



Life with Cancer®

MARCH 2019

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.

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

TABLE OF CONTENTS

Information and Education	Pgs 1-2
Movement	Pgs 2-4
Programas en Español	Pg 3
Stress Reduction	Pgs 4-5
Support and Networking	Pgs 5-7
Children, Teens, & Parents	Pg 7

INFORMATION & EDUCATION

Orientation

- FC, Thu, Mar 14, 11am-12pm
- FC, Mon, Mar 25, 6:30-7:30pm

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.



Colorectal Cancer Symposium Thu, Mar 21

Join us for interactive and informative sessions from experts in colorectal cancer. Topics include screening and prevention, treatment options, nutrition, and exercise. Free and open to the public. Dinner is provided. There is no cost to attend this event, but space is limited. Register at inova.org/CRCA-symposium.

Benefits of Acupuncture in Cancer Care

● FC, Thu, Mar 21, 6:30-7:30pm
Teerawong Kasiolarn, ND, MSAc, Lac, naturopathic physician and licensed acupuncturist with Inova Traditional Chinese Medicine Center will discuss and answer your questions on this important topic. Registration is required.

Brain Fog: Strategies to Manage Cancer-Related Cognitive Impairment

● FC, Thu, Mar 7 & 14, 5:30-7pm
Class continues for those already registered. For information on the next four-week series, contact: Michelle Ferretti, LCSW, OSW-C.

Working after a Cancer Diagnosis

● FC, Thu, Mar 28, 5:30-7pm
Working when you have cancer can be challenging. Join Tyler Pudleiner, MS, to learn about your rights in the workforce and how to balance your health with your job. Registration is required.

The Circle of Life: How the Body Dies

● FC, Mon, Mar 25, 6-7:30pm
Oncology Nurse Eric Cohen, RN, MSN, OCN, will demystify the dying process by describing how our bodies go full circle from birth until death, the changes in body functions that occur and what to expect. Registration is required.

Triple Negative Breast Cancer Tea (TNBC)

●★ FC, Fri, Mar 15, 3:30-5pm
Those with TNBC are invited to join us for an afternoon tea. Dr. Anne Favret will share the latest TNBC research findings, and TNBC survivor, Tracy Bunch, will share information about the TNBC Foundation and other resources. Please register by March 13. Refreshments provided by AstraZeneca.



Weather Policy

Life with Cancer follows Inova's Ambulatory Services weather closings. We do not follow public school or federal government closings.

Information about cancellations can be obtained by calling

703.698.2520

or on

lifewithcancer.org

Sign up for Life with Cancer Updates

You will receive timely information on

Program Highlights and Fundraisers.

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



INOVA®

Schar Cancer Institute

Registration is required for all groups and programs

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-D: Fair Oaks Cancer Center, Lower Level, Conference Room D, 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
- IAH-AUD: Inova Alexandria Hospital-Auditorium, 4320 Seminary Road, Alexandria, VA, 22304
- IAH-HEC 1-2: Inova Alexandria Hospital Health Education Center, 4320 Seminary Road, Alexandria, VA 22304
- IAH-HEC 3-5: Inova Alexandria Hospital Health Education Center, 4320 Seminary Road, Alexandria, VA 22304
- IAH-LWC: Inova Alexandria Hospital, Life with Cancer Office, Suite 1.NE.5.4, 4320 Seminary Road, Alexandria, VA 22304
- ILH-NBC: ILH Natural Birth Center, 44055 Riverside Parkway, Suite 110, Leesburg, VA, 20176
- 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

Registration is required for all groups and programs

INFORMATION AND EDUCATION (CONTINUED)

Breast Surgery Pre-Op Class

- ★ FC, Mon, Mar 4, 5-6:30pm
- ★ FC, Wed, Mar 13 & 20, 2-3:30pm
- ★ FC, Mon, Mar 25, 10-11:30 am
- ★ FO-LWC, Wed, Mar 13 & 27, 12:30-2pm
- ★ ILH-PER , Tue, Mar 12, 4-5:45pm
- ★ ILH-PER , Thu, Mar 28, 1-2:45pm

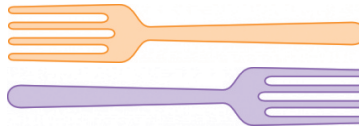
Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, and more. Family/friends welcome. Registration is required.

