



# Life with Cancer®

NOVEMBER 2018

## LIFE WITH CANCER CONNECT

A direct link to your support team  
703.206.5433

### 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.
- Class dates may change. For the most up-to-date information, go to Register for a Class page at [www.lifewithcancer.org](http://www.lifewithcancer.org).

### 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

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**INOVA®**

Schar Cancer Institute

## INFORMATION & EDUCATION

### Look Good...Feel Better

- FC, Mon, Nov 19, 5-7pm
- ILH-RO, Mon, Nov 12, 12-2pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration required. To register call 1-800-227-2345 or go to [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org).



look good  
feel better

SUPPORTING WOMEN WITH CANCER

### Ask a Dietitian!

- FC, Mon, Nov 19, 5-6pm

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Come spend an evening with Registered Dietitian, Lauren Fay, to ask any nutrition related questions you have to receive the evidence based answers and clarify any confusion you may have. Registration is required.



### Survivorship Nutrition 2018 Update

- FC, Mon, Nov 12, 4-5:30pm

Did you know the American Institute for Cancer Research Released their latest recommendations for survivorship nutrition this May? This class, taught by Registered Dietitian Lauren Fay, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decreased risk of cancer recurrence. Includes cooking demonstration! Registration is 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](http://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

### Breast Surgery Pre-Op Class

- ★ FC, Mon, Nov 5, 5-6:30pm
- ★ FC, Mon, Nov 26, 10-11:30am
- ★ FC, Fri, Nov 16, 10-11:30am
- ★ FC, Wed, Nov 21, 1-2:30pm
- ★ FO-LWC, Wed, Nov 7, 12:30-2pm
- ★ FO-LWC, Tue, Nov 13, 6-7:30pm
- ★ IAH, call 703.504.3019 for appointment

- ★ ILH-PER, Tue, Nov 6, 4-5:45pm
- ★ ILH-PER, Thu, Nov 29, 1-2:45pm

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.

### Cancer-Related Fatigue

- FC, Thu, Nov 1, 8 & 15, 10-11:30am

Fatigue is cited as the most common side effect of cancer treatment. Join us for a three-part series to learn about the causes of cancer-related fatigue and learn evidence-based strategies for coping and management. Individuals at any stage of treatment or survivorship, as well as loved ones or caregivers, are welcome to attend. Registration is required by October 29.

### Endocrine Therapy and Bone Health for Breast Cancer

- ★ FO-LWC, Tue, Nov 6, 4-4:45

Dr. Margaret Howard MD will discuss current recommendations for bone health for women on endocrine therapy. Registration is required.

## LOCATION KEY

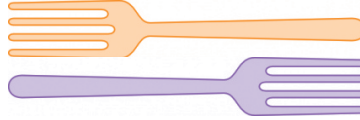
|                |                                                                                                                                   |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------|
| ● 44084 RP:    | 44084 RP,<br>44084 Riverside Parkway,<br>Suite 400, Lower Level,<br>Leesburg, VA 20176                                            |
| ● FC:          | Life with Cancer<br>Family Center,<br>8411 Pennell Street,<br>Fairfax, VA 22031<br>www.lifewithcancer.org                         |
| ● FO-B:        | Fair Oaks Cancer Center,<br>Conference Rooms,<br>Lower Level,<br>3580 Joseph Siewick Drive,<br>Fairfax, VA 22033                  |
| ● FO-LWC:      | Fair Oaks Cancer Center,<br>Life with Cancer Suite,<br>Lower Level, Suite 005,<br>3580 Joseph Siewick Drive,<br>Fairfax, VA 22033 |
| ● FO-RO:       | Fair Oaks Cancer Center,<br>Radiation Oncology,<br>Lower Level, Suite 001,<br>3580 Joseph Siewick Drive,<br>Fairfax, VA 22033     |
| ● IAH-CCW:     | Inova Alexandria Hospital<br>Cancer Center Waiting Room,<br>4320 Seminary Road,<br>Alexandria, VA 22304                           |
| ● IAH-E&T 1&2: | Inova Alexandria Hospital<br>Health Education Center,<br>Alexandria, VA 22304                                                     |
| ● IAH-HEC 3-5: | Inova Alexandria Hospital<br>Health Education Center,<br>4320 Seminary Road,<br>Alexandria, VA 22304                              |
| ● IAH-LWC:     | Inova Alexandria Hospital,<br>Life with Cancer Office,<br>Suite 1.NE.5.4,<br>4320 Seminary Road,<br>Alexandria, VA 22304          |
| ● ILH-PER :    | Inova Loudoun Hospital<br>Patient Education Room,<br>44045 Riverside Parkway,<br>Leesburg, VA                                     |
| ● ILH-RO:      | Inova Loudoun Hospital,<br>Radiation Oncology Center,<br>44035 Riverside Parkway,<br>Suite 100,<br>Leesburg, VA 20176             |
| ● IMS:         | Inova Medical Spa,<br>21785 Filigree Ct,<br>Ashburn, VA 20147                                                                     |
| ● LCSC:        | Loudoun County<br>Senior Center,<br>21060 Whitfield Place,<br>Sterling, VA 20165                                                  |
| WO&D           | Washington and<br>Old Dominion Trail,<br>Vienna, Corner of Church<br>and Dominion Rd,<br>Vienna, VA                               |

