



# Life with Cancer®

AUGUST 2015

## One-on-One Consult with Physical Trainer

You know you should exercise, but you're not sure how to begin? Meet with a certified trainer in oncology and let them assist you in creating an exercise program that you'll actually want to do!

Consult times Tuesdays after 2:00 PM. Please contact Susan Gilmore MS, ACSM to schedule an appointment, 703.698.2523 or [susan.gilmore@inova.org](mailto:susan.gilmore@inova.org).

## HIGHLIGHTS

### Change Your Age Workshop 3580-005, Sat, Aug 1, 2-5pm

This movement-based program weaves in cognitive challenges that will help keep both your brain and your body youthful. It leverages new and unusual movements to help generate new brain cells. You will use your body and brain to feel younger, stronger and more fit. Potential benefits include improved strength, increased mobility, while learning how to avoid injuries. The program is based on the Feldenkrais Method and taught by Monica Browne, GCFP. Bring a yoga mat and a blanket or towel.

### About Life with Cancer®

Life with Cancer programs and services are offered throughout Northern Virginia. Our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the questions that arise when one is diagnosed with cancer. Our staff is made up of experienced oncology nurses and social workers. Our programs and services (except massage) are FREE thanks to generous community support. Any one affected by cancer, including family members, may participate, regardless of where they live or receive treatment.

### Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- Register at [www.lifewithcancer.org](http://www.lifewithcancer.org) and click on the calendar and class registration page, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email [Mayra.Zepeda@inova.org](mailto:Mayra.Zepeda@inova.org) or call 703.698.2526.

### Healing Touch

44084 RP, Wed, Aug 19, 6-7pm and 7-8pm

Healing Touch is an energy therapy in which practitioners consciously use their hands and intent to facilitate energy balancing for wholeness within the individual to promote physical and emotional health and well-being. This can be done with hands placed just above the body or with actual light touch. Dress comfortably and bring a sheet, blanket and pillow. Registration is required. For further information please call Barbara McDonnell RN, MSN, CBCN, 703.858.8867

### Look Good...Feel Better FC, Mon, Aug 24, 7-9pm

A professional cosmetologist will teach women how to manage appearance-related side effects of chemotherapy, radiation and other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

### Life with Cancer Orientation FC, Thu, Aug 13, 11:30am-12:30pm FC, Thu, Aug 27, 6:30-7:30pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can't make a scheduled orientation? Just call Life with Cancer Connect 703.206.5433 (LIFE) and arrange a personal tour.

## BREAST CANCER GROUPS & CLASSES

### Breast Cancer Support and Education IMVH, No August Meeting

### Breast Cancer Support Group ILH-R, Mon, Aug 24, 5-6:30pm

For women newly diagnosed, making decisions about treatment and currently in treatment. Please register. Facilitator: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN®.

### Breast Cancer Support Group ABEHC, Mon, Aug 17, 6-7:30pm

Current and former breast cancer patients are invited to come gain support, share, and learn from others regarding living with breast cancers. Facilitator: Michelle Ferretti, MSW. Please register online at [www.lifewithcancer.org](http://www.lifewithcancer.org).

### Breast Cancer Support Group 3580-001, Wed, Aug 12, 5:30-7pm

A support and education group for women diagnosed with early stage breast cancer within the past three years. Meet other women who are in the process of making treatment decisions, receiving treatment or navigating survivorship. Registration required; call 703.391.4673 if you are attending for the first time. Facilitated by an oncology nurse navigator and an oncology therapist.

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**Location Key:**

- 3580-001:** Inova Fair Oaks Cancer Center, 3580 Joseph Siewick Drive, Lower Level, Fairfax, VA 22033
- 3580-005:** Inova Fair Oaks Cancer Center, Life with Cancer Suite 3580 Joseph Siewick Drive, Fairfax, VA 22033
- 44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- ABEHC:** Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
- FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 [www.lifewithcancer.org](http://www.lifewithcancer.org)
- IAH-CCC:** Inova Alexandria Hospital, Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
- IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IFMC:** Inova Fairfax Medical Campus, Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
- IFOH-1:** Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
- ILH-R :** Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
- LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

**Breast Cancer Support Group IFMC, Wed, Aug 5 & 19, 5:30-7pm**

Learn, discuss and gain support from others who understand the concerns and challenges you face as a breast cancer patient/survivor. Join us monthly, on first and third Wednesdays. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN.

**Breast Cancer Surgery Preparation**

**3580-005, Thu, Aug 6, 4-5:30pm**  
**3580-005, Mon, Aug 17, 12-1:30pm**

A Nurse Navigator will explain what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family members/friends welcome. To register call 703-391-4673.