Survivorship Series for Young Women with Breast Cancer

- ★ FO-LWC, Tue, Mar 5 & 12, 6-7:30pm
- Series continues for those already registered. For information on next four-week series contact Shairna Bluesteen, RN, BSN, OCN.

Fighting Cancer with a Fork

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



Diet & Inflammation

- FC, Thu, Mar 14, 5-6pm
- Have you heard of an “anti-inflammatory” diet? This class, taught by Registered Dietitian Lauren Fay, will review how diet can impact inflammation in your body, and how this has the ability to impact your disease risk and overall health. Registration is required.

Nutrition Therapy

Nutrition priorities may change throughout cancer treatment and recovery, and figuring out the best foods and beverages to consume can be difficult. Using evidence-based research, our registered dietitians can help you modify your diet to support you before, during and after cancer treatment.

Common areas of nutrition recommendations during cancer treatment and recovery include:

- Managing treatment-related side effects
- Nutrition support (tube feedings, IV nutrition)
- Weight management (loss/gain)
- Vitamins, minerals, & nutrition supplements
- Survivorship recommendations to help reduce risk of cancer recurrence

Our experts can also help with the following concerns:

- Loss of appetite
- Nausea
- Taste changes
- Irregular bowel movements
- Weight loss/gain

Ask A Dietitian

- FC, Tue, Mar 12, 5-6pm

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Come spend an afternoon 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

- FC, Wed, Mar 27, 5-6:30pm

Did you know the American Institute for Cancer Research released their latest recommendations for survivorship nutrition less than a year ago? 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.

MOVEMENT

Barre Tone

- FC, Thu, Mar 7, 6:30-7:30pm
- FC, Thu, Mar 21 & 28, 7-8pm

*No class March 14.

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.

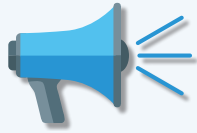


Cardio & Core

- IAH-HEC 3-5, Tue, Mar 5, 19 & 26,* 6:30-7:30pm
- 44084 RP, Wed, Mar 6, 20 & 27,* 10-11am
- FO-LWC, Wed Mar 6, 20 & 27*

*No class week of March 11. Use own body weight and light resistance, this class will help build endurance, stamina, while strengthening all the muscles that make up your core. If looking to get your heat and body stronger, this class is for you! Registration is required.

MOVEMENT (CONTINUED)



Important Information for All Movement Classes

- 1. Registration:** Registration is required for all classes. Classes with fewer than 5 participants will be cancelled.
- 2. Cancelling Your Registration:** 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.
- 3. 2019 Waivers:** Please complete new Physical Activity Waivers for all new fitness classes you attend in 2019. 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.
- 4. Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies):** please consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or online at www.lifewithcancer.org/donate. Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship.

Cardio Drumming

- FC, Thu, Mar 7, 21 & 28, 10:30-11:15am
- *No class March 14.

Combining drumming, cardio and strength training, Cardio Drumming is an energetic, get lost in the music, full body, 45 minute workout. Registration is required.

Chair-Based Exercise

- FC, Mon, Mar 4, 18 & 25,* 2-2:45pm
- FC, Wed, Mar 6, 20 & 27,* 2-2:45pm

*No class March 11 and 13. 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, Mar 6, 20 & 27,* 3-3:45pm

*No class March 13. 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 4, 18 & 25,* 7-8:30pm
- FO-LWC, Mon, Mar 4, 18, & 25,* 7-8:30pm
- 44084 RP, Mon, Mar 4, 18 & 25,* 7-8:30pm

*No class March 11. Blending gentle movement to increase flexibility and stamina, breath work and guided relaxation to help restore balance and harmony to your body and mind. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration is required.

EZ Tai Chi

- FC, Tue, Mar 5, 19 & 26,* 12-1pm
- No class March 12. 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 4, 18 & 25*, 10-11am
- *No class March 11. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. Registration is required.

Gentle Yoga

- FC, Thu, Mar 7, 21 & 28,* 1-2pm
- IAH-HEC 3-5, Mon, Mar 4, 18 & 25,* 4-5:30pm

*No class week of March 11. 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. Registration is required.

Joyful Belly Dance

- FC, Wed, Mar 13 & 27, 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 4, 18 & 25,* 3-4pm
- *No class March 11. 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.

