



# Life with Cancer®

NOVEMBER 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:

- Family Center, Fairfax
- Fair Oaks
- ISCI
- Loudoun
- Alexandria
- ★ Breast Cancer-Related

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# INOVA®

Schar Cancer Institute

## NOVEMBER HIGHLIGHTS

### Ask the Expert: The Evolving Role of Cytogenetics in Cancer Care

● ILH-NBC, Thu, Nov 21, 6-7:30

Dr. Leandro Moraes will speak on Cytogenetics in Cancer Care. Learn about the history of cytogenetics in diagnosis, prognosis, and treatment of cancer. Facilitator: Christine Stone RN, MSN, OCN. Registration is required.

### Brain Fog: Strategies to Manage Cancer-Related Cognitive Impairment

● FC, Tue, Nov 5-26, 1-2:30pm

Understand the factors involved in the potential cognitive impacts of cancer and cancer treatments. Learn strategies that can help manage the impact on day to day functioning. Please register for all four sessions. Facilitators: Sam Lolak, MD, Rebecca Babb, MSN, APRN, CPNP-AC, CPHON, Michelle Ferretti, LCSW, OSW-C, and Tyler Pudleiner, MSW. Registration is required.

### Shine a Light on Lung Cancer

● FC, Thu, Nov 7, 6-8:30pm

Join us for an evening filled with updates, information, and hope for our lung cancer community presented by lung cancer experts. This event is for anyone who wants to learn more about lung cancer. Dinner served. Registration is required. Check our online calendar for registration information.

### Handling the Holidays

● 44084 RP, Thu, Nov 14, 6-7:30pm

For family members affected by cancer, the traditional holiday spirit may be replaced with a wide range of emotions. Join us to discuss some of the common challenges of handling the holidays, and for mutual support, and tips on getting through the season. Facilitators: Elise Schneider, MSW, LCSW, and Sarah Bremen, MSW. 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.



For timely information on program highlights sign up for the Life with Cancer E-Newsletter at [www.lifewithcancer.org](http://www.lifewithcancer.org).

Scroll down to the bottom of the page and enter your email address in the Subscribe for Updates box.

### Planning a Memorial or Celebratory Service

● FC, Mon, Nov 25, 6-7:30pm

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

### Surviving the Holidays as a Cancer Patient

● ILH-NBC, Mon, Nov 4, 6-7:30pm

For cancer patients undergoing treatment or recently having completed treatment, the holiday season doesn't always get celebrated the same as previous years. Join us to discuss some of the common challenges of handling the holidays and tips on getting through the season. Facilitators: Julie Ackerman, MSW, LCSW, and Courtney Weaver, MSW, LCSW. Registration is required.

**NEW!**

*Class*

### Caregiver Tea and Talk

● ISCI-LWC, Tue, Nov 5-26, 12-1pm

Do you support or care for someone with cancer? Join us and connect with other caregivers as we share experiences, discuss challenges, and enhance coping strategies. Light refreshments will be available. Facilitated by an Oncology Clinical Therapist.



## 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-PEC: ILH-Patient Education Center, Leesburg, VA
- ILH-PER : Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA 20176
- ILH-RO: Inova Loudoun Hospital, Radiation Oncology Center, 44035 Riverside Parkway, Suite 100, Leesburg, VA 20176
- ILH-Ste. 242: ILH-NBC, 44055 Riverside Parkway, Suite 242, Leesburg, VA 20176
- ISCI-LWC: Inova Schar Cancer Institute-Life with Cancer, 2nd Floor, 8081 Innovation Park Drive, Fairfax, VA 22031
- ISCI-RR: Inova Schar Cancer Center, 2nd Floor, LWC, Resource Room, Fairfax, VA 22031
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165

## EDUCATION

### Life with Cancer Orientation

- FC, Thu, Nov 14, 11am-12pm
- FC, Mon, Nov 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.



### Ask a Dietitian

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

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

### Seminars for Survivors: Nutrition for Survivors

- FC, Thu, Nov 14, 5:30-7pm

Registered Dietitian Lauren Fay, will review the latest evidence, based on the American Institute for Cancer Research's recommendations for survivorship nutrition, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence.