## INFORMATION AND EDUCATION (CONTINUED)

### Fighting Cancer with a Fork

● FO-RO, Tue, Nov 20, 12-1pm

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



### Inova Medical Spa Open House: A Holistic Approach to Beauty and Wellness

● IMS, Tue, Nov 13, 6-8pm

Join us for an evening of pampering and education at the Inova Medical Spa. Learn more about the benefits of restorative skin care therapies and comfort-oriented massage. Our team of licensed master aestheticians and massage therapists are certified in Oncology Aesthetics and Oncology Massage. Enjoy short educational lectures, meet-and-greets with the team, mini spa treatments, and more. Registration is required.



### Orientation to Life with Cancer

● FC, Mon, Nov 26, 6-7pm

● FC, Thu, Nov 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.

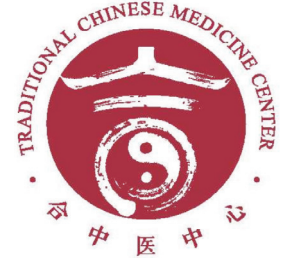
### Planning a Memorial or Celebratory Service

● FC, Mon, Nov 26, 6:30-8pm

Oncology Therapist Michelle Bronzo, MA, LPC, CT, will give an overview of memorial service rituals and, with the aid of worksheets and templates, guide you in designing a personalized service of remembrance and thanksgiving that involves family and friends. Registration is required.



## Acupuncture at Life with Cancer



### Acupuncture at Life with Cancer

Tuesdays and Thursdays  
3:30-5pm  
\$50/session

Acupuncture has been shown to help with chemotherapy-induced nausea and vomiting, pain, depression and anxiety, hot flashes, fatigue, neuropathy, insomnia, radiation-induced xerostomia (dry mouth), and dyspnea (difficult or labored breathing).

#### To schedule your appointment:

- Go to [www.inova.org/TCM](http://www.inova.org/TCM).
- Click the green button "Book Appointment"
- Choose LWC for location on the right side corner.
- Select Life with Cancer under the "Choose a Service" drop down.

Please direct any questions regarding your appointment to TCM at 571.665.6700.

### Chemotherapy Class

● IAH, Call 703.504.3019 for an 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.

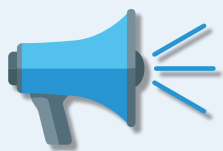
### Chemotherapy for Breast Cancer

●★ FC, Call 703.776.8768 for an appointment

Learn what you need to know while taking chemotherapy.

**Registration is required for  
all groups and programs**

## MOVEMENT



### Important Movement Class Information

- Registration is required
- All Movement classes will skip the week of November 19
- A signed Physical Activity Waiver is required for each previously unattended class in 2018 (go to [lifewithcancer.org](http://lifewithcancer.org) and hover over the "Register for a Class" Tab. Click on the third item down, "Class Forms", then physical-activity-waiver-fill-in)
- Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) are encouraged to consider making a donation of \$5 per class
- If you cannot attend a class/group for which you are registered, **CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.**

### 2Unstoppable/LWC Monthly Walk-n-Talk

WO&D, Sun, Nov 18, 9am

Join us for a walk along the scenic trail in historic Vienna. Meet other women for some gentle exercise whether in treatment or well beyond. Let's get moving together! No need to join 2Unstoppable to sign-up for this walk and there is never a charge. RSVP to [info@2Unstoppable.org](mailto:info@2Unstoppable.org). No LWC online registration.



