



Life with Cancer®

MARCH 2018

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).

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 (FC)
- Fair Oaks (FO)
- Loudoun (ILH)
- Alexandria, Mt. Vernon, Arlington (IAH)
- ★ Breast Cancer Class

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

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INFORMATION & EDUCATION

12th Annual Cancer Survivor Retreat

OLGC, Sat, Mar 3, 8am-1pm

For survivors that have finished active treatment, the Northern VA Chapter of the Oncology Nursing Society presents "Nourishing Yourself as a Cancer Survivor". Topics by various oncology healthcare professionals will focus on nourishing and educating yourself on peripheral neuropathy, nutrition, nature, and exercise. For information only, call 571-217-1250. Please register at NOVAONS@gmail.com by Monday, February 26. No online registration through Life with Cancer.

Look Good...Feel Better

● **ILH-RO, Mon, Mar 5, 12-2pm**

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 should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required at look-goodfeelbetter.org, or call 1-800-227-2345.

Registration is required for all groups and programs

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.

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



*Feeling 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)**.

LOCATION KEY

● 44084 RP:	44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
● 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-E&T 1&2:	Inova Alexandria Hospital Health Education Center, 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-RO:	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
OLGC:	Our Lady of Good Counsel Church, DeSales Hall, 8601 Wolftrap Road, Vienna, VA 22182

Breast Surgery Pre-Op Class

- ★ FO-LWC, Wed, Mar 14, 12:30-2pm
- ★ FO-LWC, Wed, Mar 28, 12:30-2pm
- ★ FC, Mon, Mar 5, 5-6:30pm
- ★ FC, Mon, Mar 19, 10-11:30am
- ★ FC, Wed, Mar 28, 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. Registration is required (family member/friend may attend without registration).



Breast Surgery Pre-Op Class

- ★ ILH-PER, Tue, Mar 13, 4-5:45pm
- ★ ILH-PER, Thu, Mar 22, 1-2:45pm

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. A Family member may attend without registration. Registration is required; no exceptions.

Chemotherapy Class

- ILH-PER, Fri, Mar 2, 12-1:30pm
- IAH, Call 703.504.3019 for appointment

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. Registration is required.

Chemotherapy for Breast Cancer

- ★ FC, Tue, Mar 6, 5-6:30pm
- ★ FC, Fri, Mar 23, 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.

Fighting Cancer with a Fork

- FO-RO, Tue, Mar 20, 12-1pm

Registered Dietitian, Sara Negron will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.

Fighting Cancer with a Fork

- IAH-CCW, Wed, Mar 14, 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.

Managing Side Effects of Anti-Estrogen Therapy

- ★ FO-LWC, Wed, Mar 28, 4:30-6pm
- Oncology therapist Maureen Broderick, MSW, LCSW and Oncology Nurse Navigator Gale Towery RN,BSN, OCN, CBCN will discuss managing the side effects of anti-estrogen therapy, including hot flashes, sleep disruption, joint pain and sexual side effects.

Orientation to Life with Cancer

- FC, Mon, Mar 26, 6-7pm
- FC, Thu, Mar 8, 11am-12pm

Take a tour of our Family Center and learn about our many programs, classes, groups and services for children and adults. Registration is required. Can't make a scheduled orientation? Call us at 703.698.2534 to arrange a personal session.

The Circle of Life

- FC, Mon, Mar 19, 6:30-8pm

Oncology Nurse Marsha Komandt, RN, OCN, will present how our bodies go full circle from birth until death, the changes in body functions that occur and what to expect. She will demystify the dying process.

Triple Negative Breast Cancer Tea

- ★ FC, Fri, Mar 2, 3:30-5pm

Triple Negative Breast Cancer (TNBC) survivors are invited for a pre-weekend afternoon tea to learn more about TNBC. Medical oncologist Dr. Anne Favret, will share the latest research findings and survivor Tracy Bunch will share information on the TNBC Foundation, as well as educational and financial resources. Register by Wed, 2/28.



Registration is required for all groups and programs

MOVEMENT

Barre Tone

● FC, Thu, Mar 8-Apr 26, 6:30-7:30pm

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 is required.