### Fighting Cancer with a Fork

- FO-LWC, Tue, Nov 19, 12-1pm

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

### Breast Surgery Pre-Op Class

- ★ FC, Wed, Nov 20, 2-3:30pm
- ★ FO-LWC, Tue, Nov 5, 12:30-2pm
- ★ FO-LWC, Wed, Nov 13, 12:30-2pm
- ★ FO-LWC, Wed, Nov 20, 4-5:30pm
- ★ ILH-PER, Tue, Nov 12, 4-5:45pm
- ★ ISCI-RR, Wed, Nov 6, 10-11:30am
- ★ ISCI-RR, Mon, Nov 11, 5-6:30pm
- ★ ISCI-RR, Mon, Nov 25, 10-11:30am

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.

### Colorectal Surgery Pre-op Education

- ILH-NBC, Wed, Nov 6, 4-5:30pm

Knowledge is power! If you are scheduled for Colorectal Surgery at Inova Loudoun Hospital, this class will help you prepare. An oncology nurse navigator, an ostomy nurse, and a registered dietitian will present an overview of what to expect. Facilitator: Mary Kay Mecca RN, BSN, OCN, 703.858.6615. Registration is required, however, family members may attend without registration.

### Look Good...Feel Better

- FO-LWC, Tue, Nov 12, 11am-12pm

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.

### Survivorship Series for Young Women with Breast Cancer

- ★ FO-RO, Tue, Nov 5-19, 6-7:30pm

Class continues for those already registered. For information on next class series contact Shairna Bluesteen, RN, BSN, OCN, 703.391.4575 or [Shairna.Bluesteen@Inova.org](mailto:Shairna.Bluesteen@Inova.org).



### 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.

## Nutrition Counseling

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
- Irregular bowel movements
- Nausea
- Weight loss/gain
- Taste changes

## EDUCATION (CONTINUED)

### Chemotherapy Class

● **FC, Call 571.472.0744 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 571.472.0744 for an appointment**

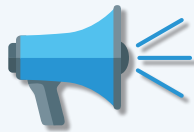
See description, above. This appointment is specifically for individuals with breast cancer. Registration is required.

## FITNESS

### Barre Tone

● **FC, Thu, Nov 7-21, 7-8pm**

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.



### 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.

### Buff Bones

● **FO-LWC, Thu, Nov 7-21, 11:30am-12:30pm**

Fun and functional, these workouts 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, Nov 6-20, 10:30-11:30am**

● **44084 RP, Wed, Nov 6-20, 10-11am**

Target your core muscles using variations of familiar moves, while increasing cardio endurance by adding interval training exercises. Registration is required.

### Cardio Drumming

● **FC, Thu, Nov 7-21, 10:30-11:15am**

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



### Cross-Train Challenge

● **FC, Wed, Nov 6-20, 3-3:45pm**

If you crave variety this is the class for you! Fusing 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

● **FC, Mon, Nov 4 & 18, 7-8:30pm**

● **FO-LWC, Mon, Nov 4-18, 7-8:30pm**

Blending gentle movement, breathing, and relaxation you'll learn movements that stretch, strengthen, relax muscles and increase stamina and flexibility. Registration is required.

### EZ Tai Chi

● **FC, Tue, Nov 5-19, 12-1pm**

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, Nov 4-18, 10-11am**

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

### Gentle Yoga

● **FC, Thu, Nov 7-21, 1-2pm**

● **IAH-HEC 3-5, Mon, Nov 4-18, 4-5:30pm**

Blending gentle movement, breathing, and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Registration is required.

### Keeping Fit

● **FC, Mon, Nov 4-18, 3-4pm**

If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! Registration is required.

### Launch into Fitness

● **FC, Mon, Nov 4-18, 2-2:45pm**

● **FC, Wed, Nov 6-20, 2-2:45pm**

● **ISCI-LWC, Wed, Nov 6-27, 11-11:45am**

An energizing workout combining cardio, strength, and flexibility all modified to accommodate anyone with balance issues, recent surgeries or is just getting back into exercise. Participants move at their own pace. Chairs are provided so that the class can be done while seated or standing. 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.