### Barre Tone

● FC, Thu, Nov 1-29, 6:30-7:30pm

**Note:** No class week of November 19. 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.

### Cardio-Core

● 44084 RP, Wed, Nov 7-28, 10-11am

**Note:** No class week of November 19. Target your core muscles using variations of familiar moves, while increasing cardio endurance by adding interval training exercises. Registration is required.

### Cardio Drumming

● FC, Thu, Nov 1-29, 10:30am-11:15pm

**Note:** No class week of November 19. An energetic, get lost in the music, full body workout! Combining drumming, cardio, strength training into a 45 minute toning class. Registration is required.

### Chair-Based Exercise

● FC, Mon, Nov 5-26, 2-2:45pm

● FC, Wed, Nov 7-28, 2-2:45pm

**Note:** No class week of November 19. 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.

### Cross-Train Challenge

● FC, Wed, Nov 7-28, 3-3:45pm

**Note:** No class week of November 19. 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

● 44084 RP, Mon, Nov 5-26, 7-8:30pm

● FC, Mon, Nov 5 & 26, 7-8:30pm

● FO-LWC, Mon, Nov 5-26, 7-8:30pm

**Note:** No class week of November 19. It's best for those in active treatment or recovering from surgery. Blending gentle movement, breathing and relaxation you'll learn movements that stretch, strengthen, relax muscles and increase stamina and flexibility. Please bring a blanket and a small towel. Registration is required.

### EZ Tai Chi

● FC, Tue, Nov 6-27, 12-1pm

**Note:** No class week of November 19. 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 flowing 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.



## PROGRAMAS EN ESPAÑOL

### Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes

● FC, Mon, Nov 19, 6-7:30pm

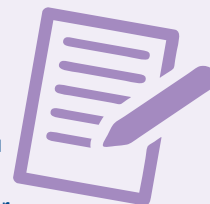
Conéctese con pacientes, sobrevivientes y seres queridos afectados por los diferentes diagnósticos de cáncer para enfrentar los desafíos del tratamiento y la supervivencia. Regístrese en [www.lifewithcancer.org](http://www.lifewithcancer.org).

### Life with Cancer Fitness Program News

In anticipation of expanding our fitness program and increasing access to newly diagnosed patients we are asking that 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.

**ALSO:** Many but not all classes that were previously offered as part of a series are now being 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. 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.

**WAIVERS:** Please complete new Physical Activity Waivers for all new fitness classes you attend. You'll find the waiver at [lifewithcancer.org](http://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**

## MOVEMENT (CONTINUED)

### Functional Fitness

● FO-LWC, Mon, Nov 5-26, 10-11am

**Note:** No class week of November 19. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. Registration is required.

### Gentle Yoga

● FC, Thu, Nov 1-15 and 29, 1-2pm

● IAH-LWC, Mon, Nov 5-26, 4-5:30pm

**Note:** No class week of November 19. 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.



### Joyful Belly Dance

● FC, Wed, Nov 7-28, 11am-12pm

**Note:** No class week of November 19. 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, Nov 5-26, 3-4pm

**Note:** No class week of November 19. 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! Registration is required.

### Move Your Body

● FO-LWC, Wed, Nov 7-28, 10:30-11:30am

**Note:** No class week of November 19. 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.



### Restorative Yoga

● FC, Fri, Nov 2-30, 10:15-11:45am

● 44084 RP, Fri, Nov 2-30, 12-1:30pm

**Note:** No class week of November 19. You'll learn how to use yoga props such as bolsters, blocks and blankets to support your body while in restful yoga poses. Each pose is held 2-10 minutes allowing time to drop deeper into the relaxation experience. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. Registration is required.

### Strengthen with Barre and Pilates

● FO-LWC, Thu, Nov 1-29, 11:30am-12:30pm

**Note:** No class week of November 19. You'll combine barre and pilates movements set to motivating music to create an invigorating workout. Registration is required.