PROGRAMAS EN ESPAÑOL

Latinos Unidos

- IAH-LWC, Wed, Mar 13, 6:30-8pm
- Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Llamar a David McGinness al 703-698-2529 para mas informacion.

Restorative Yoga

- FC, Fri, Mar 1-29, 10:15-11:45am
- 44084 RP, Fri, Mar 8, 12-1:30pm

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, Mar 7, 21 & 28,* 11:30am-12:30pm

*No class March 14. You'll combine barre and Pilates movements set to motivating music to create an invigorating workout. Registration is required.

Tai Chi

- FC, Tue, Mar 5, 19 & 26,* 6-7pm

*No class Mar 12. 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, Mar 4, 18 & 25,* 10-11am
- 44084 RP, Wed, Mar 6, 20 & 27,* 6-7pm
- 44084 RP, Thu, Mar 21 & 28,* 10-11am

*No class week of March 11. An energizing workout combining cardio, strengthening, balance and core in one workout. Registration is required.

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

MOVEMENT (CONTINUED)

Yin Yoga for Those in Treatment

● FO-LWC, Fri, Mar 1-29*, 1-2:30pm

*No class March 15. 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 for Breast Cancer Survivors

●★ FC, Wed, Mar 6-20*, 5:30-6:30pm

*No class March 27. 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 Sculpt

● FO-LWC, Tue, Mar 5, 19 & 26,* 1-2pm

*No class March 12. 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!

● IAH-HEC 3-5, Mon, Mar 4, 18 & 25,* 7-8pm

● FC, Tue, Mar 5, 19 & 26,* 7-8pm

*No class week of March 11. 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 Gold

● 44084 RP, Fri, Mar 1-29*, 10:30-11:30am

*No class Mar 15. 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.



STRESS REDUCTION

Art Therapy Series: Going Deeper than Words

● FC, Tue, Mar 5, 1-3:30pm

Series continues for those already registered. For information on future group contact Jean.McCaw@inova.org.

Cultivating Compassion

● FC, Wed, Mar 6-Apr 17, 1-2:30pm

Series continues for those already registered. For information on next eight-week series contact Darah.Curran@inova.org.

Dance/Movement Therapy: Moving, Releasing and Restoring the Body

● FC, Thu, Mar 21, 11:30am-12:30pm

This monthly group will meet the individual where they are and allow time for bonding and social support, expressive and meaningful movement, slowing down the pace of life and connection to self and body. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend.

Healing through Art Therapy

● FO-LWC, Mon, Mar 25, 1-3:30pm

● FC, Thu, Mar 21, 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. Facilitator: Jean McCaw, ATR-BC, LCPAT. Registration is required.

Healing Touch

● 44084 RP, Mon, Mar 11, 6-7pm

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 providers 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.

Journaling 101

● FC, Thu, Mar 7-28, 10am-12pm

Class continues for those already registered. For information on the next series, contact Darah.Curran@inova.org.

Acupuncture Appointments



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

- Tue, Mar 5-26, 10-11:30am
- Thu, Mar 7-28, 4:30-6pm

Life with Cancer, Fair Oaks
3580 Joseph Siewick Drive
LL, Suite 005, Fairfax, VA 22033

- Thu, Mar 7-28, 9am-11:30pm

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

To schedule your appointment:

- Go to 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

Knitting & Crocheting Circle

● FC, Fri, Mar 1 & 15, 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.



Laughter Yoga

● FC, Thu, Mar 7, 2-3pm

Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity, reduced stress and an enhanced feeling of well-being. No need to get on the floor; laughter yoga can be done seated in a chair. Registration is required.

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

STRESS REDUCTION (CONTINUED)

Meditation and Guided Imagery

● FC, Thu, Mar 21 & 28, 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.

Mind over Matter

● ILH-Wed, Mar 13-Apr 10, 6-7:30pm

This 5-session program uses evidenced-based strategies to help decrease feelings of anxiety and depression; and, increase a sense of well-being. Each week new tools using cognitive and behavioral approaches and, mind/body strategies will be introduced and practiced. Attendance at all five classes is strongly encouraged. Registration is required.

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Mar 5, 11am-12pm

● FC, Wed, Mar 13, 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.