## 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.



## FITNESS (CONTINUED)

### Pickleball

● **FC, Wed, Nov 20, 10-11:30am**

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 workout while having fun! Paddles and balls provided. Please wear tennis shoes (or a good pair of athletic shoes). Class is limited to 8 participants. Registration is required.



### Restorative Yoga

● **44084 RP, Fri, Nov 1-22, 12-1:30pm**

● **FC, Fri, Nov 1-22, 10:15-11:45am**

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 uses imagery and breath to guide and focus an active mind. Please bring a blanket. Registration is required.

### StayStrong

● **IAH-HEC 3-5, Tue, Nov 5-19, 6:30-7:30pm**

Need to build muscle and strength as well as maintain your cardio fitness? Stay Strong is what you're looking for. This all-level class builds muscle and strength by incorporating exercise bands and body weight to get and keep you strong. Registration is required.

### Tai Chi

● **FC, Tue, Nov 5-19, 6-7pm**

● **ISCI-LWC, Wed, Nov 6 & 20, 2:30-3:30pm**

This ancient practice embodies China's most profound concepts and principles of health and movement. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This class will teach basic movements. Registration is required. Registration is required.

### Total Body Conditioning

● **44084 RP, Thu, Nov 7-21, 10-11am**

● **44084 RP, Tue, Nov 5-19, 10-11am**

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

### Yin Yoga for Those in Treatment

● **FO-LWC, Fri, Nov 1-22, 1-2:30pm**

Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.

### Yoga Sculpt

● **FO-LWC, Tue, Nov 5-19, 1-2pm**

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

### Zumba!

● **FC, Tue, Nov 5-19, 7-8pm**

● **IAH-HEC 3-5, Mon, Nov 4-18, 7-8pm**

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, Nov 1-22, 10:30-11:30am**

This class is Zumba but at a slower pace. See description, above. Registration is required.



## STRESS REDUCTION

### Acupuncture

● **FC, Wed, Nov 6-27, 10am-12pm**

● **FO-LWC, Thu, Nov 7-21, 9-11am**

● **ILH-Ste 242, Wed, Nov 6-27, 1-4pm**

● **ISCI-LWC, Tue, Nov 5-26, 10am-2pm**

The National Comprehensive Cancer Network and the Society for Integrative Oncology 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, but limited studies have shown some possible patient benefit: dry mouth, fatigue, neuropathy, hot flashes. Call Inova Well at 571-472-1680 for an appointment.

## Acupuncture at Life with Cancer



To schedule an appointment call  
Inova Well at 571.472.1680

### LOCATIONS:

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

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

**Life with Cancer**  
Inova Schar Cancer Institute  
8081 Innovation Park Drive  
Fairfax, VA 22031

**Life with Cancer, Leesburg**  
44055 Riverside Parkway, Ste. 242  
Leesburg, VA 20176

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.

### 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.

## 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)**.

## STRESS REDUCTION (CONTINUED)

### Art Therapy for Long-Term Survivors

● FC, Mon, Nov 4, 1-3:30pm

Experience the power of art therapy, relaxation, and guided imagery as you explore the creative process and make meaning of your life after cancer. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration for this group begins on the 1st of each month. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend. Sarah Schmidt, MA, LPC, ATR-BC. Registration is required.



### Art Therapy Series: Going Deeper than Words

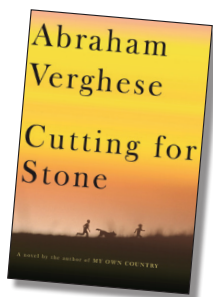
● FC, Mon, Nov 18-Dec 16, 1-3:30pm

Discover the power of your creativity, intuition, and resilience through this 4-week art therapy group for those currently in treatment or out of treatment within 2 years. This group provides opportunities for connection, mindfulness, 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. Attendance at each session is recommended as each week will build on the week prior. Facilitator: Sarah Schmidt, MA, LPC, ATR-BC.