### Tai Chi

● FC, Tue, Nov 6-27, 6-7pm

**Note:** No class week of November 19. 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. Registration is required.

### Total Body Conditioning

● 44084 RP, Mon, Nov 5-26, 10-11am

● 44084 RP, Thu, Nov 1-29, 10-11am

**Note:** No class week of November 19.

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

### Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Nov 2-Dec 14, 1-2:30pm

**Note:** No class week of November 19.

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 is required.

### Yoga Sculpt

● FO-LWC, Tue, Nov 6-27, 1-2pm

**Note:** No class week of November 19. 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.

### Zumba Gold

● 44084 RP, Fri, Nov 2-30, 10:30-11:30am

**Note:** No class week of November 19. 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!

● IAH-E&T 1&2, Wed, Nov 14 and 28, 7-8pm

● IAH-HEC 3-5, Wed, Nov 7, 7-8pm

● FC, Tue, Nov 6-27, 7-8pm

**Note:** No class week of November 19. 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.

### 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)**.

**Registration is required for  
all groups and programs**

## STRESS REDUCTION

### Art Therapy for Long-Term Survivors

● FC, Thu, Nov 1, 1-3:30pm

This group will meet on the 2nd Friday of the month in May, August and November. Registration for this group begins on the first business day of the month. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. Registration is required.



### Art Therapy Series: Going Deeper than Words

● FC, Tue, Nov 6, 1-3pm

● IAH-LWC, Tue, Nov 13-Dec 18, 11am-1pm

Discover the power of your creativity, intuition, and resilience through this 6 week art therapy group for those currently in treatment or out of treatment within 2 years. This group provides opportunities for mindfulness, reflection and personal growth while creating with a variety of art media and approaches. Attendance at each session is recommended as each week will build on the week prior. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Facilitator: Jean McCaw, LCPAT, ATR-BC. Registration is required.

### Healing through Art Therapy

● FC, Thu, Nov 15, 1-3:30pm

● FO-LWC, Mon, Nov 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. Please note, FO-LWC is across from the hospital. There is free valet parking. Once registered please call 703.698.2526 to cancel if you cannot attend.

**Registration is required for all groups and programs**

### Healing Touch

● 44084 RP, Mon, Nov 12, 6-7pm

● IAH, call 703.504.3019 for appointment

Registration begins on the first business day of the month by 9:15. 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. Questions? Call 703.858.8867, M-Th.

### Knitting & Crocheting Circle

● FC, Fri, Nov 2 & 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 is required.



### Meditation and Guided Imagery

● FC, Thu, Nov 1-15, 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.

### Meditation through Guided Visualization

● FC, Thu, Nov 29, 2-3pm

Aligning the Chakras (energy centers) for peace and wholeness. Registration is required.

### Meditation

● FC, Wed, Nov 7 & 14, 5:30-6:30pm

Join us for a powerful meditation/relaxation class. Participants rest comfortably while guided through breath work leading into guided meditation. Suitable for all; no experience necessary. Please bring a blanket. Registration is required.

### Mind over Matter

● FC, Thu, Nov 1-15, 11am-12:30pm

Class continues for those already registered.

### Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Nov 6, 11am-12pm

● FC, Wed, Nov 14, 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. Registration is required.

### Mindfulness-Based Cancer Recovery

● FC, Wed, Nov 7-28\*, 1-2:30pm

● IAH-LWC, Thu, Nov 1-15, 2:30-4pm

\*No class Nov 21. Class continues for those already registered.

### Reiki for Relaxation

● FC, Mon, Nov 12, 6-7 and 7-8pm

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.

Returning clients, please register for just one appointment monthly. Registration is required. If you cannot attend a class/group for which you are registered, CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community. Registration is required.

### Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Nov 15, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving you the opportunity to continue writing about the significant events in your life as a legacy for your family, expression of feelings about an experience or to process an event. No writing experience needed. Writing exercises will help get you started and classmates feedback will enhance your efforts. Facilitator: Lynn Magrum, MSN, CANP, AOCN. IAH- Registration is required.

### Zentangle

● 44084 RP, Tue, Nov 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.