Chair-Based Exercise

● FC, Mon, Mar 5 & 12, 2-2:45pm

● FC, Wed, Mar 7 & 14, 2-2:45pm

● FC, Mon, Mar 26-May 7, 2-2:45pm

● FC, Wed, Mar 28-May 9, 2-2:45pm

Designed for people with limited mobility, you'll increase 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, Mar 5-26, 9:15-10:15pm

● 44084 RP, Thu, Mar 8-29, 9:15-10:15am

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

Cross-Train Challenge

● FC, Wed, Mar 7 & 14, 3-3:45pm

● FC, Wed, Mar 28-May 9, 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.

Evening Gentle Yoga

● FC, Mon, Mar 5, 19 and 26*, 7-8:30pm

● 44084-RP, Mon, Mar 5-Apr 23, 7-8:30pm

*There will be no class on March 12 at FC.

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.

EZ Tai Chi

● FC, Tue, Mar 13-May 8, 1-2pm

Using the protocols developed in the "Harvard Medical School Guide to Tai Chi", you will learn 5 basic movements that are easy to learn and can be practiced at home. The Harvard protocol does not feature the fluid movements of Yang Style Tai Chi but provides many of the health benefits and may encourage pursuing further studies of the complete form. Registration is required.

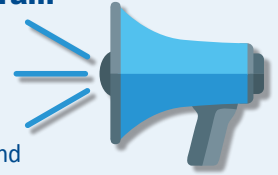


Functional Fitness

● FO-LWC, Mon, Mar 5-April 23, 10-11am

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

Life with Cancer Fitness Program News



In anticipation of expanding our fitness program and increasing access to newly diagnosed patients we are asking that, beginning in March, participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or by using the Donate tab on our website; select the Life with Cancer Fitness Program designation when making your donation. Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship. Registration is required for all classes.

Beginning in March, many but not all classes that were previously offered as a series will now be offered as individual classes. This change will make it possible for participants to pick and choose which class dates suit their schedules and will allow new people to join classes mid series, thereby maximizing attendance in all classes. Our registration system allows registration for just one month at a time; if a class spans two or three months, participants will need to fill in their registration information for each month.

It's a New Year, so . . .

Please complete new Physical Activity Waivers for all new fitness classes you attend in 2018. You'll find the waiver at lifewithcancer.org. Hover over the "Register for a Class" tab then click on the third item down, "Class Forms". The physical-activity-waiver-fill-in is at the bottom of the list.

Registration is required for all groups and programs

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.

Gentle Yoga

- FC, Thu, Mar 8-Apr 26, 1-2pm
- IAH-LWC 1&2, Mon, Mar 5-Apr 26, 4-5:30pm

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 (and/or mat for IAH-LWC location. Registration is required).

Joyful Belly Dance

- FC, Wed, Mar 7-Apr 25, 11am-12pm

Immerse yourself in the music, rhythms, patterns and pure joy of middle eastern belly dance! Learn shimmies, belly rolls, undulations, isolations and more as you feel your body getting stronger, more relaxed and more limber. Belly dance is an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

Keeping Fit

- FC, Mon, Mar 5 and 12, 3-4pm
- FC, Mon, Mar 26-May 7, 3-4pm

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 is required.

Men's Fitness Workshop

- FO-LWC, Thu, Mar 15, 5-6pm

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



Move Your Body

- FO-LWC, Wed, Mar 7-Apr 25, 3-4pm

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 is required.

PiYo

- FO-LWC, Wed, Mar 7-Apr 25, 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 is required.

Restorative Yoga

- 44084 RP, Fri, Mar 9-30, 12-1:30pm
- FC, Fri, Mar 9-23, 10:15-11:45am

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.

Strength, Balance, Stretch

- 44084 RP, Tue, Mar 6-Apr 24, 10-11am

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 is required.

Strengthen with Barre and Pilates

- FO-LWC, Thu, Mar 8-Apr 26, 11:30am-12:30pm

You'll combine barre and pilates movements set to motivating music to create an invigorating workout. Registration is required.

Tai Chi

- FC, Tues, March 13-May 8, 10:30am-12pm

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness (rather than force and resistance) it has been recognized for thousands of years as both a method of self-cultivation and form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This class will teach basic movements.

Total Body Conditioning

- 44084 RP, Mon, Mar 5-Apr 23, 10:30-11:30am
- FC, Thu, Mar 8-Apr 26, 10:30-11:30am

An energizing workout combining cardio, strengthening, balance and core in one workout. Registration is required.

