



# Life with Cancer®

JULY 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

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## INFORMATION & EDUCATION

### Ask a Dietitian!

● FC, Tue, Jul 16, 5-6 pm

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 and to receive the evidence-based answers to clarify any confusion you may have. Registration is required.

### Survivorship Nutrition

● FC, Wed, Jul 24, 5-6:30 pm

Did you know the American Institute for Cancer Research released its 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.



### Fighting Cancer with a Fork

● FO-LWC, Tue, Jul 16, 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.

*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.

### Look Good...Feel Better

● FC, Mon, Jul 15, 5-7 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

### Breast Surgery Pre-Op Class

- ★ FC, Wed, Jul 17, 2-3:30 pm
- ★ FC, Wed, Jul 24, 2-3:30 pm
- ★ FC, Mon, Jul 29, 5-6:30 pm
- ★ FO-LWC, Wed, Jul 10, 12:30-2 pm
- ★ FO-LWC, Wed, Jul 24, 5:30-7 pm
- ★ ILH-PER, Tue, Jul 9, 4-5:45 pm
- ★ ILH-PER, Thu, Jul 25, 1-2:45 pm

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.

### Chemotherapy for Breast Cancer

●★ FC, Call 703.776.8768 for an appt.

An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer, how to prepare for your appointment, an overview of nutrition and exercise, managing side effects and available online resources. To register call 703.776.8768.

### 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](http://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

### 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.

## INFORMATION AND EDUCATION (CONTINUED)

### Chemotherapy Class

● ISCI, Call 571.472.0768 for an appt.  
Call 571-472-0768 to schedule an appointment with an oncology nurse navigator. Learn 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.

### Orientation

● FC, Thu, Jul 11, 11 am-12 pm  
● FC, Mon, Jul 22, 6:30-7:30 pm  
● ISCI, Call 703.571.472.0768 for an appt.

Take a tour of our Family Center or Suite at Inova Schar, 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.



### Pelvic Floor Issues and Treatment for GYN Cancers

● FO-LWC, Wed, Jul 17, 4:30-5:30 pm  
Maryam Farsi, senior therapist for the Fair Oaks Rehabilitation Department will discuss pelvic floor muscle anatomy and function related to gynecological cancer, the impact of cancer and cancer treatment on these muscles and physical therapy treatment for those issues. Registration is required.

### Telling Your Life Story and Leaving a Lasting Legacy

● FC, Mon, Jul 22, 6:30-8 pm  
Oncology Therapist Michelle Bronzo, MA, LPC, CT, will discuss the value of legacy work and concrete ways you can go about creating a lasting legacy for your loved ones. Registration is required.

## MOVEMENT

### Barre Tone

● FC, Thu, Jul 11-25, 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.

### Buff Bones

● FO-LWC, Thu, Jul 11-25, 11:30 am-12:30 pm  
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, Jul 10-24, 10:30-11:30 am  
Target your core muscles using variations of familiar moves, while increasing cardio endurance by adding interval training exercises. Registration is required.

### Cardio & Core

● 44084 RP, Wed, Jul 10-31, 10-11 am  
Using your body weight and light resistance, this class will help build endurance, and stamina, whilst strengthening all the muscles that make up your core. If you're looking to get your heart and body stronger, this class is for you! 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.

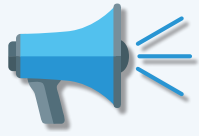
Common areas of nutrition recommendations during cancer treatment and recovery include:

- 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 (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](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.
- 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](http://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, Jul 11-25, 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, Jul 8-29, 2-2:45 pm

● FC, Wed, Jul 10-31, 2-2:45 pm

● ISCI-LWC, Wed, Jul 10-31, 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, Jul 10-31, 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, Jul 8-29, 7-8:30 pm

● FC, Mon, Jul 15-29, 7-8:30 pm

● FO-LWC, Mon, Jul 8-29, 7-8:30 pm

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, Jul 9-30, 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, Jul 8-29, 10-11 am

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

### Gentle Yoga

● FC, Thu, Jul 11-25, 1-2 pm

● IAH-HEC 3-5, Mon, Jul 8-29, 4-5:30 pm

● ISCI-LWC, Fri, Jul 12-26, 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

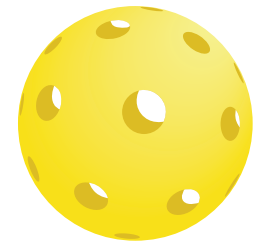
● FC, Mon, Jul 8-29, 3-4 pm

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 and a signed 2019 Physical Activity Waiver is required for each previously unattended class (go to [lifewithcancer.org](http://lifewithcancer.org) and hover over the "Register for a Class" Tab. Registration is required.

