



Life with Cancer®

AUGUST 2019

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

ABOUT LIFE WITH CANCER

Life with Cancer is the psychosocial and educational arm of the Inova Schar Cancer Institute within the Inova Health System. For more than 30 years, Life with Cancer has transformed community cancer care by distilling evidence-based research into unique and innovative services. All programs welcome patients, survivors, and loved ones regardless of where they receive(d) treatment. All programs and services are free of charge (except massage, acupuncture 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 calling 703.698.2526; this will allow another person to attend.
- Class dates may change. For the most up-to-date information check the online calendar.

CALENDAR KEY

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

- Fairfax
- Fair Oaks
- ISCI
- Loudoun
- Alexandria
- ★ Breast Cancer-Related

INFORMATION & EDUCATION

Orientation

- FC, Mon, Aug 26, 6:30-7:30 pm
- FC, Thu, Aug 8, 11 am-12 pm

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.



Ask a Dietitian

- FC, Tue, Aug 13, 5-6 pm

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



Breast Surgery Pre-Op Class

- ★ FC, Mon, Aug 12, 5-6:30 pm
- ★ FC, Wed, Aug 21, 2-3:30 pm
- ★ FO-LWC, Wed, Aug 14, 12:30-2 pm
- ★ FO-LWC, Wed, Aug 28, 5:30-7 pm
- ★ ILH-PER, Tue, Aug 13, 4-5:45 pm
- ★ ILH-PER, Thu, Aug 22, 1-2:45 pm
- ★ ISCI-LWC, Mon, Aug 5, 10-11:30 am
- ★ ISCI-LWC, Wed, Aug 28, 2-3:30 pm

An Oncology Nurse Navigator will tell you 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.



Sign up for Life with Cancer Updates

You will receive timely information on Program Highlights and Fundraisers
It's Easy!

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

Chemotherapy Class

- FC, Call 703.776.8768 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

See description, above. This appointment is specifically for individuals with breast cancer.

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Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.



INOVA®

Schar Cancer Institute

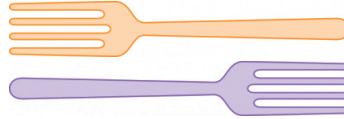
LOCATION KEY

- 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, Conference Room D, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, 3580 Joseph Siewick Drive, Lower Level, Suite 005, Fairfax, VA 22033
- FO-RO: Fair Oaks Cancer Center, Radiation Oncology, 3580 Joseph Siewick Drive, Lower Level, Suite 001, Fairfax, VA 22033
- 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, 4320 Seminary Road, Suite 1.NE.5.4, 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
- ISCI-LWC: Inova Schar Cancer Institute-Life with Cancer, 2nd Floor, 8081 Innovation Park Drive, Fairfax, VA 22031
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165

INFORMATION AND EDUCATION (CONTINUED)

Fighting Cancer with a Fork

● FO-LWC, Tue, Aug 20, 12-1 pm
Registered Dietitian, Sara Negron, MS, RD, CSO, will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.



Look Good...Feel Better

● FO-LWC, Tue, Aug 13, 11 am-1 pm
A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First-time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with the Look Good Feel Better Alliance and Personal Care Products Council. To register or for more information, go to <http://lookgoodfeelbetter.org/programs/program-finder/>. No registration through Life with Cancer.



look good
feel better

SUPPORTING WOMEN WITH CANCER

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Palliative and Hospice Care: Understanding the Difference

● FC, Mon, Aug 19, 6:30-8 pm

Jean-Paul Pinzon, MD will examine this topic and discuss how insurance impacts coverage of these services. Learn about the role of improving symptom management & quality of life for those undergoing treatment at all stages of illness. Registration is required.