## SUPPORT & NETWORKING

### Brain Tumor Group

● FC, Wed, Nov 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 Support Groups

●★ FC, Wed, Nov 7, 6-7:30pm

●★ FO-LWC, Wed, Nov 14, 5:30-7pm

●★ IAH-LWC, Mon, Nov 19, 5:30-7pm

●★ ILH-RO, Mon, Nov 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, No meeting in November

### Carcinoid Cancer Group

● FC, Sat, Nov 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](mailto:mitchmberger@msn.com).

### Caregiver Connection

● FC, Mon, Nov 12, 7-8:30pm

● FO-B, Wed, Nov 14, 5:30-7pm

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.

### Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Nov 2, 9, 16 and 30, 00pm

**Note:** No meeting November 23. 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, Nov 13, 10:30am-12pm

Meet with women of all ages to share life's joys and sorrows. Contact Micheline Toussaint, LCSW, RYT for more information and to register, contact [micheline.toussaint@inova.org](mailto:micheline.toussaint@inova.org) or 703.698.2521.

### Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Nov 13, 6-7:30pm

This group is for any patient living with meta-static colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Facilitators: Michelle Bronzo, MA, LPC, CT, and Amy Siegel, RN, BSN. Registration is required.

### Cutaneous Lymphoma Support Group

● FC, Wed, Nov 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>

### Gastrointestinal (GI) Cancer Support Group, Early Stage

● FC, Thu, Nov 8, 6-7:30pm

This support group is for people impacted by a stage 0-3 gastrointestinal cancer diagnosis. Connect with patients, survivors, and loved ones to discuss the changes that treatment and survivorship can bring. Facilitators: Michelle Bronzo, MA, LPC, CT, and Mary Kay Mecca, RN, BSN, ONC. Registration is required.

### Gentle Yoga Special Focus: Yoga Mudras

● FC, Thu, Nov 29, 1-2pm

Our regular gentle yoga class will focus on Yoga Mudras: Gestures to De-stress". In yogic traditions specific hand positions are used to activate the experience of a desired quality such as peace, patience, or tranquility. Come learn and experience how the power of these gestures can bring a greater sense of peace during the busy holiday season. Registration is required.

### Good Grief

● FO-LWC, Thu, Nov 1-Dec 6, 6-8pm

Group continues for those already registered. Check calendar for next 8-week group.

### Gynecologic Cancer Group

● FC, Wed, Nov 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. Facilitators: Rebecca Babb, MSN, RN, PNC-AC and Darah Curran, LCSW. Registration required.

### Head and Neck Cancers Group

● FC, Wed, Nov 14, 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. Registration is required.

### Just for the Guys Support Group

● IAH-LWC, Thu, Nov 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](mailto:david.mcginness@inova.org). Registration is required.

### Leukemia and Lymphoma Support Group

● FC, Mon, Nov 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.

## Oncology Massage and Body Work

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

- \$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.

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

## SUPPORT & NETWORKING (CONTINUED)

### Living with Advanced Disease

● FO-LWC, Thu, Nov 8, 1-2:30pm

**Note:** No class week of November 19. Only one group in November. Men and women are invited to explore and learn ways 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.

### Lung Cancer Group

● FC, Wed, Nov 7, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitator: Carrie Friedman, RN, BS, OCN and David McGinness, LCSW, OSW-C. Registration is required.

### Multiple Myeloma

● FC, Tue, Nov 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 myeloma. We will have a special guest speaker in November! Lauren Fay, RD, CSO, CNSC, Oncology Dietitian Clinical Specialist, Life with Cancer, Inova Schar Cancer Institute will offer suggestions on how to "Maximize your Health through Nutrition." Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

### Spirituality Quest

● FC, Tue, Nov 13, 10:30am-12pm

November Thanksgivings: For Life and Its Blessings. Speaker: Keyaunoosh Kkassaeui. Registration is required.



### Us Too Prostate Cancer Support Group

● LCSC, Tue, Nov 13, 6-8pm

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

**Registration is required for  
all groups and programs**

### Us Too, Prostate Cancer Group

● FC, Tue, Nov 13, 7:30-9pm

Join other men for an opportunity to network and learn about valuable prostate cancer information and resources. This meeting will be an "Open Group Discussion" of various recent developments regarding prostate cancer treatments, and also any questions the attendees may have on Prostate cancer treatments. Registration is required.

### Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Nov 8, 6-7:30pm

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.

### Woman's Survivorship 3+

● FC, Tue, Nov 13, 6-7:30pm

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. Facilitator: Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

### Women's Survivorship Group

● ILH-RO, Thu, Nov 8, 6-7:30pm

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 is required.

### Young Adult Group

This group will not meet in November.

### Young Women with Breast Cancer

●★ FC, Tue, Nov 20, 6:30-8pm

●★ IAH-CCW, Tue, Nov 13, 6:30-8pm

●★ FO-LWC, Wed, Nov 7, 6-7:30pm

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. If attending for the first time, please call 703.698.2522. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN. Registration required.

## CHILDREN, TEENS & PARENTS

### Art Therapy Group for Teens in Treatment

● FC, Mon, Nov 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.

### Pediatric Oncology Parent Night

● FC, Tue, Nov 27, 6:30-8:30pm

Educational Night. Please register with Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703.531.1515

### 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.*



# NOVEMBER 2018

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | FRI/SAT/SUN                                                                                                                                                                                                                                                                                                                                       |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p><b>1</b></p> <p>10am Total Body (44084 RP)<br/>10am Cancer-Related Fatigue (FC)<br/>10:30am Cardio Drumming (FC)<br/>11am Mind over Matter (FC)<br/>11:30am Barre and Pilates (FO-LWC)<br/>1pm Gentle Yoga (FC)<br/>1pm Art Therapy/Long-Term Survivors (FC)<br/>2pm Meditation/Guided Imagery (FC)<br/>2:30pm MBCR (IAH-LWC)<br/>3:30pm Acupuncture (FC)<br/>6pm Good Grief (FO-LWC)<br/>6:30pm Barre Tone (FC)</p>                                                                                                                                          | <p><b>2</b></p> <p>Coalesce (FC)<br/>10:15am Restorative Yoga (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>12pm Restorative Yoga (44084 RP)<br/>1pm Yin Yoga (FO-LWC)<br/>1pm Knitting &amp; Crocheting (FC)</p>                                                                                                                                    |
| <p><b>5</b></p> <p>10am Functional Fitness (FO-LWC)<br/>10am Total Body (44084 RP)<br/>2pm Chair-Based Exercise (FC)<br/>3pm Keeping Fit (FC)<br/>4pm Gentle Yoga (IAH-LWC)<br/>5pm Breast Surgery Pre-Op Class (FC)<br/>7pm Evening Gentle Yoga (44084 RP)<br/>7pm Evening Gentle Yoga (FO-LWC)<br/>7pm Evening Gentle Yoga (FC)</p>                                                                                                                                                                                      | <p><b>6</b></p> <p>11am MBCR Drop-In Group (FC)<br/>12pm EZ Tai Chi (FC)<br/>1pm Yoga Sculpt (FO-LWC)<br/>3:30pm Acupuncture (FC)<br/>4pm Breast Surgery Pre-Op (ILH-PER )<br/>4pm Endocrine Therapy and Bone Health for Breast Cancer (FO-LWC)<br/>6pm Tai Chi (FC)<br/>7pm Zumba (FC)</p>                                                                                                                                                                                                                                                                                                         | <p><b>7</b></p> <p>10am Cardio-Core (44084 RP)<br/>10:30am Move Your Body (FO-LWC)<br/>11am Joyful Belly Dance (FC)<br/>12:30pm Breast Surgery Pre-Op (FO-LWC)<br/>1pm MBCR (FC)<br/>2pm Chair-Based Exercise (FC)<br/>3pm Cross-Train Challenge (FC)<br/>5:30pm Meditation (FC)<br/>6pm Breast Cancer Group (FC)<br/>6pm Young Women w/Br Ca (FO-LWC)<br/>6:30pm Lung Cancer Group (FC)<br/>7pm Zumba! (IAH-E&amp;T 3-5)<br/>7pm Cutaneous Lymphoma (FC)</p> | <p><b>8</b></p> <p>10am Total Body (44084 RP)<br/>10am Cancer-Related Fatigue (FC)<br/>10:30am Cardio Drumming (FC)<br/>11am Mind over Matter (FC)<br/>11am Orientation (FC)<br/>11:30am Barre and Pilates (FO-LWC)<br/>1pm Living w/Advanced Disease (FO-LWC)<br/>1pm Gentle Yoga (FC)<br/>2pm Meditation/Guided Imagery (FC)<br/>2:30pm MBCR (IAH-LWC)<br/>3:30pm Acupuncture (FC)<br/>6pm Good Grief (FO-LWC)<br/>6pm Us Too Prostate Group (IAH-LWC)<br/>6pm GI Cancer Group (FC)<br/>6pm Women's Survivorship Group (ILH-RO)<br/>6:30pm Barre Tone (FC)</p> | <p><b>9</b></p> <p>Coalesce (FC)<br/>10:15am Restorative Yoga (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>12pm Restorative Yoga (44084 RP)<br/>1pm Yin Yoga (FO-LWC)</p> <p><b>10</b></p> <p>10am Carcinoid Cancer Group (FC)</p> <p><b>11</b></p>                                                                                                 |
| <p><b>12</b></p> <p>10am Functional Fitness (FO-LWC)<br/>10am Total Body (44084 RP)<br/>12pm Look Good...Feel Better (ILH-RO)<br/>2pm Chair-Based Exercise (FC)<br/>3pm Keeping Fit (FC)<br/>4pm Gentle Yoga (IAH-LWC)<br/>4pm Survivorship Nutrition Update (FC)<br/>5:30pm Art Therapy/Teens (FC)<br/>6pm Reiki for Relaxation (FC)<br/>6pm Healing Touch (44084 RP)<br/>7pm Reiki for Relaxation (FC)<br/>7pm Caregiver Connection (FC)<br/>7pm Evening Gentle Yoga (44084 RP)<br/>7pm Evening Gentle Yoga (FO-LWC)</p> | <p><b>13</b></p> <p>10:30am Coalesce II (FC)<br/>10:30am Spirituality Quest (FC)<br/>11am Art Therapy: Going Deeper (IAH-LWC)<br/>12pm EZ Tai Chi (FC)<br/>1pm Yoga Sculpt (FO-LWC)<br/>1:30pm Zentangle (44084 RP)<br/>3:30pm Acupuncture (FC)use (IMS)<br/>6pm Breast Surgery Pre-Op Class (FO-LWC)<br/>6pm Tai Chi (FC)<br/>6pm Woman's Survivorship 3+ (FC)<br/>6pm Us Too Prostate Cancer Group (LCSC)<br/>6pm Inoova Medical Spa (IMS)<br/>6pm Colorectal Group/Advanced Stage (FC)<br/>6:30pm Young Women w/Breast Ca (IAH-CCW)<br/>7pm Zumba (FC)<br/>7:30pm Us Too Prostate Group (FC)</p> | <p><b>14</b></p> <p>10am Cardio-Core (44084 RP)<br/>10:30am Move Your Body (FO-LWC)<br/>11am Joyful Belly Dance (FC)<br/>1pm MBCR (FC)<br/>2pm Chair-Based Exercise (FC)<br/>3pm Cross-Train Challenge (FC)<br/>5:30pm MBCR Drop-In Group (FC)<br/>5:30pm Head and Neck Group (FC)<br/>5:30pm Caregiver Connection (FO-B)<br/>5:30pm Breast Cancer Group (FO-LWC)<br/>5:30pm Meditation (FC)<br/>7pm Zumba (IAH-E&amp;T 1&amp;2)</p>                          | <p><b>15</b></p> <p>10am Total Body (44084 RP)<br/>10am Cancer-Related Fatigue (FC)<br/>10:30am Cardio Drumming (FC)<br/>11am Mind over Matter (FC)<br/>11:30am Barre and Pilates (FO-LWC)<br/>1pm Healing through Art Therapy (FC)<br/>1pm Gentle Yoga (FC)<br/>2pm Meditation/Guided Imagery (FC)<br/>2:30pm MBCR (IAH-LWC)<br/>2:30pm Writing Life Stories (FC)<br/>3:30pm Acupuncture (FC)<br/>6pm Good Grief (FO-LWC)<br/>6pm Just for the Guys (IAH-LWC)<br/>6:30pm Barre Tone (FC)</p>                                                                    | <p><b>16</b></p> <p>Coalesce (FC)<br/>10am Breast Surgery Pre-Op (FC)<br/>10:15am Restorative Yoga (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>12pm Restorative Yoga (44084 RP)<br/>1pm Yin Yoga (FO-LWC)<br/>1pm Knitting &amp; Crocheting (FC)</p> <p><b>17</b></p> <p><b>18</b></p> <p>9am 2Unstoppable/LWC Monthly Walk-n-Talk (W&amp;OD )</p> |