### Pickleball

● FC, Wed, Jul 17, 10-11 am

USA Pickleball Association District Ambassador and breast cancer survivor Helen White will introduce attendees to Pickleball, a fun, easy-to-learn, and very social mini-tennis like game that is the fastest growing racket sport in the USA. Come prepared to work out while having fun! Paddles and balls provided. Please wear tennis shoes (or a good pair of athletic shoes). Registration is required. Class is limited to 8 participants.



### 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.

## 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)

### Restorative Yoga

- FC, Fri, Jul 12-26, 10:15-11:45 am
- 44084 RP, Fri, Jul 12-26, 12-1:30 pm
- ISCI-LWC, Mon, Jul 8-29, 1-2 pm

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, Jul 11-25, 11:30 am-12:30 pm
- You'll combine barre and Pilates' movements set to motivating music to create an invigorating workout. Registration is required.

### Tai Chi

- FC, Tue, Jul 9-30, 6-7 pm
- ISCI-LWC, Wed, Jul 10-31, 2:30-3:30 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, Tue, Jul 9-30, 10-11 am
- 44084 RP, Thu, Jul 11-25, 10-11 am

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

### Yin Yoga for Those in Treatment

- FO-LWC, Fri, Jul 12-26, 1-2:30 pm

Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allow-

### 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.

ing 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, Jul 9-30, 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!

- (GOLD) 44084 RP, Fri, Jul 12 & 19 (only), 10:30-11:30 am
- FC, Tue, Jul 9-30, 7-8 pm
- IAH-HEC 3-5, Mon, Jul 8-29, 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.



## STRESS REDUCTION

### Healing through Art Therapy

- FC, Mon, Jul 8, 1-3:30 pm

Registration begins on the 1st business day of each 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 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: Shara Schmidt, MA, LPC, AART-BC. Registration is required.



### Knitting & Crocheting Circle

- FC, Fri, Jul 19, 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.

### Meaning-Centered Psychotherapy Group

- FC, Wed, Jul 10 & 17, 2:30-4 pm

Group continues for those already registered. No meeting July 3.

### Meditation and Guided Imagery

- FC, Thu, Jul 11-25, 2-3 pm
- ISCI-LWC, Thu, Jul 11-25, 3:30-4:30 pm

Using a summer themed-visualization, you'll blend gentle movement, breathing, and relaxation to increase your stamina and flexibility. Registration is required.

## Acupuncture Appointments



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

- Tuesdays, 3-5 pm
- Thursdays, 4:30-6 pm

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

- Thursdays, 9 am-11:30 pm

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](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

## STRESS REDUCTION (CONTINUED)

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

- FC, Tue, Jul 2, 11 am-12 pm
- FC, Wed, Jul 10, 5:30-6:30 pm

Only 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; Wednesday-Micheline Toussaint, LCSW, RYT, OSW-C.

### Qi Gong: Body, Mind, & Breath

- ISCI-LWC, Tue, Jul 2-16, 3-4:15 pm

Class continues for those already registered.

### Reiki

- ISCI-LWC, Wed, Jul 10 & 12  
9 am-9:45 am and 10-10:45 am

Registration opens on the first business day of the month by 9:15 AM for patients seen at the ISCI only. Reiki is an ancient practice that involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Space is very limited. 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.



### Energy Therapies Reiki & Healing Touch!

- 44084 RP, Thu, Jul 25, 5-6 pm, 6:30-7:30 pm, 7:30-8:30 pm
- FC, Mon, Jul 8, 6-7 pm and 7-8 pm
- FC, Wed, Jul 24, 6-7 pm and 7-8 pm
- FO-LWC, Jul 16, 6-7 pm and 7-8 pm

Healing Touch providers and Reiki practitioners are joining forces to offer their skills to cancer patients and survivors. 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. Dress comfortably and bring a sheet, blanket, and pillow. Appointments open on the first business day of the month, by 9:15 AM. Space is very limited. 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 similar services in the community.