**Coalesce: An Advanced Breast Cancer Group**

**FC, Fri, Aug 7-28, Call for time**

This group is for women of all ages, with advanced breast cancer. Meet weekly in a closed support group to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW. Prior screening is required; please call 703.698.2522.

**Young Women with Breast Cancer Support Group**

**FC, Tue, Aug 18, 6:30-8pm**

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN\*. If attending for the first time, please call 703.698.2522.

**Young Women with Breast Cancer**

**IAH-CCW, Tue, Aug 11, 6:30-8pm**

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitator: Shara Sosa, LCSW. If attending for the first time, please call 703.698.2522.

**EXPRESSIVE ARTS**

**Healing through Art Therapy**

**FC Tue, Sept 1, 12:30-3pm**

**FC Tue, Sept 1, 7-9 pm**

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. Please register for either the day or evening group by the previous Friday. Facilitator: Art therapist Jean McCaw, ATR-BC, LCPAT.

**Healing through Art Therapy-Loudoun**

**44084-RP, Fri, Sept 11, 12-2pm**

Experience the power of your creativity through art therapy, relaxation, and guided imagery. This group provides opportunities for reflection and personal growth. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Facilitator: Art Therapist Sarah Schmidt, MA

**Knitting and Crocheting Circle**

**FC, Tue, Aug 4, 7-8:30pm**

**FC, Fri, Aug 21, 1-2:30pm**

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.

**Making Sense of Your Story**

**FC, Wed, Aug 12, 12:30-2:30pm**

This class is now closed for enrollment. Only those who have previously registered may attend this session. Oncology Counselor: Micheline Toussaint, LCSW, RYT, 703-698-2521; Art Therapist: Jean McCaw, LCPAT, ATR-BC, 703-698-2537.

**Writing Your Memoirs and Life Stories**

**FC, Thu, Aug 20, 2:30-4pm**

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Please register, ASAP.

## FITNESS

### **Level I Exercise: Launching into Fitness**

**FC, Tue, Aug 4, 1-1:45pm**

Class continues for those already registered. A new series will begin in September.

### **Level II Exercise: Chair-Based**

**FC, Mon, Aug 3-24, 2-2:45pm**

**FC, Wed, Aug 5-26, 2-2:45pm**

Class continues for those already registered. A new series will begin in September.

### **Level III Exercise: Keeping Fit**

**FC, Mon, Aug 3-24, 3-4pm**

Class continues for those already registered. A new series will begin in September.

### **Level IV Exercise: Fitness Fusion**

**FC, Wed, Aug 5-26, 3-4pm**

Class continues for those already registered. A new series will begin in September.

### **Stronger Body after Cancer**

**3580-005, Wed, Aug 5-26, 7-8pm**

This class will help you build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. This class will help build muscle, teach you the proper way to exercise, and can be modified for all physical strengths and limitations. Attending each class will provide you with the greatest benefit. Equipment is provided. Dress comfortably and bring a water bottle.

### **Zumba!**

**FC, Tue, Aug 4-25, 7-8pm**

Please register under "Zumba - Bilingüe/Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of well-being.



## MEDITATION, YOGA, QIGONG, REIKI, TAI CHI

### **Gentle Yoga with Jenn**

**FC, Thu, Jul 7-Aug 20, 1-2pm**

Bring a blanket and learn movements to stretch, strengthen and relax muscles. Space is limit. If class is full, preference will be given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Please register and attend each class for greatest benefit. If attending for the first time in 2015, please bring a signed waiver to first class.

### **Laughter Yoga**

**FC, Thu, Aug 20, 2-3pm**

Practiced while sitting in a chair, Laughter Yoga is a combination of intentional, playful laughs and deep breathing exercises that provide the benefits of improved oxygen levels, lung capacity and reduced stress. Facilitator: Jenn Fay, MA, RYT. Please register.

### **Meditation with Jenn**

**FC, Thu, Aug 13, 2-3pm**

Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

### **Meditation Class**

**ILH, No August Meeting**

### **Reiki for Relaxation\*\***

**FC, Mon, Aug 10, 4:30, 5:30 and 7pm**

A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket.

\*\*NEW: Online registration is now available after the first of the month. To allow a greater number of people to experience Reiki, please schedule just one appointment monthly, and if you need to cancel your appointment, please call 703-698-2526 ASAP or before 5PM so that someone on the waiting list can take your place.