Plant-Based Diet for Cancer Patients and Survivors

● FO-LWC, Wed, Aug 21, 5-6:30 pm
A plant-based diet is the recommended diet for cancer survivorship (amongst other health benefits). What exactly is a Plant-Based Diet and how does one adjust one's diet to be consistent with these recommendations? Registered Dietitian, Lauren Fay, RD, LDN, CSNC, CSO will explain it all and provide a cooking demonstration. Registration is required.



Survivorship Nutrition

● FC, Wed, Aug 28, 5-6:30 pm

Registered Dietitian Lauren Fay, will review the latest evidence, provided by The American Institute for Cancer Research, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence. Cooking demonstration is included! 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.

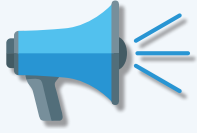
Common areas of nutrition recommendations during cancer treatment and recovery include:

- 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

MOVEMENT



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.

Barre Tone

● FC, Thu, Aug 1-15, 7-8 pm

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.



Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Buff Bones

● FO-LWC, Thu, Aug 1-15, 11:30 am-12:30 pm

*No class July 4. Fun and functional, these workout help to build stronger bones as well as tone and fine-tune major muscle groups for strength and total-body conditioning. You'll build strength by performing different types of movements using hand weights, bands, exercise balls, and body weight. Registration is required.

Cardio & Core

● FO-LWC, Wed, Aug 14, 10:30-11:30 am

● 44084 RP, Wed, Aug 7 & 14, 10-11 am

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, Aug 1-15, 10:30-11:15 am

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, Aug 5 & 12, 2-2:45 pm

● FC, Wed, Aug 7 & 14, 2-2:45 pm

● ISCI-LWC, Wed, Aug 7 & 14, 11-11:45 am

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, Aug 7 & 14, 3-3:45 pm

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 two months post-surgery. Registration is required.



Evening Gentle Yoga

● 44084 RP, Mon, Aug 5 & 12, 7-8:30 pm

● FC, Mon, Aug 5, 7-8:30 pm

● FO-LWC, Mon, Aug 5 & 12, 7-8:30 pm

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, Aug 6 & 13, 12-1 pm

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. This 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, Aug 5 & 12, 10-11 am

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

Oncology Massage and Body Work

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

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

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

MOVEMENT (CONTINUED)

Gentle Yoga

- FC, Thu, Aug 1-15, 1-2 pm
- IAH-HEC 3-5, Mon, Aug 5 & 12, 4-5:30 pm
- ISCI-LWC, Fri, Aug 2-16, 3:30-4:30 pm

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.

Keeping Fit

- FC, Mon, Aug 5 & 12, 3-4 pm

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 a perfect class! Registration is required.



Restorative Yoga

- 44084 RP, Fri, Aug 2-16, 12-1:30 pm
- FC, Fri, Aug 2 & 16*, 10:15-11:45 pm
- ISCI-LWC, Mon, Aug 5-19, 1-2 pm

*No class August 9. Learn how to use yoga props such as bolsters, blocks, and blankets to support your body while in restful yoga poses. The practice is done on the floor and each pose is held between 2 to 10 minutes, allowing time to rest and drop deeper into the relaxation experience. The last pose includes a guided meditation and is a helpful way to use imagery and breath to guide and focus an active mind. Please bring a cozy blanket. Registration is required.

Tai Chi

- FC, Tue, Aug 6 & 13, 6-7 pm

Based on the concepts of softness and awareness (rather than force and resistance) this practice 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. This class will teach basic movements. Registration is required.

Total Body Conditioning

- 44084 RP, Thu, Aug 1-15, 10-11 am
- 44084 RP, Tue, Aug 6 & 13, 10-11 am

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

Tai Chi

- ISCI-LWC, Wed, Aug 7 & 14, 2:30-3:30 pm

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 born out of a form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, balance, and flexibility. This class will teach basic movements. Registration is required.



Yin Yoga for Those in Treatment

- FO-LWC, Fri, Aug 16, 1-2:30 pm

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, Aug 13, 1-2 pm

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!