Yin Yoga for Those in Treatment

- FO-LWC, Fri, Mar 9-Apr 27, 1-2:30pm

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.

Yoga for Breast Cancer

- ★ FC, Wed, Mar 7-21, 5:30-6:30pm

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, Mar 6-Apr 24, 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. Please bring a blanket and small towel. Registration is required.

Yoga Sculpt

- FO-LWC, Tue, Mar 6-Apr 24, 1-2pm

Yoga Sculpt combines yoga, light weight training, core work and cardio, for a full body workout. It is designed to help tone and strengthen muscles, and improve balance and overall fitness. Bring a small towel and water. Registration is required.



Yoga Therapy

For an appointment email yoginidawn@yahoo.com

Dawn Curtis, a certified Yoga Therapist, is available for 1:1 Yoga Therapy Sessions. Cost is \$50 for a 60 minute 1:1 session. Preferred payment is by cash or check payable to Dawn Curtis. Credit cards accepted.

Zumba Gold

- 44084 RP, Fri, Mar 9-Apr 20*, 10:30-11:30am

*No class 3/23 and 30. Come party to a fusion of Latin and International music/dance themes that create a dynamic, exciting, easy to do and FUN workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Registration is required.

Zumba!

- FC, Tue, Mar 6-27, 7-8pm
 - IAH-E&T 3&4, Wed, Mar 7, 7-8pm
 - IAH-E&T 1&2, Wed, Mar 14-28, 7-8pm
- see description, above. Registration is required.

Registration is required for all groups and programs

STRESS REDUCTION

Compassion Cultivation

● FC, Wed, Mar 7-21, 1-2:30pm

Class continues for those already registered.

Meditation and Guided Imagery

● FC, Thu, Mar 8-29, 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. Registration is required.

Introduction to Qigong

● IAH-LWC, Tues, Mar 6 & 13, 3:30-4:30pm

Class continues for those already registered.

Qigong for Mindful Stress Release

● FC, Mon, Mar 5-26, 12-1pm

Qigong is an ancient Chinese practice combining movement, breath and focused intention. This 4 week class will focus on easy-to-learn movements to help reduce stress, increase vitality, enhance the immune system and bring balance to our lives as we navigate our way in this colorful world. The class is suitable for beginners through advanced practitioners. Registration is required.

Art Therapy Series: Going Deeper than Words

● FC, Tue, Mar 6-20, 1-3pm

Class continues for those already registered.

Healing Through Art Therapy

● FC, Thu, Mar 15, 1-3:30pm

● FO-LWC, Mon, Mar 26, 1-3:30pm

Registration opens on the first of the month. 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.

Healing Touch

● 44084 RP, Mon, Mar 12, 6-7pm

Registration begins on the first business day of the month. Returning clients, please sign up every other month to give new clients a chance to experience Healing Touch. Healing touch practitioners employ the hands, placed just above the body or with actual light touch,

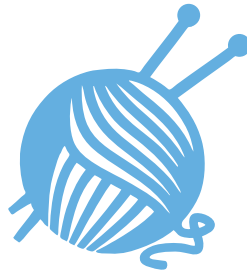
to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Knitting & Crocheting Circle

● FC, Tue, Mar 6, 7-8:30pm

● FC, Fri, Mar 16, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us to work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Registration required.



Mindfulness-Based Cancer Recovery

● FC, Tue, Mar 20-Apr 24, 3-4:30pm

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 orientation March 6th 3-4 PM; purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice. Registration is required and space is limited. For more information please contact Rebecca McIntyre at 703-698-2524.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● 44084 RP, Thu, Mar 1-15, 2-3:30pm

Class continues for those already registered.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● FC, Wed, Feb 21-Mar 7-28, 5:30-7pm

No class 3/21. Class continues for those already registered.

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Mar 6, 11am-12pm

● FC, Thu, Mar 15, 5:30-6:30pm

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. Contact Rebecca McIntyre at 703.698.2524 or Rebecca.McIntyre@inova.org. Registration is required by the Friday prior to group.

Reiki for Relaxation

● 44084 RP, Thu, Mar 22, 6:45-8pm

● FC, Mon, Mar 12, 6-7pm and 7-8

● FC, Wed, Mar 28, 6-7pm and 7-8

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 you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community.