### **Reiki for Relaxation**

**44084 RP, Thu, Aug 27, 6:45-8pm**

Please see information, above.

### **Restorative Yoga with Judi**

**FC, Fri, Aug 7, 10:15-11:30am**

This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. If attending for the first time in 2015, please bring a signed waiver to first class.

### **Restorative Yoga**

**ILH, No August Meeting**

## NUTRITION

### **Fighting Cancer with a Fork**

**3580-001, Tue, Aug 18, 12-1pm**

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register via [lifewithcancer.org](http://lifewithcancer.org) or call 703.698.2526.

### **Fighting Cancer with a Fork**

**IAH-CCC, Wed, Aug 12, 1-2pm**

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register via [lifewithcancer.org](http://lifewithcancer.org) or call 703.698.2526.

### **Fighting Cancer with a Fork**

**FC, No August Meeting**



## SPANISH

### **Latinos Unidos**

**AFC, No August Meeting**

### **Zumba - Bilingüe**

**FC, martes, 4 - 25 de Agosto, 7-8pm**

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness al 703-698-2529. Si está asistiendo por primera vez en 2015, favor de firmar un permiso antes de empezar la primera clase.



## SUPPORT GROUPS

### Blood Cancers Support Group FC, No August Meeting

The Blood Cancers Support group is changing its name to the Leukemia Lymphoma Education and Support Group. It will take a break in August. Next meeting will be September 10.

### Brain Tumor Group FC, Tue, Aug 11, 6-7:30pm

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

### Brain Tumor Group ILH, No August Meeting

### Carcinoid Cancer Group FC, Sat, Aug 8, 10am-12p

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. Email [mitchmberger@msn.com](mailto:mitchmberger@msn.com) for more information.

### Caregiver Connection 3580-005, Wed, Aug 26, 6:30-8pm

Connect with others who are caring for a loved one with cancer or chronic illness and explore topics of concern. This month's topic is "Sexuality and Intimacy." Facilitated by an oncology nurse navigator and an oncology therapist. Registration required.

### Caregiver Connection ILH-R, Mon, Aug 10, 6:30-8pm

Meet with an Oncology Nurse and Social Worker for ongoing support in dealing with the challenges of caregiving. Topic of discussion, "Self-care for the Caregiver". Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

### Caregiver Connection FC, Mon, Aug 10, 7-8:30pm

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. Please register by preceding Friday. Facilitators: Elise Schneider, MSW, LCSW and Rebecca Babb, MSN, RN, CPNO-AP.

### GYN Cancer Support Group FC, Wed, Aug 26, 5:30-7pm

Women diagnosed with ovarian, cervical and all GYN cancers are invited to drop in to this monthly group to share experiences and learn from one another. Note: This group will not meet in June. Facilitator: Micheline Toussaint, LCSW, RYT.

### GYN Support Group 3580-001, FC, No August Meeting

Next Fair Oaks meeting: September 15.

### Head and Neck Cancers Group IFMC, Wed, Aug 12, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. Contact [corinne.cook@inova.org](mailto:corinne.cook@inova.org) for more information.

### Living with Advanced Disease – Fair Oaks

#### IFOH-1, Fri, Aug 14, 12-1:30pm

This group is for people who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Please call 703.391.3758 for more information. Registration encouraged.

### Living with Advanced Disease - Loudoun

#### ILH-R, Mon, Aug 24, 6:30-8pm

Join others who are living with an advanced cancer diagnosis to learn to learn and explore ways to meet the challenges of living with advanced disease. Formerly Advanced Breast Support Group. Registration is required. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN\*.

### Lung Cancer Group Meeting FC, Wed, Aug 5, 6:30-8pm

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.

### Spiritual Support Group CUMC-1, No August Meeting

## Feeling a little overwhelmed? Life with Cancer can help...

A Life with Cancer Oncology Nurse Navigator is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

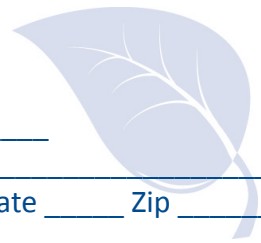
A Life with Cancer Oncology Therapist is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

## Cancer doesn't take a vacation...

Yes, I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift:  
 \$250  \$100  \$50  Other \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone # \_\_\_\_\_ Email \_\_\_\_\_



Please send your tax-deductible contribution to:  
Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031

### **Spirituality Quest Group**

**FC, Tue, Aug 11, 10:30am-12pm**

Rev. Ronald Rising, M.Div., Th.M., LLC, will share, "Doing What Makes Your Heart Sing" and his passion of photography (with a slide show) as it relates to spirituality in his life and how it could in yours. Please register by the preceding day. Join us on the second Tuesdays of the month to explore our spiritual paths with a cancer diagnosis or caring for one with a cancer diagnosis. Facilitator: Marsha Komandt, RN, OCN®.