- (Zumba Gold) 44084 RP, Fri, Aug 9 & 16, 10:30-11:30 am
- IAH-HEC 3-5, Mon, Aug 5 & 12, 7-8 pm
- FC, Tue, Aug 6 & 13, 7-8 pm

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.

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

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

STRESS REDUCTION

Acupuncture Appointments

- FC, Tue, Aug 6-27, 3-5 pm
- FC, Thu, Aug 1-29, 4-6 pm
- FO-LWC, Thu, Aug 1-29, 9-11 am
- ISCI, Tue, Aug 6-27, 10am-2pm

Life with Cancer is partnering with the acupuncturists at the Inova Traditional Chinese Medicine Center to offer acupuncture at three Life with Cancer locations. The National Comprehensive Cancer Network (NCCN) and the Society for Integrative Oncology (SIO)* endorse acupuncture as a complementary therapy in the treatment of pain, chemotherapy-induced nausea and vomiting. The value of acupuncture has not yet been established for the following treatment side effects, but limited studies have shown some possible patient benefit: dry mouth, fatigue, neuropathy, and hot flashes. There is a \$75 fee for the first appointment and \$50 fee for each following appointment. To schedule an appointment call 703.206.5433.

Energy Therapies (formerly Reiki)

- 44084 RP, Thu, Aug 22, 5-6 pm, 6:30-7:30 pm, 7:30-8:30 pm
- FC, Mon, Aug 12, 6-7 pm and 7-8 pm
- FO-LWC, Tue, Aug 20, 6-7 pm and 7-8 pm
- ISCI-LWC, Wed, Aug 7, 10-10:45 am
- ISCI-LWC, Fri, Aug 9, 10-10:45 am

Registration begins on August 1 by 9:15 am; appointments are limited. for patients only (sorry, no caregivers at this time). Reiki practitioners and Healing Touch providers are joining forces. Both practices are relaxing, nurturing, heart-centered energy therapies, in which the practitioner places the hands just above the body or uses a light touch to clear, energize, and balance your energy fields. The intent is to improve physical, mental, emotional and spiritual health. 44084 & FO locations: Bring a sheet, blanket, and pillow. FC location: bring a blanket. ISCI location: 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 practitioners in the community.

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Healing through Art Therapy

- FC, Mon, Aug 12, 1-3:30 pm

Registration begins on August 1 by 9:15 am Experience the power of 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 experience is necessary, just a willingness to explore and be a 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. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend. Facilitator: Sarah Schmidt, MA, LPC, ATR-BC. Registration is required.



Knitting & Crocheting Circle

- FC, Fri, Aug 2 & 16, 1-2:30 pm

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, Aug 15, 2-3 pm

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.



Meditation and Guided Imagery

- FC, Thu, Aug 1 & 8, 2-3 pm
- ISCI-LWC, Thu, Aug 1-22, 4-5 pm

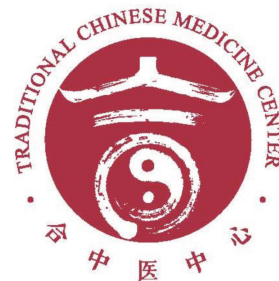
Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each session begins with breath work and a relaxation technique that leads into a guided meditation. Registration is required.

Mindfulness-Based Cancer Recovery Drop-In Group

- FC, Tue, Aug 6, 11 am-12 pm

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. Facilitator: Tuesday-Michelle Ferretti, LCSW, OSW-C; Thursday-Micheline Toussaint, LCSW, RYT, OSW-C.

Acupuncture Appointments



Life with Cancer is partnering with the acupuncturists at the Inova Traditional Chinese Medicine Center to offer acupuncture at three Life with Cancer locations.

There is a \$75 fee for the first appointment and \$50 fee for each following appointment.