### Book Group

● FO-LWC, Wed, Nov 20, 6-7:30pm

Due to the cancelling of our September book group, we will be discussing, "Cutting for Stone" by Abraham Verghese. This epic novel written by an MD covers continents and generations of a cast of characters, many of whom are doctors. It offers many insights into the world of medicine. Registration is required.



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

● FC, Tue, Nov 5, 11am-12pm

● FC, Tue, Nov 12, 7-8pm

● IAH-LWC, Tue, Nov 19, 6:30-7:30pm

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 ben-

efits and challenges of maintaining "mindfulness-awareness" in your daily life. Registration is required. Facilitators: Nov 5-Michelle Ferretti, LCSW, OSW-C; Nov 12- Micheline Toussaint, LCSW, RYT, OSW-C, IAH- an Oncology Clinical Therapist.

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

● FC, Fri, Nov 15, 2:30-4pm

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



### Energy Therapies

● 44084 RP, Thu, Nov 21, 5-6pm,  
6:30-7:30pm, 7:30-8:30pm

● FC, Mon, Nov 11, 6-7pm and 7-8pm

● FO-LWC, Tue, Nov 19, 6-7pm and 7-8pm

● ISCI-LWC, Wed, Nov 13 and 27, 10-11am  
and 9-10am

Registration opens on different days for each location (check the online calendar for specifics). Patients and one support person may schedule appointments. Reiki and Healing Touch practices are relaxing, nurturing, heart-centered energy therapies, in which the practitioner places their 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 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.

### Healing through Art Therapy

● FC, Mon, Nov 11, 1-3:30pm

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 art with a variety of media and approaches. Artistic ability is not 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.

### Knitting & Crocheting Circle

● FC, Fri, Nov 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.



### Meditation and Guided Imagery

● FC, Thu, Nov 7-21, 2-3pm

● ISCI-LWC, Thu, Nov 14, 3:30-4:30pm

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

### Mind Over Matter

● ILH-NBC, Tue, Nov 5 & 12, 2-3:30pm

Class continues for those already registered. For information on next series contact Courtney Weaver, MSW, LCSW, at Courtney.Weaver@Inova.org or 703.858-8942.

### Mindfulness-Based Cancer Recovery

● FC, Wed, Nov 6-Dec 4\*, 2:30-4pm

\*No class Nov 27. Class continues for those already registered. For information on next series contact Michelle Ferretti, LCSW, OSW-C, at Michelle.Ferretti@Inova.org or 703.698.2524.

### Zentangle

● 44084 RP, Tue, Nov 12, 1:30-3pm

Zentangle is 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. Instructor: Roberta Hughes, CZT. Registration is required.

## SUPPORT & NETWORKING

### Brain Tumor Support Group

● FC, Wed, Nov 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 brain tumors at this monthly meeting. Facilitators: Sarah Schmidt, MA, LPC, ATR-BC, and Ashley Thompson, BSN, RN, OCN. 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)

### Breast Cancer Support Group

- ★ FC, Wed, Nov 6, 6:30-8pm
- ★ FO-LWC, Wed, Nov 13, 5:30-7pm
- ★ IAH-LWC, Mon, Nov 18, 5:30-7pm
- ★ ILH-RO, Mon, Nov 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. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Facilitators: An Oncology Nurse Navigator and an Oncology Clinical Therapist. Registration required.

### Carcinoid Cancer Group

- FC, Sat, Nov 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, and to register, email [MitchmBerger@msn.com](mailto:MitchmBerger@msn.com).

### Caregiver Connection

- FC, Mon, Nov 11, 7-8:30pm
- FO-D, Wed, Nov 13, 5:30-7pm
- ILH-RO, Tue, Nov 12, 6-7:30pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. FC Facilitators: Rebecca Babb, MSN, RN, CPNP-AC LSW, and Tyler Pudleiner, MSW. FO Facilitators: Karen Archer, MSW, LCSW & Shairna Bluesteen, RN, BSN, OCN. ILH Facilitators: Rebecca Babb, MSN, RN, CPNP-AC LSW and Elise Schneider, MSW, LCSW. Registration is required.