Reiki for Relaxation

● FC, Wed, Mar 27, 6-7pm

● FC, Wed, Mar 27, 7-8pm

● 44084 RP, Thu, Mar 28, 6:30-7:30pm and 7:30-8:30pm

Changes to our Reiki Program are happening in 2019. In order to provide consistent service in our two Reiki locations, we will now be offering 1:1 appointments at our Loudoun location. That means one Reiki practitioner to one client. Additionally our supply of Reiki practitioners

has been greatly reduced due to new volunteer requirements, so we cannot have as many appointments as we have had in the past. We are actively recruiting new practitioners and hope to offer more appointments in the near future. Registration will continue to open on the first business day of each month for each patient and no more than one caregiver. To avoid confusion, please use different email addresses for each person registered. 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. If you cannot come to an appointment for which you are registered, please call 703.698.2526 to CANCEL as soon as possible; this will allow another person to take your place. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community.



Writing through Transitions: A 5-week Course

● ILH-PER, Tue, Mar 5-26, 2-3:30pm

Class continues for those already registered. For information on the next Writing through Transitions course Please contact Julie.Guido@inova.org.

Writing Your Life Stories, Monthly Drop-In

● FC, Fri, Mar 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.

Zentangle

● 44084 RP, Tue, Mar 12, 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. 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.



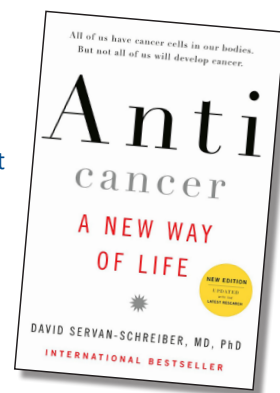
SUPPORT & NETWORKING

Book Group:

Anticancer — A New Way of Life

● FO-LWC, Wed, Mar 20, 6-7:30pm

Written by David Servan-Schreiber, this book has been a bestselling phenomenon since it was first published in 2008. This new edition addresses current developments in cancer research and offers more tips on how people living with cancer can fight it and how healthy people can prevent it. Registered Dietitian Sara Negron will join our discussion. Registration is required.



Brain Tumor

● FC, Wed, Mar 20, 6-7:30pm

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

Psychiatry Contact your oncologist or therapist for a referral, or call 703-206-5433 for more information. Payable through insurance.

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**

SUPPORT & NETWORKING (CONTINUED)

Breast Cancer, Stage 0-3

- ★ FC, Wed, Mar 6, 6-7:30pm
- ★ FO-LWC, Wed, Mar 13, 5:30-7pm
- ★ IAH-LWC, Mon, Mar 18, 5:30-7pm
- ★ ILH-RO, Mon, Mar 25, 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 Woman's Survivorship Groups women less than 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.

Carcinoid Cancer

- FC, Sat, Mar 9, 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 contact mitchmberger@msn.com.



Caregiver Connection

- FC, Mon, Mar 11, 7-8:30pm
 - FO-D, Wed, Mar 13, 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 Advance Breast Cancer

- ★ FC, Fri, Mar 1-29, 00pm
- Meet with women of all ages to share life's joys and sorrows. Contact Shara Sosa LCSW, OSW-C for more information and to register, shara.sosa@inova.org, 703.698.2522.

Coalesce II: An Advanced Breast Cancer

- ★ FC, Tue, Mar 12 & 26, 00pm
- See description, above. Contact Micheline Toussaint, LCSW, RYT, OSWC, Tuesdays and Wednesdays. micheline.toussaint@inova.org, 703.698.2521.

Colorectal Cancer, Advance Stage

- FC, Tue, Mar 19, 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.

Colorectal Cancer Symposium

- IAH-HEC 1-2, Thu, Mar 21, 6-8pm
- Join us for interactive and informative sessions from experts in colorectal cancer. Topics include screening and prevention, treatment options, nutrition, and exercise. Free and open to the public. Dinner is provided. There is no cost to attend this event, but space is limited. Register at inova.org/CRCA-symposium.

Cutaneous Lymphoma

- FC, Wed, Mar 6, 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.cffoundation.org/CLF-DC>.

Gastrointestinal (GI) Cancer, Early Stage

- FC, Thu, Mar 14, 6-7:30pm
- This support group is for people impacted by a stage 0-3 gastrointestinal cancer diagnosis: esophagus, stomach, biliary system, pancreas, small intestine, large intestine, rectum, anus. 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, OCN. Registration is required.