The National Comprehensive Cancer Network (NCCN) and the Society for Integrative Oncology (SIO) endorse acupuncture as a complementary therapy in the treatment of:

- pain
- chemotherapy-induced nausea and vomiting

The value of acupuncture has not yet been established for the following treatment side effects, but limited studies have shown some possible patient benefit:

- dry mouth
- fatigue
- neuropathy
- hot flashes

To schedule your appointment call 703.206.5433.

STRESS REDUCTION (CONTINUED)

Summer Mindfulness Practice

● IAH-LWC, Wed, Aug 7 & 14, 6:30-7:30 pm

Continuing to meditate with a group will support and enhance your practice. This weekly summer gathering is for those who have attended the Mindfulness for Healthy Living classes and/or the Mindfulness-Based Cancer Recovery Program. We will do guided seated meditations as well as simple energy clearing and enhancing movements. Questions about meditation practice are welcome.

Registration is required. Facilitator: Nancy Ann Miller, MAC, LAC, DiplAc.

Writing Your Life Stories Drop-In Group

● FC, Fri, Aug 16, 2:30-4 pm

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.



Carcinoid Cancer Group

● FC, Sat, Aug 10, 10 am-12 pm

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, and to register, email mitchmberger@msn.com.

Caregiver Connection

● FC, Mon, Aug 12, 7-8:30 pm

● FO-D, Wed, Aug 14, 5:30-7 pm

● ILH-RO, Tue, Aug 13, 6-7:30 pm

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. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration is required.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Aug 2-30

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information and to register, contact facilitator, Shara Sosa, MSW, LCSW, OSW-C: shara.sosa@inova.org, 703.698.2522, Tu, Wed, Fri.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Aug 13 & 27

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information and to register, contact facilitator, Micheline Toussaint, MSW, LCSW, RYT, OSW-C: micheline.toussaint@inova.org, 703.698.2521 on Tuesdays and Wednesdays.

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Aug 20, 6-7:30 pm

This group is for any patient, or their loved ones, living with metastatic colorectal cancer. 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.

Gynecologic Cancer Group

● FC, Wed, Aug 28, 5:30-7 pm

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 Teassa Eddy, LCSW. Registration is required.

Head and Neck Cancers Group

● FC, Wed, Aug 14, 5:30-7 pm

● FO-RO, Mon, Aug 19, 6-7:30 pm

This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration is required.



Just for the Guys Monthly Support Group

● IAH-LWC, Thu, Aug 15, 6-7:30 pm

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. Facilitator:

David McGinness, MSW, LCSW, OSW-C.



Leukemia and Lymphoma Support Group

● FC, Mon, Aug 19, 10-11:30 am

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. Facilitators: Sarah Brooks, LCSW, and Lynn Magrum, MSN, CANP, AOCN. Registration is required by previous Friday.

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

SUPPORT & NETWORKING

Brain Tumor Group

● FC, Wed, Aug 21, 6-7:30 pm

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: Sarah Schmidt, MA, LPC, ATR-BC, and Christine Althoff, DNP, RN, AOCNS.

Breast Cancer Support Group

●★ FC, Wed, Aug 7, 6-7:30 pm

●★ FO-LWC, Wed, Aug 14, 5:30-7 pm

●★ IAH-LWC, Mon, Aug 19, 5:30-7 pm

●★ ILH-RO, Mon, Aug 26, 5:30-7 pm

This group is for women diagnosed with stage 0-3 breast cancer, no more than 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration is required.

SUPPORT & NETWORKING (CONTINUED)

Living with Advanced Disease

● FO-LWC, Thu, Aug 8, 1-2:30 pm

● ILH-NBC, Wed, Aug 28, 1-2:30 pm

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. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration is required.

Lung Cancer Group

● FC, Wed, Aug 7, 6:30-8 pm

Note: We will not meet in July. Join other patients, survivors, family members, and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Carrie Friedman, RN, BS, OCN, and David McGinness, LCSW, OSW-C. Registration is required.