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Mar 15, 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, Mar 13, 1:30-3pm

Take a mental vacation from cancer and enjoy Zentangle. It's an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, and can increase focus and creativity, and provide artistic satisfaction along with an increased sense of well-being. A new theme is explored in each monthly class. Supplies are provided, but if you have attended this class in the past, please bring your kit. Registration is required.



Registration is required for all groups and programs

SUPPORT & NETWORKING

Gynecologic Cancer Group

● FC, Wed, Mar 28, 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. Facilitator: Rebecca McIntyre, LCSW, OSW-C. Registration required.

Lung Cancer Group

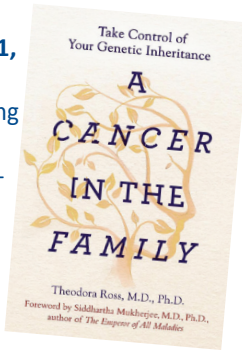
● FC, Wed, Mar 7, 6:30-8pm

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

Book Group: "A Cancer in the Family"

● FO-RO, Wed, Mar 21, 6-7:30pm

Despite advanced training in cancer genetics and years of practicing medicine, Dr. Theo Ross was never certain whether the history of cancers in her family was simple bad luck or a sign that they were carriers of a cancer-causing genetic mutation. Then she was diagnosed with melanoma, and for someone with a dark complexion, melanoma made no sense. Oncologist and cancer gene hunter Theo Ross delivers the first authoritative, go-to for people facing a genetic predisposition for cancer. Facilitator: Maureen Broderick. Registration is required.



Brain Tumor Group

● FC, Wed, Mar 21, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Vera Hirshman, RN, and David McGinness, LCSW. Registration is required.

Breast Cancer Group

●★ FC, Wed, Mar 7, 6:45-8pm

●★ FO-LWC, Wed, Mar 14, 5:30-7pm

●★ IAH-LWC, Mon, Mar 19, 5:30-7pm

●★ ILH-RO, Mon, Mar 26, 5:30-7pm

This group is for women diagnosed with stage 0-3 breast cancer, no more than 2 years out of active treatment (see other groups for 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.

Breast or Gynecological Cancer Survivorship Group

●★ FC, Wed, Mar 21, 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. Facilitated by oncology therapist, Alexandra Russo, LCSW and Oncology Nurse Navigator, Becca Dipatri, RN, 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.

Carcinoid Cancer Group

● FC, Sat, Mar 10, 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, Mar 12, 7-8:30pm

● FO-B, Wed, Mar 14, 5:30-7pm

● ILH-RO, Mon, Mar 12, 6-7:30pm

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. Registration required 48 hours in advance.



Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Mar 9-30, 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; please call facilitator, Shara Sosa, 703.698.2522.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Mar 13 & 27, 10:30am-12pm

Meet with women of all ages to share life's joys and sorrows. Contact Micheline Toussaint, LCSW, RYT for more information, micheline.toussaint@inova.org or 703.698.2521. Registration is required.

PROGRAMAS EN ESPAÑOL

Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes

● ILH-RO, lunes, 12 de marzo, 6-7:30pm

Conéctese con pacientes, sobrevivientes y seres queridos afectados por los diferentes diagnósticos de cáncer para enfrentar los desafíos del tratamiento y la supervivencia. Regístrese en www.lifewithcancer.org.

Colorectal Cancer Group

● FC, Tue, Mar 20, 6-7:30pm

● ILH-RO, Wed, Mar 14, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN. Registration is required.

Cutaneous Lymphoma Support Group

● FC, Wed, Mar 7, 7-9pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.clfoundation.org/CLF-DC>

Good Grief

● FC, Tue, Mar 6, 7:15-9pm

Group continues for those already registered. For information about upcoming group, contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or drucilla.brethwaite@inova.org.

Head and Neck Cancers Group

● FC, Mon, Mar 12, 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 is required. Facilitators: Oncology Therapist Alexandra Russo, MSW, LCSW, and Oncology Nurse Navigator Gerry Higgins, MSN, RN-BC, OCN.

Multiple Myeloma

● FC, Tue, March 20, 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

Registration is required for all groups and programs

myeloma. Special guest speaker for March. Please check the website. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Us Too, Prostate Cancer Group

● IAH-AUD, Thu, Mar 8, 6-8pm

This monthly group includes a 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! Facilitator: David McGinness, 703.698.2526 or david.mcginness@inova.org. Registration is required.