Good Grief

- FC, Tue, Mar 5 & 12, 7:15-9pm
- Group continues for those already registered. For information about the next eight-week group contact Darah.Curran@inova.org.



Good Grief

- ILH-RO, Tue, Mar 19-Apr 30, 6-8pm
- This seven-week series provides an opportunity to join with others who have experienced

the loss of a loved one with cancer within the past two years. We will discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, changes in role and lifestyle, and coping with special dates. No new enrollment after March 19. Facilitator: Elise Schneider, MSW, LCSW. Registration is required.

Gynecologic Cancer

- FC, Wed, Mar 27, 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 is required.

Head and Neck Cancers

- FC, Wed, Mar 13, 5:30-7pm
- This support group is open to any patient, survivor and loved ones impacted by a diagnosis of head and neck cancer. Join us to learn from and connect with one another while discussing the challenges of diagnosis, treatment and survivorship. Registration is required. Facilitators: Oncology Therapist Alexandra Russo, MSW, LCSW, and an Oncology Nurse Navigator.

Just for the Guys

- IAH-LWC, Thu, Mar 21, 6-7:30pm
- This monthly group supports men with any cancer, in treatment or within 3 years post-treatment. This is 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

- FC, Mon, Mar 18, 10-11:30am
- Patient and/or their caregivers are invited to 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. 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

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.

SUPPORT & NETWORKING (CONTINUED)

Living with Advance Disease

● FO-LWC, Thu, Mar 14, 1-2:30pm

● ILH-NBC, Wed, Mar 27, 1-2:30pm

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Registration is required.

Lung Cancer

● FC, Wed, Mar 6, 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.

Melanoma Quarterly Meeting

● FC, Thu, Mar 7, 6:30-8pm

Come for an evening of open discussion and networking with Co-Facilitators David McGinness, MSW, LCSW, OSW-C and Rebecca Babb, RN. Registration is required.

Multiple Myeloma

● FC, Tue, Mar 19, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Check the website for special guest speaker. Facilitators: Drucilla Brethwaite, LCSW, Rebecca DiPatri RN, BSN OCN and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Myelodysplastic Syndromes (MDS)

● FC, Sat, Mar 9, 10:30am-12pm

A patient-led support group open to all individuals affected by MDS. The objective for this group is to provide patients, caregivers and families a safe place to cope with the emotional aspects of MDS, to share with others their feelings and challenges and to hear from local MDS other related healthcare professionals. Light refreshments. Please register with Brian Anderson at brian.s.anderson65@gmail.com or 703.984.9379.



Spirituality Quest

● FC, Tue, Mar 12, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. The topic this month is "Spiritual Lessons from the Ides of March: Beware or Aware?" Learn about the spiritual meaning of Ides and how it can offer insight to our spiritual journey. Facilitators

Marsha Komandt, RN, OCN and Enyonam-Enya Tetteh. Please register by the preceding day.

Us Too Prostate Cancer Groups

● FC, Tue, Mar 12, 7:30-9pm

● IAH-AUD, Thu, Mar 14, 6-7:30pm

● LCSC, Tue, Mar 12, 6-8pm

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

Woman's Survivorship Group <3 years

● FC, Wed, Mar 20, 5:30-7pm

● ILH-RO, Thu, Mar 14, 6-7:30pm

This group is for women in maintenance therapy or who have completed treatment for any type of cancer within the last 3 years. Many women encounter challenges as they transition from active cancer treatments into survivorship. This support group is designed to help you gain insight and balance in your life through discussion and problem-solving. Registration is required.

Young Adult Group

● FC, Thu, Mar 28, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range.

Young Women with Breast Cancer

● FC, Tue, Mar 19, 6:30-8pm

● FO-LWC, Wed, Mar 6, 6-7:30pm

● IAH-LWC, Tue, Mar 12, 6:30-8pm

Women with stage 0-3 breast cancer who are no more than 2 years out of active treatment are invited to meet with others in their 20s, 30s and 40s to gather information and learn how to best navigate survivorship. Registration is required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Mar 11, 5:30-7pm

Explore your creative side using a variety of techniques and materials. Artistic ability is NOT necessary - just a willingness to have some fun and make art with other teens that are also impacted by cancer. To register contact Sarah.Schmidt@inova.org or call 703.776-2403. 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.