### Stress-Busting: Writing through Troubled Times

- FC, Tue, Jul 16, 10 am-12 pm

Let's take a pause, a breath, and bust some stress through writing. You will be guided through the experience of creating a new relationship with one of your life stresses

through short, structured, sequenced journal writes. No previous writing experience is necessary. You will leave the workshop with a simple, yet powerful, widely applicable tool that can help you, “name it to tame it.” For information contact Darah Curran, LCSW, 703.206.5435, [darah.curran@inova.org](mailto:darah.curran@inova.org). Registration is required.

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

- FC, Fri, Jul 19, 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.



### Zentangle

- 44084 RP, Tue, Jul 9, 1:30-3 pm

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. Instructor: Roberta Hughes, CZT. 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

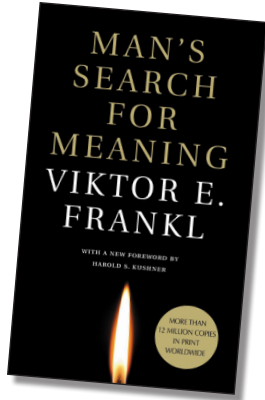
If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

## SUPPORT & NETWORKING

### Book Group: Man's Search for Meaning

● **FO-LWC, Wed, Jul 17, 6-7:30 pm**

Man's Search for Meaning by Viktor E. Frankl. This book was written in 1945 and has been called one of the 10 most influential books in this world. As a concentration camp survivor, Frankl tells us his thoughts and feelings that allowed him to maintain his belief in life's meaning. Registration is required.



### Brain Tumor Group

● **FC, Wed, Jul 17, 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. Registration is required.

### Breast Cancer Support Group

● **★ FC, No group in July**

● **★ FO-LWC, Wed, Jul 10, 5:30-7 pm**

● **★ IAH-LWC, Mon, Jul 15, 5:30-7 pm**

● **★ ILH-RO, Mon, Jul 22, 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. Registration required.

### Carcinoid Cancer Group

● **FC, Sat, Jul 13, 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](mailto:mitchmberger@msn.com).

### Caregiver Connection

● **FC, Mon, Jul 8, 7-8:30 pm**

● **FO-D, Wed, Jul 10, 5:30-7 pm**

● **ILH-RO, Tue, Jul 9, 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 therapist and an oncology nurse navigator. Registration is required.

### Coalesce: An Advanced Breast Cancer Group

● **★ FC, Fri, Jul 5-26, call 703.698.2522**

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, LCSW, OSW-C: [shara.sosa@inova.org](mailto:shara.sosa@inova.org), 703.698.2522, Tuesdays, Wednesdays and Fridays.



### Coalesce II: An Advanced Breast Cancer Group

● **★ FC, Tue, Jul 9 & 23, call 703.698.2521**

See description, above. For more information and to register, contact facilitator, Micheline Toussaint, LCSW, RYT, OSW-C: [micheline.toussaint@inova.org](mailto:micheline.toussaint@inova.org), 703.698.2521 on Tuesdays and Wednesdays.

### Colorectal Cancer Support Group

● **FC, Tue, Jul 16, 6-7:30 pm**

This group is for any patient living with metastatic 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

● **FC, No meetings in July**

For more information go to [www.clfoundation.org/CLF-DC](http://www.clfoundation.org/CLF-DC). No Life with Cancer registration

### Gynecologic Cancer Group

● **FC, Wed, Jul 24, 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 required.

### Head and Neck Cancers Group

● **FC, Wed, Jul 10, 5:30-7 pm**

● **FO-RO, Mon, Jul 15, 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. Facilitator at FC: Kate Skoczylas, RN, BSN, OCN. Facilitators at FO: Maureen Broderick, LCSW and Amy Bohoslav. Registration is required.

### Just for the Guys Monthly Support Group

● **IAH-LWC, Thu, Jul 18, 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. For more information contact David McGinness at [david.mcginness@inova.org](mailto:david.mcginness@inova.org)

### Leukemia and Lymphoma Support Group

● **FC, Mon, Jul 15, 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. Facilitator: Sarah Brooks, LCSW, and Lynn Magrum, MSN, CANP, AOCN. Registration is required by previous Friday.