Multiple Myeloma

● FC, No meeting in August

See you again on September 18. For more information, contact Drucilla, Brethwaite, LCSW, OSW-C, 703.698.2538 or Drucilla. Brethwaite@inova.org.

Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Aug 10, 10:30 am-12 pm

This patient-led support group provides patients, caregivers, and families a safe place to explore the emotional aspects of MDS, share with others their feelings and challenges and to hear from local MDS other related healthcare professionals. Light refreshments. To register email Brian.S.Anderson65@gmail.com or call 703.984.9379.

Spirituality Quest: Summer Picnic

● FC, Tue, Aug 13, 10:30 am-12 pm

"The morning had dawned clear and cold, with a crispness that hinted at the end of summer". George R.R. Martin. August brings to close the end of summer and the beginning of a new season. Join us as we say goodbye to summer with an End of Summer Potluck "Picnic". Bring your favorite summer dish or food as we celebrate all that summer has given to us with food, fellowship, and laughter.



Us Too Prostate Cancer Group

● LCSC, Tue, Aug 13, 6-8 pm

● IAH-LWC, Thu, Aug 8, 6-7:30 pm

● FC, No meeting in August

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

Weight Management after Breast Cancer Support Group

●★ FC, Tue, Aug 6, 5-6 pm

Achieving a healthy weight after your diagnosis and treatment for breast cancer can be challenging. Meet with others who share a similar challenge, learn strategies and gain support to help you achieve your goals. Registration is required through Registered Dietitian, Lauren Fay at lauren.fay@inova.org.



Women's Survivorship Group

● ILH-RO, Thu, Aug 8, 6-7:30 pm

● FC, Wed, Aug 21, 5:30-7 pm

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. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration is required.

Young Adult Group

● FC, Tue, Aug 27, 7-8:30 pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Shara Sosa, LCSW, OSW-C, and Eric Cohen, RN, BSN, OCN. Registration is required.

Young Women with Breast Cancer

●★ FC, Tue, Aug 20, 6:30-8 pm

●★ FO-LWC, Wed, Aug 7, 6-7:30 pm

●★ IAH-LWC, Tue, Aug 13, 6:30-8 pm

Women in their 20s, 30s, and 40s with non-metastatic breast cancer from diagnosis to one-year post-treatment are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration is required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Aug 12, 5:30-7 pm

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. 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.

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 Sarah Schmidt, MA, LPC, ATR-BC, 703.776.2403 or sarah.schmidt@inova.org.

