studio
44084 Riverside Pkwy, LL, Ste 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.

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
				2
3	4 Happy 4th of July!	5 11am Mindfulness-Based Cancer Recovery Drop-In (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 4pm Breast Surgery Pre-Op Class (ILH-PER) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC)	6 6pm MBCR Mandatory Course Overview (FC)	7 Coalesce (FC) 8 10am Carcinoid Cancer Group (FC) 9
10 9am Functional Circuit (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5pm Chemotherapy for Breast Cancer (FC) 6pm Reiki for Relaxation (FC) 6pm Healing Touch (44084 RP) 6pm Look Good...Feel Better (IAH-LWC) 6:30pm Caregiver Connection (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)	11 10:30am Coalesce II (FC) 10:30pm Spirituality Quest (FC) 1pm Mindfulness-Based Cancer Recovery (FC) 1:30pm Building Strength (FO-LWC) 1:30pm Zentangle (44084 RP) 5:30pm Tai Chi (FC) 5:30pm Art Therapy Group for Teens in Treatment (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:30pm Us Too, Prostate Cancer (FC)	12 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Caregiver Connection (FO-C&D) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Colorectal Cancer Connect Group (ILH-R) 7pm PiYo (FO-LWC)	13 9am Circuit Training (44084 RP) 10:15am 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 Summer Book Group (FC) 1pm Living with Advanced Disease (FO-LWC) 3:30pm Joyful Belly Dance (FC) 6:30pm Barre Tone (FC) 6:30pm Women's Survivorship Group (ILH-R)	14 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 15 16
17 9am Functional Circuit (44084 RP) 10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op (FC) 10:15am Total Body Conditioning (44084 RP) 1pm Leukemia and Lymphoma Group (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Us Too, Prostate Cancer Group (IAH-AUD) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	18 11:45am Multiple Myeloma (FC) 12:30pm Breast Surgery Pre-Op (IAH-LWC) 1pm Mindfulness-Based Cancer Recovery (FC) 1:30pm Building Strength (FO-LWC) 5pm Managing Side Effects of Hormonal Therapy (FC) 5:30pm Tai Chi (FC) 6pm Colorectal Cancer Connect Group (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC)	19 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Women's Survivorship Group (FC) 7pm PiYo (FO-LWC)	20 9am Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 12:30pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC) 5pm Men's Fitness Workshop (FO-LWC) 6pm Mindfulness-Based Cancer Recovery (FC) 6:30pm Barre Tone (FC)	21 Coalesce (FC) 10am Chemotherapy for Breast Cancer (FC) 10:15am Restorative Yoga (FC) 1pm Yin Yoga (FO-LWC) 1pm Knitting and Crocheting Circle (FC) 2pm Flavor Perception (Washington DC) 22 23
24 9am Functional Circuit (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 1pm Healing Through Art Therapy (FO-LWC) 2pm Chair-Based Exercise(FC) 3pm Keeping Fit (FC) 6pm Breast Cancer Group (ILH-R) 7pm Aprendiendo Juntos (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	25 10am Chemotherapy Class (IAH-LWC) 10:30am Coalesce II (FC) 1pm Mindfulness-Based Cancer Recovery (FC) 1:30pm Building Strength (FO-LWC) 5:30pm Tai Chi (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 7pm Zumba (FC)	26 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Summer Book Group (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm GYN Cancers Group (FC) 6pm Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC)	27 9am Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 10:30am Optimizing Nutrition (FC) 12pm Breast Surgery Pre-Op Class (ILH-PER) 12:30pm Breast Surgery Pre-Op Class (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Mindfulness-Based Cancer Recovery (FC) 6pm Orientation (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	28 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Yin Yoga (FO-LWC) 29 30
31 9am Functional Circuit (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)				