| <p><b>19</b></p> <p>10am Leukemia and Lymphoma Group (FC)<br/>4pm Gentle Yoga (IAH-LWC)<br/>5pm Ask a Dietitian (FC)<br/>5pm Look Good...Feel Better (FC)<br/>5:30pm Breast Cancer Group (IAH-LWC)<br/>6pm Grupo de Apoyo (FC)</p>                                                                                                                                                                                                                                                                                         | <p><b>20</b></p> <p>11am Art Therapy: Going Deeper (IAH-LWC)<br/>11:45am Multiple Myeloma (FC)<br/>12pm Fighting Cancer w/Fork (FO-RO)<br/>3:30pm Acupuncture (FC)<br/>6:30pm Young Women w/Breast Cancer (FC)</p>                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>21</b></p> <p>1pm Breast Surgery Pre-Op Class (FC)</p>                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>22</b></p> <p>Happy Thanksgiving!</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>23</b></p> <p><b>24</b></p> <p><b>25</b></p>                                                                                                                                                                                                                                                                                                |
| <p><b>26</b></p> <p>10am Total Body (44084 RP)<br/>10am Breast Surgery Pre-Op Class (FC)<br/>10am Functional Fitness (FO-LWC)<br/>1pm Healing through Art Therapy (FO-LWC)<br/>2pm Chair-Based Exercise (FC)<br/>3pm Keeping Fit (FC)<br/>4pm Gentle Yoga (IAH-LWC)<br/>5:30pm Breast Cancer Group (ILH-RO)<br/>6pm Orientation (FC)<br/>6:30pm Planning a Memorial (FC)<br/>7pm Evening Gentle Yoga (44084 RP)<br/>7pm Evening Gentle Yoga (FO-LWC)<br/>7pm Evening Gentle Yoga (FC)</p>                                  | <p><b>27</b></p> <p>11am Art Therapy: Going Deeper (IAH-LWC)<br/>12pm EZ Tai Chi (FC)<br/>1pm Yoga Sculpt (FO-LWC)<br/>3:30pm Acupuncture (FC)<br/>6pm Tai Chi (FC)<br/>6:30pm Pediatric Oncology Parent Night (FC)<br/>7pm Zumba (FC)</p>                                                                                                                                                                                                                                                                                                                                                          | <p><b>28</b></p> <p>10am Cardio-Core (44084 RP)<br/>10:30am Move Your Body (FO-LWC)<br/>11am Joyful Belly Dance (FC)<br/>1pm MBCR (FC)<br/>2pm Chair-Based Exercise (FC)<br/>3pm Cross-Train Challenge (FC)<br/>5:30pm Gynecologic Cancer Group (FC)<br/>7pm Zumba! (IAH-E&amp;T 1&amp;2)</p>                                                                                                                                                                 | <p><b>29</b></p> <p>10am Total Body (44084 RP)<br/>10:30am Cardio Drumming (FC)<br/>11:30am Barre and Pilates (FO-LWC)<br/>1pm Yoga Mudras (FC)<br/>1pm Breast Surgery Pre-Op (ILH-PER )<br/>2pm Meditation/Guided Visualization (FC)<br/>3:30pm Acupuncture (FC)<br/>6pm Good Grief (FO-LWC)<br/>6:30pm Barre Tone (FC)</p>                                                                                                                                                                                                                                     | <p><b>30</b></p> <p>Coalesce (FC)<br/>10:15am Restorative Yoga (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>12pm Restorative Yoga (44084 RP)<br/>1pm Yin Yoga (FO-LWC)</p>                                                                                                                                                                          |