Registration is required for all groups and programs

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If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			<p>1</p> <p>9 am Acupuncture Appointments (FO-LWC) 10 am Total Body Conditioning (44084 RP) 10:30 am Cardio Drumming (FC) 11:30 am Buff Bones (FO-LWC) 1 pm Gentle Yoga (FC) 2 pm Meditation and Guided Imagery (FC) 4 pm Meditation and Guided Imagery (ISCI-LWC) 4:00 pm Acupuncture Appointments (FC) 7 pm Barre Tone (FC)</p>	<p>2</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 12 pm Restorative Yoga (44084 RP) 1 pm Knitting & Crocheting Circle (FC) 3:30 pm Gentle Yoga (ISCI-LWC)</p> <p>3</p> <p>4</p>
<p>5</p> <p>10 am Breast Surgery Pre-Op (ISCI-LWC) 10 am Functional Fitness (FO-LWC) 1 pm Restorative Yoga (ISCI-LWC) 2 pm Chair-Based Exercise (FC) 3 pm Keeping Fit (FC) 4 pm Gentle Yoga (IAH-HEC 3-5) 7 pm Evening Gentle Yoga (44084 RP) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Zumba! (IAH-HEC 3-5) 7 pm Evening Gentle Yoga (FC)</p>	<p>6</p> <p>10 am Total Body Conditioning (44084 RP) 10 am Acupuncture Appointments (ISCI) 11 am Acupuncture Appointments (ISCI) 11 am MBCR Drop-In (FC) 12 pm EZ Tai Chi (FC) 3 pm pm Acupuncture Appointments (FC) 5 pm Weight Management after Breast Cancer (FC) 6pm Tai Chi (FC) 7 pm Zumba (FC)</p>	<p>7</p> <p>9 am Energy Therapies (ISCI-LWC) 10am Cardio & Core (44084 RP) 10 am Energy Therapies (ISCI-LWC) 11 am Chair Exercise (ISCI-LWC) 2 pm Chair-Based Exercise (FC) 2:30 pm Tai Chi (ISCI-LWC) 3 pm Cross-Train Challenge (FC) 6 pm Breast Cancer Support Group (FC) 6 pm Young Women w/ Breast Cancer (FO-LWC) 6:30 pm Lung Cancer Group (FC) 6:30 pm Summer Mindfulness (IAH-LWC)</p>	<p>8</p> <p>9 am Acupuncture Appointments (FO-LWC) 10 am Total Body Conditioning (44084 RP) 10:30 am Cardio Drumming (FC) 11 am Orientation (FC) 11:30 am Buff Bones (FO-LWC) 1 pm Gentle Yoga (FC) 1 pm Living w/ Advanced Disease (FO-LWC) 2 pm Meditation and Guided Imagery (FC) 4 pm Meditation and Guided Imagery (ISCI-LWC) 4 pm Acupuncture Appointments (FC) 6 pm Women's Survivorship Group (ILH-RO) 6 pm Prostate Cancer Group (IAH-LWC) 7 pm Barre Tone (FC)</p>	<p>9</p> <p>Coalesce (FC) 9 am Energy Therapies (ISCI-LWC) 10 am Energy Therapies (ISCI-LWC) 10:15 pm Restorative Yoga (FC) 10:30 am Zumba Gold (44084 RP) 12 pm Restorative Yoga (44084 RP) 3:30 pm Gentle Yoga (ISCI-LWC)</p> <p>10</p> <p>10 am Carcinoid Cancer Group (FC) 10:30 am MDS Support Group (FC)</p> <p>11</p>
<p>12</p> <p>10 am Functional Fitness (FO-LWC) 1 pm Restorative Yoga (ISCI-LWC) 1 pm Healing through Art Therapy (FC) 2 pm Chair-Based Exercise (FC) 3 pm Keeping Fit (FC) 4 pm Gentle Yoga (IAH-HEC 3-5) 5 pm Breast Surgery Pre-Op (FC) 5:30 pm Art Therapy/Teens in Treatment (FC) 6 pm Energy Therapies Appointments (FC) 7pm Caregiver Connection (FC) 7 pm Zumba! (IAH-HEC 3-5) 7 pm Energy Therapies Appointments (FC) 7 pm Evening Gentle Yoga (44084 RP) 7 pm Evening Gentle Yoga (FO-LWC)</p>	<p>13</p> <p>Coalesce II (FC) 10 am Total Body Conditioning (44084 RP) 10 am Acupuncture