Us Too Prostate Cancer Support Group

● LCSC, Tue, Mar 13, 6-8pm

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

Us Too Prostate Cancer Support Group

● FC, Tue, March 13, 7:30-9pm

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

Just for the Guys Support Group

● IAH-LWC, Thu, Mar 15, 6-7:30pm

This monthly group supports men with any cancer, in treatment or within 3 years post-treatment. This will be an open-discussion group that addresses the challenges of being a man diagnosed with cancer. For more information contact David McGinness at david.mcginness@inova.org

Leukemia and Lymphoma Support Group

● FC, Mon, Mar 19, 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. Facilitator: Sarah Brooks, LCSW and Oncology Nurse Navigator, Lynn Magrum, MSN, CANP. Registration is required by previous Friday.

Living with Advanced Disease

● FO-LWC, Thu, Mar 8 & 22, 1-2:30pm

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. Please call 703.391.3691 for more information. Registration required.

Spirituality Quest: March Madness

● FC, Tue, Mar 13, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. Our March topic will be "March Madness: What Are You Passionate about Spiritually?" Registration is required. Facilitator: Marsha Komandt, RN, OCN.



Woman's Survivorship 3+

● FC, Tue, Mar 13, 5-6:30pm

This group is for women who completed treatment, for any type 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. Facilitated by oncology therapist, Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

Women's Survivorship Group

● ILH-RO, Thu, Mar 8, 6:30-8pm

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

Young Women with Breast Cancer

●★ FC, Tue, Mar 20, 6:30-8pm

●★ FO-LWC, Wed, Mar 7, 6-7:30pm

●★ IAH-LWC, Tue, Mar 13, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer from diagnosis up to one year after completing 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.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Tue, Mar 20, 5:30-7pm

Explore your creative side using a variety of

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.

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.

Curious about Cancer

● FC, Tue, Mar 6 & 13, 6-7pm

This 6 week group is for children 5-12 who have a sibling or adult family member 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. To register or for more information contact Jean McCaw MA, ATR-BC, LCPAT Child & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org. No online registration.

Pediatric Oncology Parent Night: Help for Parents

● FC, Tue, Mar 27, 6:30-8pm

Help for parents of children diagnosed with Cancer; learn tips and tools for coping with distressing aspects of cancer. Please Register with Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703-531-1515.