### Living with Advanced Disease

● **FO-LWC, Thu, Jul 11, 1-2:30 pm**

● **ILH-NBC, Wed, Jul 24, 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. Facilitator: Karen Archer, LCSW. Registration is required.

### Lung Cancer Group

● **FC, No meeting 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.

### Melanoma Support & Networking Quarterly Meeting

● **FC, Thu, Jul 11, 6:30-8 pm**

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 Meeting

● **FC, Tue, Jul 16, 11:45 am-1:45 pm**

This monthly meeting offers an opportunity for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. July will feature a 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.

### 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.

## SUPPORT & NETWORKING (CONTINUED)

### Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Jul 13, 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](mailto:Brian.S.Anderson65@gmail.com) or call 703.984.9379.

### Spirituality Quest: The Gift of Giving

● FC, Tue, Jul 9, 10:30 am-12 pm

In continuation of our theme of celebration, we will be celebrating "The Gift of Giving." There is a proverb that says "A joy that's shared is a joy made double". What can each of us give or do for others that would bring joy? Has anyone ever given you the gift of joy? If so how did it make you feel? Registration is required.

### Us Too Prostate Cancer Group

● FC, Tue, Jul 9, 7:30-9 pm

Dr. Marijo Bilusic of NIH Bethesda will speak about two prostate cancer clinical trials that are still open for volunteers for the treatment of cancer if it recurs after surgery or radiation. Facilitator: Steve Haracznak. Registration is required.

### Us Too Prostate Cancer Group

● LCSC, Tue, Jul 9, 6-8 pm

Join others for an opportunity to network and learn about valuable prostate cancer information and resources. If you have any questions, contact Courtney Weaver, 703.858.8857. Registration is required.

### Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Jul 11, 6-7:30 pm

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. Loved ones welcome! Facilitator: David McGinness, 703.698.2526 or [david.mcginness@inova.org](mailto:david.mcginness@inova.org). 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.

### Weight Management after Breast Cancer Support Group

●★ FC, Tue, Jul 2, 5-6 pm

Achieving a healthy weight after your diagnosis and treatment for breast cancer can be challenging. Join us on the first Tuesday of the month to 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](mailto:lauren.fay@inova.org).



### Women's Survivorship Group, Less than 3 yrs.

● ILH-RO, Thu, Jul 11, 6-7:30 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. Registration is required.

### Young Adult Group

● FC, Thu, Jul 25, 7:30-9 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: Kristin Drouin, LCSW, and Eric Cohen, RN, BSN, OCN. Registration is required.

### Young Women with Breast Cancer

●★ FC, Tue, Jul 16, 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. If attending for the first time, please call Shara Sosa, LCSW, OSW-C at 703.698.2522 Tue, Wed, or Fri. Registration is required.

### Young Women with Breast Cancer

●★ FO-LWC, No meeting in July

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: Maureen Broderick, LCSW and Shairna Bluestein, RN, BSN, OCN. If attending for the first time call

Maureen Broderick, LCSW, 703-391-4180. Registration required. Registration is required.

### Young Women with Breast Cancer

●★ IAH-LWC, Tue, Jul 9, 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: Shara Sosa, LCSW, OSW-C, and Carrie Friedman, RN, BS, OCN. If attending for the first time call, 703.698.2522, Tue, Wed, or Fri. Registration is required.

## CHILDREN, TEENS & PARENTS

### Art Therapy Group for Teens in Treatment

● FC, Mon, Jul 8, 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. Facilitator: Sarah Schmidt, MA, LPC, ATR-BC. To register contact Sarah. [Schmidt@inova.org](mailto: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](mailto:sarah.schmidt@inova.org).

# JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1	2 11 am Mindfulness-Based Drop-In Group (FC) 3 pm Acupuncture Appointments (FC) 3 pm Qi Gong: Body Mind Breath (ISCI-LWC) 5 pm Weight Management after BCa (FC)	3 Life with Cancer closes at 3 pm	4 <b>HAPPY INDEPENDENCE DAY!!</b> Life with Cancer is closed 	5 Coalesce (FC) 6 7
8 10 am Functional Fitness (FO-LWC) 1 pm Healing through Art Therapy (FC) 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) 5:30 pm Art Therapy/Teens (FC) 6 pm Energy Therapies (FC) 7 pm Evening Gentle Yoga (44084 RP) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Zumba! (IAH-HEC 3-5) 7 pm Energy Therapies (FC) 7 pm Caregiver Connection (FC)	9 Coalesce II (FC) 10 am Total Body (44084 RP) 10:30 am Spirituality Quest (FC) 12 pm EZ Tai Chi (FC) 1 pm Yoga Sculpt (FO-LWC) 1:30 pm Zentangle (44084 RP) 3 pm Qi Gong: Body Mind Breath (ISCI-LWC) 3 pm Acupuncture Appointments (FC) 4 pm Breast Surgery Pre-Op (ILH-PER) 6 pm Tai Chi (FC) 6 pm Us Too Prostate Group (LCSG) 6 pm Caregiver Connection (ILH-RO) 6:30 pm Young Women with BCa (IAH-LWC) 7 pm Zumba (FC) 7:30 pm Us Too Prostate Group (FC)	10 9 am Reiki (ISCI-LWC) 10 am Reiki (ISCI-LWC) 10 am Cardio Core (44084 RP) 10:30 am Cardio Core (FO-LWC) 11 am Chair Exercise (ISCI-LWC) 12:30 pm Breast Surgery Pre-Op (FO-LWC) 2:30 pm Tai Chi (ISCI-LWC) 2 pm Chair-Based Exercise (FC) 3 pm Cross-Train Challenge (FC) 2:30 pm Meaning-Centered Psychotherapy (FC) 5:30 pm Caregiver Connection (FO-D) 5:30 pm Mindfulness-Based Drop-In Group (FC) 5:30 pm BCa Group (FO-LWC) 5:30 pm Head & Neck Cancers Group (FC)	11 9 am Acupuncture Appointments (FO-LWC) 10 am Total Body (44084 RP) 10:30 am Cardio Drumming (FC) 11 am Orientation (FC) 11:30 am Buff Bones (FO-LWC) 11:30 am Strengthen with Barre & Pilates (FO-LWC) 1 pm Gentle Yoga (FC) 1 pm Living with Advanced Disease (FO-LWC) 2 pm Meditation & Guided Imagery (FC) 3:30 pm Meditation & Guided Imagery (ISCI-LWC) 4:30 pm Acupuncture Appointments (FC) 6 pm Us Too Prostate Cancer Group (IAH-LWC) 6 pm Women's Survivorship < 3 yrs (ILH-RO) 6:30 pm Melanoma Meeting (FC) 7 pm Barre Tone (FC)	12 Coalesce (FC) 9 am Reiki (ISCI-LWC) 10 am Reiki (ISCI-LWC) 10:15 pm Restorative Yoga (FC) 10:30 am Zumba Gold (44084 RP) 12 pm Restorative Yoga (44084 RP) 1 pm Yin Yoga (FO-LWC) 3:30 pm Gentle Yoga (ISCI-LWC) 13 10 am Carcinoid Cancer Group (FC) 10:30 am MDS Group (FC) 14
15 10 am Functional Fitness (FO-LWC) 10 am Leukemia & Lymphoma Group (FC) 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) 5 pm 2019 Look Good...Feel Better (FC) 5:30 pm BCa Group (IAH-LWC) 6 pm Head & Neck Group (FO-RO) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Zumba! (IAH-HEC 3-5) 7 pm Evening Gentle Yoga (FC) 7 pm Evening Gentle Yoga (44084 RP)	16 10 am Stress-Busting: Writing (FC) 10 am Total Body (44084 RP) 11:45 am Multiple Myeloma (FC) 12 pm EZ Tai Chi (FC) 12 pm Fighting Cancer with a Fork (FO-LWC) 1 pm Yoga Sculpt (FO-LWC) 3 pm Acupuncture Appointments (FC) 3 pm Qi Gong: Body Mind Breath (ISCI-LWC) 5 pm Ask a Dietitian (FC) 6 pm Energy Therapies (IFOH-LWC) 6 pm Tai Chi (FC) 6 pm Colorectal Cancer Group (FC) 