**NEW!** *Class*

### Caregiver Tea and Talk

- ISCI-LWC, Tue, Nov 5-26, 12-1pm

Do you support or care for someone with cancer? Join us and connect with other caregivers as we share experiences, discuss challenges, and enhance coping strategies. Light refreshments will be available. Facilitated by an Oncology Clinical Therapist.



### Coalesce: An Advanced Breast Cancer Group

- ★ FC, Fri, Nov 1, 8, 15, and 22, Call for time
- ★ FC, Tue, Nov 12 & 26, Call for time

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. Friday facilitator: Shara Sosa, LCSW, OSW-C, [Shara.Sosa@Inova.org](mailto:Shara.Sosa@Inova.org). Tuesday facilitator: Micheline Toussaint, LCSW, RYT, OSW-C, [Micheline.Toussaint@Inova.org](mailto:Micheline.Toussaint@Inova.org)

### Colorectal Cancer Support Group, Advanced Stage

- FC, Tue, Nov 12, 6-7:30pm

This support 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. Facilitator: Michelle Bronzo, MA, LPC, CT. Registration is required.

### Cutaneous Lymphoma Group

- FC, Wed, Nov 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.cfoundation.org/CLF-DC>.

### Good Grief

- FC, Tue, Nov 5, 7:15-9pm

Group continues for those already registered. For information on the next 8-week series contact [Darah.Curran@Inova.org](mailto:Darah.Curran@Inova.org).

### Gynecologic Cancer Group

- FC, Wed, Nov 20, 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 Teassa Eddy, LCSW. Registration is required.

### Handling the Holidays

- 44084 RP, Thu, Nov 14, 6-7:30pm

For family members affected by cancer, the traditional holiday spirit may be replaced with a wide range of emotions. Join us to discuss some of the common challenges of handling the holidays, and for mutual support, and tips on getting through the season. Facilitators: Elise Schneider, MSW, LCSW, and Sarah Bremen, MSW. Registration is required.

### Head and Neck Cancers Group

- FC, Wed, Nov 13, 5:30-7pm
- FO-RO, Mon, Nov 18, 6-7:30pm

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. FC Facilitators: Lauren Broschak, MSW, LCSW, and Kate Skoczylas, RN, BSN, OCN. FO Facilitators: Maureen Broderick, LCSW, and Amy Bohoslav, BSN, RN, OCN. Registration is required.

### Just for the Guys Support Group

- IAH-LWC, Thu, Nov 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. Facilitator: David McGinness, MSW, LCSW, OSW-C.

### Leukemia and Lymphoma Support Group

- FC, Mon, Nov 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. Facilitators: Sarah Brooks, LCSW, and Jillian Powers, BSN, RN, OCN. Registration is required by previous Friday.

### Living with Advanced Disease

- FO-LWC, Thu, Nov 14, 1-2:30pm
- ILH-NBC, Wed, Nov 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. FO facilitators: Karen Archer, MSW, LCSW, and Kaitlyn Hegarty, RN, BSN, OCN. ILH facilitators: Courtney Weaver, LCSW, and Mary Kay Mecca, RN, BSN. Registration is required.

### Lung Cancer Group

This group will not meet this month. Instead, join us at Shine A Light on Lung Cancer, November 7. See front page for more information.

### Multiple Myeloma

- FC, Tue, Nov 19, 10:30am-12pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will feature a special speaker. Check the online calendar for specifics. Facilitators: Drucilla Brethwaite, LCSW, OSW-C, Rebecca DiPatri, RN, BSN, OCN, and Susan Carlson, RN, BSN. Co-sponsored with the Leukemia and Lymphoma Society. Registration is required.

### Myelodysplastic Syndromes (MDS) Support Group

- FC, Sat, Nov 9, 10:30am-12pm

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.

### 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)

### **Pancreatic Cancer Support Group**

● **FO-LWC, Wed, Nov 6, 1-2:30pm**

Join us on the first Wednesday of each month as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with the diagnosis and treatment. This group is only for patients. Facilitators: Karen Archer, MSW, LCSW, and Shairna Bluesteen, RN, BSN, OCN. Registration is required.