Appointments (ISCI) 10:30 am Spirituality Quest (FC) 11 am Acupuncture Appointments (ISCI) 11 am Look Good...Feel Better (FO-LWC) 12 pm EZ Tai Chi (FC) 1 pm Yoga Sculpt (FO-LWC) 3 pm pm Acupuncture Appointments (FC) 4 pm Breast Surgery Pre-Op (ILH-PER) 5pm Ask a Dietitian (FC) 6pm Caregiver Connection (ILH-RO) 6pm Prostate Cancer Group (LCSC) 6pm Tai Chi (FC) 6:30 pm Young Women w/Breast Cancer (IAH-LWC) 7 pm Zumba (FC)</p>	<p>14</p> <p>10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11 am Chair Exercise (ISCI-LWC) 12:30 pm Breast Surgery Pre-Op (FO-LWC) 2 pm Chair-Based Exercise (FC) 2:30 pm Tai Chi (ISCI-LWC) 3 pm Cross-Train Challenge (FC) 5:30 pm Caregiver Connection (FO-D) 5:30 pm Head and Neck Cancers (FC) 5:30 pm Breast Cancer Support Group (FO-LWC) 6:30 pm Summer Mindfulness (IAH-LWC)</p>	<p>15</p> <p>9 am Acupuncture Appointments (FO-LWC) 10 am Total Body Conditioning (44084 RP) 10:30 am Cardio Drumming (FC) 11:30 am Buff Bones (FO-LWC) 1 pm Gentle Yoga (FC) 2 pm Laughter Yoga (FC) 4 pm Meditation and Guided Imagery (ISCI-LWC) 4:00 pm Acupuncture Appointments (FC) 6 pm Just for the Guys (IAH-LWC) 7pm Barre Tone (FC)</p>	<p>16</p> <p>Coalesce (FC) 10:15 am Restorative Yoga (FC) 10:30 am Zumba Gold (44084 RP) 12 pm Restorative Yoga (44084 RP) 1 pm Yin Yoga for Those in Treatment (FO-LWC) 1 pm Knitting & Crocheting Circle (FC) 2:30 pm Writing Your Life Stories (FC) 3:30 pm Gentle Yoga (ISCI-LWC)</p> <p>17</p> <p>18</p>
<p>19</p> <p>10 am Leukemia and Lymphoma (FC) 1 pm Restorative Yoga (ISCI-LWC) 5:30 pm Breast Cancer Group (IAH-LWC) 6 pm Head and Neck Group (FO-RO) 6:30 pm Palliative and Hospice Care (FC)</p>	<p>20</p> <p>10 am Acupuncture Appointments (ISCI) 11 am Acupuncture Appointments (ISCI) 12 pm Fighting Cancer w/a Fork (FO-LWC) 3 pm pm Acupuncture Appointments (FC) 6 pm Energy Therapies (FO-LWC) 6 pm Colorectal Cancer Group, Advanced Stage (FC) 6:30 pm Young Women w/Breast Cancer (FC) 7 pm Energy Therapies (FO-LWC)</p>	<p>21</p> <p>2 pm Breast Surgery Pre-Op (FC) 5 pm Plant-Based Diet (FO-LWC) 5:30 pm Women's Survivorship Group (FC) 6 pm Brain Tumor Group (FC)</p>	<p>22</p> <p>9 am Acupuncture Appointments (FO-LWC) 1 pm Breast Surgery Pre-Op (ILH-PER) 4 pm Meditation and Guided Imagery (ISCI-LWC) 4:00 pm Acupuncture Appointments (FC) 5 pm Energy Therapies (44084 RP) 6:30 pm Energy Therapies (44084 RP) 7:30 pm Energy Therapies (44084 RP)</p>	<p>23</p> <p>24</p> <p>25</p>
<p>26</p> <p>Coalesce (FC) 5:30 pm Breast Cancer Support Group (ILH-RO) 6:30 pm Orientation (FC)</p>	<p>27</p> <p>Coalesce II (FC) 10 am Acupuncture Appointments (ISCI) 11 am Acupuncture Appointments (ISCI) 3 pm Acupuncture Appointments (FC) 7 pm Young Adult Group (FC)</p>	<p>28</p> <p>12:30 pm Breast Surgery Pre-Op (FO-LWC) 1 pm Living w/ Advanced Disease (ILH-NBC) 2 pm Breast Surgery Pre-Op (ISCI-LWC) 5 pm Survivorship Nutrition (FC) 5:30 pm Gynecologic Cancer Group (FC)</p>	<p>29</p> <p>9am Acupuncture Appointments (FO-LWC) 4:30 pm Acupuncture Appointments (FC)</p>	<p>30</p> <p>Coalesce (FC)</p> <p>31</p>