6:30 pm Young Women with BCa (FC) 6 pm Energy Therapies (IFOH-LWC) 7 pm Zumba (FC)	17 10 am Cardio Core (44084 RP) 10 am Pickleball (FC) 10:30 am Cardio Core (FO-LWC) 11 am Chair Exercise (ISCI-LWC) 2 pm Breast Surgery Pre-Op (FC) 2 pm Chair-Based Exercise (FC) 2:30 pm Meaning-Centered Psychotherapy (FC) 2:30 pm Tai Chi (ISCI-LWC) 3 pm Cross-Train Challenge (FC) 4:30 pm Pelvic Floor Issues (FO-LWC) 5:30 pm Women's Survivorship Group < 3 yrs (FC) 6 pm Book Group (FO-LWC) 6 pm Brain Tumor Group (FC)	18 9 am Acupuncture Appointments (FO-LWC) 10 am Total Body (44084 RP) 10:30 am Cardio Drumming (FC) 11:30 am Strengthen w/Barre (FO-LWC) 11:30 am Buff Bones (FO-LWC) 1 pm Gentle Yoga (FC) 2 pm Meditation & Guided Imagery (FC) 3:30 pm Meditation & Guided Imagery (ISCI-LWC) 4:30 pm Acupuncture Appointments (FC) 6 pm Just for the Guys (IAH-LWC) 7 pm Barre Tone (FC)	19 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 (FO-LWC) 1 pm Knitting Crocheting Circle (FC) 2:30 pm Writing Your Life Stories Drop-In (FC) 3:30 pm Gentle Yoga (ISCI-LWC) 20 21
22 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) 5:30 pm BCa Group (ILH-RO) 6:30 pm Telling Your Life Story (FC) 6:30 pm Orientation PM (FC) 7 pm Evening Gentle Yoga (FC) 7 pm Evening Gentle Yoga (44084 RP) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Zumba! (IAH-HEC 3-5)	23 Coalesce II (FC) 10 am Total Body (44084 RP) 12 pm EZ Tai Chi (FC) 1 pm Yoga Sculpt (FO-LWC) 3 pm Acupuncture Appointments (FC) 6 pm Tai Chi (FC) 7 pm Zumba (FC)	24 10 am Cardio Core (44084 RP) 10:30 am Cardio Core (FO-LWC) 11 am Chair Exercise (ISCI-LWC) 1 pm Living w/Advanced Disease (ILH-NBC) 2 pm Chair-Based Exercise (FC) 2 pm Breast Surgery Pre-Op (FC) 2:30 pm Tai Chi (ISCI-LWC) 3 pm Cross-Train Challenge (FC) 5 pm Survivorship Nutrition (FC) 5:30 pm Breast Surgery Pre-Op (FO-LWC) 5:30 pm Gynecologic Cancer Group (FC) 6 pm Energy Therapies (FC) 7 pm Energy Therapies (FC)	25 9 am Acupuncture Appointments (FO-LWC) 10 am Total Body (44084 RP) 10:30 am Cardio Drumming (FC) 11:30 am Buff Bones (FO-LWC) 11:30 am Strengthen w/Barre (FO-LWC) 1 pm Breast Surgery Pre-Op Class (ILH-PER) 1 pm Gentle Yoga (FC) 2 pm Meditation & Guided Imagery (FC) 3:30 pm Meditation & Guided Imagery (ISCI-LWC) 4:30 pm Acupuncture Appointments (FC) 5 pm Energy Therapies (44084 RP) 6:30 pm Energy Therapies (44084 RP) 7 pm Barre Tone (FC) 7:30 pm Energy Therapies (44084 RP) 7:30 pm Young Adult Group (FC)	26 Coalesce (FC) 10:15 am Restorative Yoga (FC) 12 pm Restorative Yoga (44084 RP) 1 pm Yin Yoga (FO-LWC) 3:30 pm Gentle Yoga (ISCI-LWC) 27 28
29 10 am Functional Fitness (FO-LWC) 1 pm Restorative Yoga (ISCI-LWC) 2 pm Chair-Based Exercise (FC) 7 pm Evening Gentle Yoga (FC) 3 pm Keeping Fit (FC) 4 pm Gentle Yoga (IAH-HEC 3-5) 5 pm Breast Surgery Pre-Op (FC) 7 pm Evening Gentle Yoga (44084 RP) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Zumba! (IAH-HEC 3-5)	30 10 am Total Body (44084 RP) 12 pm EZ Tai Chi (FC) 1 pm Yoga Sculpt (FO-LWC) 3 pm Acupuncture Appointments (FC) 6 pm Tai Chi (FC) 7 pm Zumba (FC)	31 10 am Cardio Core (44084 RP) 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)		