Parenting Alone

● FC, Wed, Mar 6-Apr 3, 6-7:30pm

This six-week group is for parents of children

and teens who are navigating the death of a spouse or partner due to cancer. Meet other parents, learn about resources and gain guidance in how to better understand and support your child or teen in their grief, share ideas, challenges and helpful solutions. Participants are encouraged to attend all six sessions. To register or for more information contact Jean McCaw, MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org.

Pediatric Oncology Parent Night

● FC, Tue, Mar 26, 6:30-8:30pm

Come and learn about how you can get emotional support during your child's cancer journey. eSCCIP is a virtual program that allows caregivers the flexibility to learn the strategies through therapist-assisted online learning modules. Originally developed by leading experts at The Children's Hospital of Philadelphia, it is based on proven strategies that help parents of children with cancer and their families cope. To register or for more information contact cathy.bottrell@inova.org.

Touchstone-Grief Support for Children

● FC, Wed, Feb 27-Apr 3, 6-7:30pm

This 6 week group is for children ages 6-12 (1st grade-6th grade) who are grieving the loss of a family member due to cancer. Through age appropriate discussion, art therapy and other meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur as a child is grieving the death of a loved one. Registration is required.

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

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

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

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p>1</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12:30pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting (FC)</p> <p>2</p> <p>3</p>
<p>4</p> <p>10am Total Body (44084 RP) 10am Functional Fitness (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Breast Surgery Pre-Op (FC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba (IAH-HEC 3-5)</p>	<p>5</p> <p>11am Mindfulness-Based Cancer Recovery (FC) 12pm EZ Tai Chi (FC) 1pm Going Deeper than Words (FC) 1pm Yoga Sculpt (FO-LWC) 2pm Writing through Transitions (ILH-PER) 6pm Survivorship Series for Young Women (FO-LWC) 6pm Tai Chi (FC) 6:30pm Cardio-Core (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p>6</p> <p>10am Cardio-Core (44084 RP) 10:30am Cardio-Core (FO-LWC) 1pm Cultivating Compassion (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Touchstone-Grief Support for Children (FC) 6pm Total Body Conditioning (44084 RP) 6pm Parenting Alone (FC) 6pm Young Women w/ Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6pm Breast Cancer Group (FC) 7pm Cutaneous Lymphoma Group (FC)</p>	<p>7</p> <p>9am Acupuncture Appointments (FO-LWC) 10am Journaling 101 (FC) 10:30am Cardio Drumming (FC) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2:00pm Laughter Yoga (FC) 5:30pm Brain Fog (FC) 6:30pm Barre Tone (FC) 6:30pm Melanoma Meeting (FC)</p>	<p>8</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>9</p> <p>10am Carcinoid Cancer Group (FC) 10:30am MDS Group (FC)</p> <p>10</p>
<p>11</p> <p>5:30pm Art Therapy/Teens in Treatment (FC) 6pm Healing Touch (44084 RP) 7pm Caregiver Connection (FC)</p>	<p>12</p> <p>Coalesce II (FC) 10:30am Spirituality Quest (FC) 1:30pm Zentangle (44084 RP) 2pm Writing through Transitions (ILH-PER) 4pm Breast Surgery Pre-Op Class (ILH-PER) 5pm Ask A Dietitian (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6pm Survivorship Series for Young Women (FO-LWC) 6:30pm Young Women w/ Breast Cancer (IAH-LWC) 7:15pm Good Grief (FC) 7:30pm Us Too Prostate Cancer Group (FC)</p>	<p>13</p> <p>11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Cultivating Compassion (FC) 2pm Breast Surgery Pre-Op (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Mindfulness-Based