Registration is required for all groups and programs

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			1 2pm Mindfulness-Based Cancer Recovery (44084 RP)	2 Coalesce (FC) 12pm Chemotherapy Class (ILH-PER) 3:30pm Triple Negative Breast Cancer Tea (FC)
5 9:15pm Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 12pm Qigong for Mindful Stress Release (FC) 12pm Look Good...Feel Better (ILH-RO) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op Class (FC) 7pm Evening Gentle Yoga (44084) 7pm Evening Gentle Yoga (FC)	6 10am Strength, Balance, Stretch (44084 RP) 11am Mindfulness-Based Drop-In Group (FC) 1pm Art Therapy Series: Going Deeper (FC) 1pm Yoga Sculpt (FO-LWC) 3:30pm Introduction to Qigong (IAH-LWC) 5pm Chemotherapy for Breast Cancer (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Curious about Cancer (FC) 7pm Zumba (FC) 7pm Knitting & Crocheting Circle (FC) 7:15pm Good Grief (FC)	7 11am Joyful Belly Dance (FC) 1pm Compassion Cultivation (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Mindfulness-Based Cancer Recovery (FC) 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 Zumba (IAH-E&T 3&4) 7pm PiYo (FO-LWC) 7pm Cutaneous Lymphoma (FC)	8 9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (FC) 11am Orientation (FC) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2pm Mindfulness-Based Cancer Recovery (44084 RP) 6pm Us Too, Prostate Group (IAH-AUD) 6:30pm Barre Tone (FC) 6:30pm Women's Survivorship Group (ILH-RO)	9 Coalesce (FC) 10:15pm Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for those in Treatment (FO-LWC)
12 9:15pm Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 12pm Qigong for Mindful Stress Release (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5:30pm Head and Neck Cancers Group (FC) 6pm Caregiver Connection (ILH-RO) 6pm Healing Touch (44084 RP) 6pm Grupo de Apoyo (ILH-RO) 6pm Reiki for Relaxation, Mon, 6 PM (FC) 7pm Reiki for Relaxation, Mon 7 PM (FC) 7pm Evening Gentle Yoga (44084) 7pm Caregiver Connection (FC)	13 10am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 10:30am Spirituality Quest (FC) 10:30am Coalesce II: (FC) 1pm Art Therapy Series: Going Deeper (FC) 1pm EZ Tai Chi (FC) 1pm EZ Tai Chi (FC) 1:30pm Zentangle (44084 RP) 3:30pm Intro to Qigong (IAH-LWC) 4pm Breast Surgery Pre-Op Class (ILH-PER) 5pm Woman's Survivorship 3+ (FC) 6pm Us Too Prostate Cancer (LCSG) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Curious about Cancer (FC) 6:30pm Young Women with Breast Cancer (IAH-LWC) 7pm Zumba (FC) 7pm Us Too Prostate Group (FC)	14 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op Class (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 1pm Compassion Cultivation (FC) 2pm Chair-Based Exercise (FC) 3pm Yoga Sculpt (FO-LWC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Mindfulness-Based Cancer Recovery (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Breast Cancer Group (FO-LWC) 6pm Colorectal Cancer Group (ILH-RO) 7pm Zumba (IAH-E&T 1&2) 7pm PiYo (FO-LWC)	15 9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (FC) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Meditation and Guided Imagery (FC) 2pm Mindfulness-Based Cancer (44084 RP) 2:30pm Writing Your Life Stories Drop-In (FC) 5pm Men's Fitness Workshop (FO-LWC) 5:30pm Mindfulness-Based...Drop-In (FC) 6pm Just for the Guys (IAH-LWC) 6:30pm Barre Tone (FC)	16 Coalesce (FC) 10:15pm Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for those in Treatment (FO-LWC) 1pm Knitting&Crocheting Circle (FC)
19 9:15pm Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op Class (FC) 10am Leukemia and Lymphoma Group (FC) 10:30am Total Body Conditioning (44084 RP) 12pm Qigong for Mindful Stress Release (FC) 4pm Gentle Yoga (IAH-LWC) 5:30pm Breast Cancer Group (IAH-LWC) 6:30pm The Circle of Life (FC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)	20 10am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 11:45pm Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-RO) 1pm Yoga Sculpt (FO-LWC) 1pm Art Therapy Series: Going Deeper (FC) 1pm EZ Tai Chi (FC) 3pm Mindfulness-Based Cancer Recovery (FC) 5:30pm Art Therapy Group for Teens in Treatment (FC) 5:30pm Mindfulness-Based Cancer Recovery (FC) 6pm Colorectal Cancer (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC)	21 11am Joyful Belly Dance (FC) 1pm Compassion Cultivation (FC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Breast or Gynecological Group (FC) 6pm Book Group: A Cancer in the Family (FO-RO) 6pm Brain Tumor Group (FC) 7pm Zumba(IAH-E&T 1&2) 7pm PiYo (FO-LWC)	22 9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (FC) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Pre-Op (ILH-PER) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP)	23 Coalesce (FC) 10am Chemotherapy for Breast Cancer (FC) 10:15pm Restorative Yoga (FC) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for those in Treatment (FO-LWC)
26 9:15pm Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 12pm Qigong for Mindful Stress Release (FC) 1pm Healing Through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5:30pm Breast Cancer Group (ILH-RO) 6pm Orientation (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	27 10am Strength, Balance, Stretch (44084 RP) 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 3pm Mindfulness-Based Cancer Recovery (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Pediatric Oncology Parent Night (FC) 7pm Zumba (FC)	28 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 12:30pm Breast Surgery Pre-Op (FC) 3pm Move Your Body (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 4:30pm Managing Side Effects of Anti-Estrogen (FO-LWC) 5:30pm Mindfulness-Based Cancer Recovery (FC) 5:30pm Gynecologic Cancers Group(FC) 6pm Reiki for Relaxation (FC) 7pm Reiki for relaxation (FC) 7pm PiYo (FO-LWC) 7pm Zumba (IAH-E&T 1&2)	29 9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (FC) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6:30pm Barre Tone (FC)	30 Coalesce (FC) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for those in Treatment (FO-LWC)
				31 6:30pm Barre Tone (FC)