### **Spirituality Quest**

● **FC, Tue, Nov 12, 10:30am-12pm**

"I would maintain that thanks are the highest form of thought and that gratitude is happiness doubled by wonder." - G.K. Chesterton. Join us as we give thanks for another year of life and blessings.

### **Us Too Prostate Cancer Group**

● **FC, Tue, Nov 12, 7:30-9pm**

November's meeting will be an open discussion meeting. Join us to network and learn from other survivors both in and out of treatment. Loved ones welcome! Registration is required.

### **Us Too Prostate Cancer Group**

● **LCSC, Tue, Nov 12, 6-8pm**

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

### **Us Too, Prostate Cancer Group**

● **IAH-LWC, Thu, Nov 14, 6-7:30pm**

This monthly group includes a presentation by a physician or other health professional followed by an opportunity to share with and learn from other survivors both in and out of treatment. Loved ones welcome! Facilitator: David McGinness, MSW, LCSW, OSW-C, 703.698.2526 or David.McGinness@Inova.org. Registration is required.

### **Waldenstrom's Macroglobulinemia Support Group**

● **FC, Sat, Nov 2, 10:30am-1pm**

Director and Oncology Clinical Therapist, Drucilla Brethwaite will present, "Strategies for Building Resilience." Resilience is the process of adapting in the face of adversity, trauma, tragedy, threats or significant sources of stress, such as a cancer diagnosis. It means going beyond "bouncing back" from difficult experiences but also thriving. This presentation will

provide and understanding of the sympathetic nervous system and the concept of resilience as well as offer strategies to nurture and increase personal resilience. Co-sponsored with International Waldenstrom's Macroglobulinemia Foundation, Leukemia and Lymphoma Society, and Life with Cancer. Register at lukleppinger@outlook.com

### **Weight Management after Breast Cancer Support Group**

● **★ FC, Wed, Nov 6, 5-6pm**

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@Inova.org.



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

● **ILH-RO, Thu, Nov 14, 6-7:30pm**

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

### **Young Adult Group**

● **FC, Tue, Nov 26, 6:30-8pm**

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, Nov 19, 6:30-8pm**

● **★ FO-LWC, Wed, Nov 6, 6-7:30pm**

● **★ IAH-LWC, Tue, Nov 12, 6:30-8pm**

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. FC facilitators: Shara Sosa, MSW, LCSW, OSW-C, and Miranda Gingrich, RN, BSN, OCN. FO facilitator: Maureen Broderick, LCSW and Shairna Bluesteen, RN, BSN, OCN.

If attending for the first time call Maureen Broderick, LCSW, 703-391-4180. IAH facilitator: An Oncology Nurse Navigator and an Oncology Clinical Therapist. Registration is required.

## CHILDREN, TEENS, AND PARENTS

### **Art Therapy Group for Teens in Treatment**

● **FC, Mon, Nov 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 who are also impacted by cancer. To register contact Sarah. Schmidt@Inova.org or call 703.776-2403. Registration is required.

### **Pediatric Oncology Parent Night**

● **FC, Tue, Nov 26, 6-8:30pm**

Registered Dietitian, Caitlin Benda, MBS, MS, RD, CSO, will be presenting, "Optimizing Nutrition During Treatment." We will discuss nutritional priorities throughout the course of cancer treatment, as well as strategies to help overcome common treatment related side effects. Dinner and separate activity for children 2-12.

### **Touchstone Grief Group for Children**

This 6-week group is held multiple times during the year. The group is for children aged 6-12 (1st-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. To register or for more information contact Michelle Bronzo, MA, LPC, CT at michelle.bronzo@inova.org or 703.698.2539. No online registration.