Cancer Recovery (FC) 5:30pm Head and Neck Group (FC) 5:30pm Breast Cancer Group (FO-LWC) 5:30pm Caregiver Connection (FO-D) 6pm Parenting Alone (FC) 6pm Touchstone-Grief for Children (FC) 6pm Mind over Matter (ILH-RO) 6:30pm Latinos Unidos (IAH-LWC)</p>	<p>14</p> <p>9am Acupuncture (FO-LWC) 10am Journaling 101 (FC) 11am Orientation (FC) 1pm Living w/ Advance Disease (FO-LWC) 5pm Diet & Inflammation (FC) 5:30pm Brain Fog (FC) 6pm GI Cancer Group (FC) 6pm Us Too Prostate Group (IAH-AUD) 6pm Woman's Survivorship Group (ILH-RO)</p>	<p>15</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 1pm Knitting & Crocheting (FC) 2:30pm Writing Your Life Stories (FC) 3:30pm Triple Negative Tea (FC)</p> <p>16</p> <p>17</p>
<p>18</p> <p>10am Leukemia and Lymphoma Group (FC) 10am Total Body (44084 RP) 10am Functional Fitness (FO-LWC) 2pm Chair-Based (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Breast Cancer Group (IAH-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC)</p>	<p>19</p> <p>11:45am Multiple Myeloma (FC) 12pm EZ Tai Chi (FC) 12pm Fighting Cancer w/ a Fork (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 2pm Writing through Transitions (ILH-PER) 6pm Colorectal Cancer Group (FC) 6pm Good Grief (ILH-RO) 6pm Tai Chi (FC) 6:30pm Young Women w/ Breast Cancer (FC) 6:30pm Cardio & Core (IAH-HEC 3-5) 7pm Zumba (FC)</p>	<p>20</p> <p>10am Cardio & Core (44084 RP) 10:30am Cardio-Core (FO-LWC) 1pm Cultivating Compassion (FC) 2pm Chair-Based Exercise (FC) 2pm Breast Surgery Pre-Op (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Women's Survivorship Group <3 (FC) 6pm Touchstone (FC) 6pm Parenting Alone (FC) 6pm Total Body Conditioning (44084 RP) 6pm Book Group (FO-LWC) 6pm Mind over Matter ILH (ILH-RO) 6pm Brain Tumor Group (FC)</p>	<p>21</p> <p>9am Acupuncture (FO-LWC) 10am Journaling 101 (FC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30pm Strengthen w/ Barre and Pilates (FO-LWC) 11:30am Dance/Movement Therapy (FC) 1pm Healing through Art (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Just for the Guys (IAH-LWC) 6pm Colorectal Cancer Symposium (IAH-HEC) 6:30pm Benefits of Acupuncture (FC) 7pm Barre Tone (FC)</p>	<p>22</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>23</p> <p>24</p>
<p>25</p> <p>10am Total Body (44084 RP) 10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op (FC) 1pm Healing through Art Therapy (FO-LWC) 2pm Chair-Based (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Breast Cancer Group (ILH-RO) 6pm The Circle of Life (FC) 6:30pm Orientation (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba (IAH-HEC 3-5)</p>	<p>26</p> <p>Coalesce II (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 2pm Writing through Transitions (ILH-PER) 6pm Tai Chi (FC) 6pm Good Grief (ILH-RO) 6:30pm Cardio & Core (IAH-HEC 3-5) 6:30pm Pediatric Oncology Parent Night (FC) 7pm Zumba (FC)</p>	<p>27</p> <p>10am Cardio & Core (44084 RP) 10:30am Cardio-Core (FO-LWC) 11am Joyful Belly Dance (FC) 1pm Cultivating Compassion (FC) 1pm Living w/ Advance Disease (ILH-NBC) 2pm Chair-Based (FC) 3pm Cross-Train Challenge (FC) 5pm Survivorship Nutrition (FC) 5:30pm Gynecologic Cancer Group (FC) 5:30pm Breast Surgery Pre-Op (FO-LWC) 6pm Total Body Conditioning (44084 RP) 6pm Touchstone (FC) 6pm Parenting Alone (FC) 6pm Reiki (FC) 6pm Mind over Matter (ILH-RO) 7pm Reiki (FC)</p>	<p>28</p> <p>9am Acupuncture (FO-LWC) 10am Journaling 101 (FC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30pm Strengthen w/ Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Pre-Op (ILH-PER) 2pm Meditation and Guided Imagery (FC) 5:30pm Working after a Cancer Diagnosis (FC) 6pm Reiki for Relaxation (44084 RP) 7pm Reiki for Relaxation (44084 RP) 7pm Barre Tone (FC) 7:30pm Young Adult Group (FC)</p>	<p>29</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>30</p> <p>31</p>