**Us Too Prostate Cancer Support Group, Alexandria & Fairfax**  
IAH-CCW, FC, No August Meeting

**Us Too Prostate Cancer Support Group, Loudoun**

**LCSC, Tue, Aug 11, 6:30-8pm**

Please join the Loudoun Chapter Us Too Prostate Cancer Education & Support Group which meets monthly. This is an opportunity to share your experiences and learn from one another. Guest speakers will be invited periodically. Facilitator: Roberta Quirk, MSW, 703-858-8857.

**Women's Survivorship Group**  
ILH-R , Thu, Aug 13, 6:30-8pm

Many women find it difficult to resume their life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on quality of life. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and balance to your life after cancer. Please register for this group if you have completed treatment. Facilitator: Sandra Weller, LCSW, OSW-C.



### **Surviving Cancer Competently Intervention Program (SCCIP-ND)**

**For Caregivers of Children Newly Diagnosed with Cancer**

Coping with cancer is difficult; all families experience challenges and it is common to struggle with emotional distress, feelings of isolation, changes in roles, and disruption in family life. SCCIP-ND is a three-session intervention that teaches proven tools for helping caregivers cope more effectively. Developed at The Children's Hospital of Philadelphia, the program helps caregivers regain a sense of control by learning how to cope more effectively so they can better help their child with cancer and other family members cope.

**For more information contact**  
**Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C**  
**703.668.2524**

### **Oncology Massage and Body Work**

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

**Life with Cancer Studio**  
44084 Riverside Pkwy, LL, Ste 400  
Leesburg, VA 20176  
Tuesdays and some Saturdays

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Call 703-698-2526 to schedule or cancel your appointment
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on [www.lifewithcancer.org](http://www.lifewithcancer.org)

**Please Note:** Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

# AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1 2pm Change your Age Workshop (3580-005)
				2
3 2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC)	4 1pm Level I Exercise: Launching Into Fitness (FC) 7pm Zumba - Bilingüe/Bilingual (FC) 7pm Knitting and Crocheting Circle (FC)	5 2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Breast Cancer Support Group (IFMC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Stronger Body After Cancer (3580-005)	6 1pm Gentle Yoga with Jenn (FC) 4pm Breast Cancer Surgery Preparation (3580-005)	7 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC)
				8 10am Carcinoid Cancer Group (FC)
				9
10 2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)	11 10:30am Spirituality Quest Group (FC) 6pm Us Too...Loudoun Chapter (LSCC) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba - Bilingüe/Bilingual (FC)	12 12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Support Group (3580-001) 7pm Stronger Body After Cancer (3580-005)	13 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn(FC) 2pm Meditation with Jenn Fay (FC) 6:30pm Women's Survivorship Group (ILH-R)	14 Coalesce (FC) 12pm Living with Advanced Disease (IFOH-1)
				15
				16
17 12pm Breast Cancer Surgery Preparation (3580-005) 2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Breast Cancer Support Group (ABEHC)	18 12pm Fighting Cancer with A Fork (3580-001) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba - Bilingüe/Bilingual (FC)	19 2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Breast Cancer Support Group (IFMC) 6pm Healing Touch (44084 RP) 7pm Healing Touch (44084 RP) 7pm Stronger Body After Cancer (3580-005)	20 1pm Gentle Yoga with Jenn(FC) 2pm Laughter Yoga (FC) 2:30pm Writing Your Memoirs... (FC)	21 Coalesce (FC) 1pm Knitting and Crocheting Circle (FC)
				22
				23
24 2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Living with Advanced Disease (ILH-R) 7pm Look Good...Feel Better (FC)	25 7pm Zumba - Bilingüe/Bilingual (FC)	26 2pm Level II: Chair Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm GYN Cancers Support Group (FC) 6:30pm Caregiver Connection (3580-005) 7pm Stronger Body After Cancer(3580-005)	27 6:30pm Orientation to Life with Cancer (FC) 6pm Young Adult Gathering and Summer BBQ (FC) 6:45pm Reiki for Relaxation (44084 RP)	28 Coalesce (FC)
				29
				30
31 2pm Level II Exercise: Chair Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Living with Advanced Disease (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Look Good...Feel Better (FC) 7pm Evening Gentle Yoga with Vicki (44084 RP)				