### **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.

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

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

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

# NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p><b>1</b></p> <p>Coalesce 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Knitting &amp; Crocheting (FC) 1pm Yin Yoga (FO-LWC)</p> <p><b>2</b></p> <p>10:30am Waldenstrom's Group (FC)</p> <p><b>3</b></p>
<p><b>4</b></p> <p>10am Functional Fitness (FO-LWC) 1pm Art Therapy for Long-Term Survivors (FC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 6pm Surviving the Holidays as a Cancer Patient (ILH-NBC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba! (IAH-HEC 3-5)</p>	<p><b>5</b></p> <p>10am Total Body (44084 RP) 10am Acupuncture (ISCI-LWC) 11am Drop-In MBCR (FC) 12pm Caregiver Tea &amp; Talk (ISCI-LWC) 12pm EZ Tai Chi (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Brain Fog (FC) 1pm Yoga Sculpt (FO-LWC) 2pm Mind Over Matter (ILH-NBC) 6pm Survivorship Series (FO-RO) 6pm Tai Chi (FC) 6:30pm StayStrong (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p><b>6</b></p> <p>10am Acupuncture (FC) 10am Breast Surgery Pre-Op (ISCI-RR) 10am Cardio &amp; Core (44084 RP) 10:30am Cardio &amp; Core (FO-LWC) 11am Launch into Fitness (ISCI-LWC) 1pm Acupuncture (ILH-Ste 242) 1pm Pancreatic Cancer Group (FO-LWC) 2pm Launch into Fitness (FC) 2:30pm MBCR (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 4pm Colorectal Surgery Pre-op (ILH-NBC) 5pm Weight Mgmt after BrCa Group (FC) 6pm Young Women with Br Ca (FO-LWC) 6:30pm Breast Cancer Group (FC) 7pm Cutaneous Lymphoma Group (FC)</p>	<p><b>7</b></p> <p>9am Acupuncture (FO-LWC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation &amp; Guided Imagery (FC) 6pm Shine a Light on Lung Cancer (FC) 7pm Barre Tone (FC)</p>	<p><b>8</b></p> <p>Coalesce 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p><b>9</b></p> <p>10am Carcinoid Cancer Group (FC) 10:30am MDS Group (FC) 1pm Weight Mgmt and Br Ca (FC)</p> <p><b>10</b></p>
<p><b>11</b></p> <p>10am Functional Fitness (FO-LWC) 1pm Healing through Art Therapy (FC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Breast Surgery Pre-Op (ISCI-RR) 5:30pm Art Therapy Group for Teens (FC) 6pm Energy Therapies (FC) 7pm Energy Therapies (FC) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba! (IAH-HEC 3-5)</p>	<p><b>12</b></p> <p>Coalesce 10am Acupuncture (ISCI-LWC) 10am Total Body (44084 RP) 10:30am Spirituality Quest (FC) 11am Look Good...Feel Better (FO-LWC) 12pm Caregiver Tea &amp; Talk (ISCI-LWC) 12pm EZ Tai Chi (FC) 1pm Brain Fog (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 2pm Mind Over Matter (ILH-NBC) 4pm Breast Surgery Pre-Op (ILH-PER ) 5pm Ask a Dietitian (FC) 6pm Caregiver Connection (ILH-RO) 6pm Colorectal Cancer Group (FC) 6pm Survivorship Series (FO-RO) 6pm Tai Chi (FC) 6pm Us Too Group (LCSC) 6:30pm StayStrong (IAH-HEC 3-5) 6:30pm Young Women with BrCa (IAH-LWC) 7pm Drop-In MBCR (FC) 7pm Zumba (FC) 7:30pm Us Too Group (FC)</p>	<p><b>13</b></p> <p>9am Energy Therapies (ISCI-LWC) 10am Acupuncture (FC) 10am Total Body (44084 RP) 10am Cardio &amp; Core (44084 RP) 10am Energy Therapies (ISCI-LWC) 10:30am Cardio &amp; Core (FO-LWC) 11am Launch into Fitness (ISCI-LWC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Acupuncture (ILH-Ste 242) 2pm Launch into Fitness (FC) 2:30pm MBCR (FC) 3pm Cross-Train Challenge (FC) 5:30pm Caregiver Connection (FO-D) 5:30pm Head &amp; Neck Group (FC) 5:30pm Breast Cancer Group (FO-LWC)</p>	<p><b>14</b></p> <p>9am Acupuncture (FO-LWC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation &amp; Guided Imagery (FC) 3:30pm Meditation &amp; Guided Imagery (ISCI-LWC) 5:30pm Nutrition for Survivors (FC) 6pm Us Too Group (IAH-LWC) 6pm Handling the Holidays (44084 RP) 6pm Women's Survivorship Group (ILH-RO) 7pm Barre Tone (FC)</p>	<p><b>15</b></p> <p>Coalesce 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Knitting &amp; Crocheting (FC) 1pm Yin Yoga (FO-LWC) 2:30pm Drop-In Life Stories (FC)</p> <p><b>16</b></p> <p><b>17</b></p>
<p><b>18</b></p> <p>10am Functional Fitness (FO-LWC) 10am Leukemia &amp; Lymphoma (FC) 1pm Art Therapy Series (FC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Head &amp; Neck (FO-RO) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba! (IAH-HEC 3-5)</p>	<p><b>19</b></p> <p>10am Acupuncture (ISCI-LWC) 10am Total Body (44084 RP) 10:30am Multiple Myeloma Group (FC) 12pm Caregiver Tea &amp; Talk (ISCI-LWC) 12pm EZ Tai Chi (FC) 12pm Fighting Cancer with a Fork (FO-LWC) 1pm Brain Fog (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Energy Therapies (FO-LWC) 6pm Survivorship Series (FO-RO) 6pm Tai Chi (FC) 6:30pm Drop-In MBCR (IAH-LWC) 6:30pm StayStrong (IAH-HEC 3-5) 6:30pm Young Women w/ Breast Cancer (FC) 7pm Energy Therapies (FO-LWC) 7pm Zumba (FC)</p>	<p><b>20</b></p> <p>10am Acupuncture (FC) 10am Cardio &amp; Core (44084 RP) 10am Pickleball (FC) 10:30am Cardio &amp; Core (FO-LWC) 11am Launch into Fitness (ISCI-LWC) 1pm Acupuncture (ILH-Ste 242) 2pm Breast Surgery Pre-Op (FC) 2pm Launch into Fitness (FC) 2:30pm MBCR (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 4pm Breast Surgery Pre-Op (FO-LWC) 5:30pm Gynecologic Cancer Group 6pm Brain Tumor Group (FC) 6pm Book Group (FO-LWC)</p>	<p><b>21</b></p> <p>9am Acupuncture (FO-LWC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Pre-Op (ILH-PEC) 2pm Meditation &amp; Guided Imagery (FC) 6pm Ask the Expert: Cytogenetics (ILH-NBC) 6pm Just for the Guys Group (IAH-LWC) 7pm Barre Tone (FC)</p>	<p><b>22</b></p> <p>Coalesce 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p><b>23</b></p> <p><b>24</b></p>
<p><b>25</b></p> <p>10am Breast Surgery Pre-Op (ISCI-RR) 1pm Art Therapy Series (FC) 5:30pm Breast Cancer Group (ILH-RO) 6pm Planning a Memorial (FC) 6:30pm Orientation (FC)</p>	<p><b>26</b></p> <p>Coalesce 10am Acupuncture (ISCI-LWC) 12pm Caregiver Tea &amp; Talk (ISCI-LWC) 1pm Brain Fog (FC) 6pm Pediatric Onc Parent Night (FC) 6:30pm Young Adult Group (FC)</p>	<p><b>27</b></p> <p>9am Energy Therapies (ISCI-LWC) 10am Acupuncture (FC) 10am Energy Therapies (ISCI-LWC) 11am Launch into Fitness (ISCI-LWC) 1pm Acupuncture (ILH-Ste 242) 1pm Living w/ Advanced Disease (ILH-NBC) 3pm Life with Cancer closed for Thanksgiving</p>	<p><b>28</b></p> <p> <b>HAPPY Thanksgiving</b> Life with Cancer is Closed</p>	<p><b>29</b></p> <p>Life with Cancer is Closed</p> <p><b>30</b></p>