

Life with Cancer®

DECEMBER 2015

Weather Policy – NEW!

In the interest of the safety and welfare of our clients, clinicians, and employees, our office(s) may close due to inclement weather. We also may have delayed office hours, or close the office(s) early based on the current weather conditions.

If you have a class, group or scheduled appointment, in times of bad weather, please call 703.698.2526 to verify Life with Cancer is open or check our homepage at lifewithcancer.org. We recommend you verify one hour prior to your class to accommodate any changes in early closures.

HIGHLIGHTS

Genetic Testing, Personalized Medicine, Targeted Therapies and Cancer

ILH-AB, Wed, Dec 9, 6-7pm

Certified genetic counselors Sarah Ruppert, MS, CGC and Tifani DeMarco, MS, CGC, of the Inova Translational Medicine Institute will review how different types of genetic testing may be used to provide a more personalized and targeted approach to the treatment of an individual's cancer. Registration is required.

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 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 or call 703.698.2526.

Healing Touch, Loudoun 44084 RP, Wed, Dec 16, 6-7pm

Healing Touch practitioners (usually nurses) employ the hands, placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Look Good...Feel Better - 3 Choices

FO-LWC, Mon, Dec 7, 2-4pm

IAH-CCC, Mon, Dec 7, 2-4pm

FC, Mon, Dec 14, 7-9pm

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 should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Mind Over Matter

FC, Wed, Dec 2 & 9, 6:30-8pm

Group continues for those already registered.

Orientation to Life with Cancer

FC, Thu, Dec 10, 11:30am-12:30pm

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-LIFE (5433) and arrange a personal tour.

Planning Ahead: The Final Checklist

FC, Tue, Dec 1, 6:30-8pm

Oncology Nurse Navigator, Marsha Komandt, RN, OCN will present, "Planning a Memorial Service of Remembrance and Thanksgiving". We will review memorial service rituals and, with the aid of worksheets, have the opportunity to design a personalized service that involves family and friends.

Handling the Holidays after the Death of a Loved One – 2 Choices

44084 RP, Wed, Dec 2, 7-8:pm

FC, Thu, Dec 3, 7-8:30pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process.

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Location Key

- 44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- ABEHC:** Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
- CUMC-1:** Christ United Methodist Church, Trailer 6- until August, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
- FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
- FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-Rad Onc:** Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- 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
- ILPO-I :** Inova Loudoun Physicians' Offices I, 44055 Riverside Parkway, Suite 210, Leesburg, VA 20176
- IMVH-CC:** Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306

EXPRESSIVE ARTS

Drumming for Well-Being

FC, Wed, Dec 16, 7-8:30pm

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. No musical ability is necessary and all instruments are provided. Facilitators: Drucilla Brethwaite, MSW, LCSW, OSW-C and Jennifer Brothers, MSW Intern.



Healing through Art Therapy - 2 Choices

FC, Tue, Dec 1, 12:30-3pm

FC, Tue, Dec 1, 6:30-8:30pm

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 AND for only one month at a time. Facilitator: Art therapist Jean McCaw, ATR-BC, LCPAT

Healing through Rhythm and Sound

FC, Wed, Dec 16, 6:30-7pm

Music therapist Tara Lescalleet, MT-BC, from the Integrative Care Center of Winchester Medical Center, Valley Health, will discuss the benefits of music in a therapeutic context including physical rehabilitation, increased motivation and emotional support. Discover how the healing nature of rhythm and sound can be integrated into one's cancer experience.

Knitting and Crocheting Circle

FC, Tue, Dec 1, 7-8:30pm

FC, Fri, Dec 18, 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, Dec 9, 12:30-2:30pm

Group continues for those already registered.

Zentangle

44084 RP, Tue, Dec 8 and

Mon, Dec 14, 1:30-3pm

Zentangle® is a therapeutic art form used for meditation, stress relief and increased focus. NO artistic talent needed, just an open mind and a willingness to explore. In these two classes, Roberta Hughes, Certified Zentangle® Teacher will show you how to use this art form to make gift tags, ornaments and more.

Give A Little, Help A Lot

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

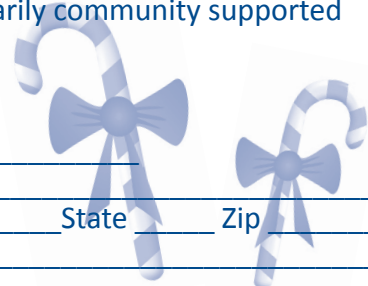
I am enclosing the following gift:

\$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

FITNESS

Level I Exercise:

Launching into Fitness

FC, Tues, Nov 3-24, 1-1:45pm

For those who are new to LWC's Level I-IV exercise program, this class will help to assess your fitness level, improve strength, flexibility and stamina. Two classes are required after which you may progress to Level II. If you've had surgery within the last 6 weeks a note from your doctor is necessary before you may begin class. Registration and a signed waiver (available online) is required before you can participate in class. NO NEW REGISTRANTS AFTER NOV 11. Instructor: ACSM certified Cancer Exercise Trainer Susan Gilmore, MS.

Level II Exercise: Chair-Based

FC, Mon, Nov 9-Dec 14, 2-2:45pm

FC, Wed, Nov 11-Dec 16, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE.

This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but REGISTER SEPARATELY. Instructor: Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

Level III Exercise: Keeping Fit

FC, Mon, Nov 9-Dec 14, 3-4pm

PREREQUISITE: LEVELS I & II

EXERCISE. This class offers a combination of standing and floor exercises. Registration and a signed waiver (available online) is required before you can participate in class. Instructor Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

Level IV Exercise:

Fitness Fusion

FC, Wed, Nov 11-Dec 16, 3-4pm

PREREQUISITE: LEVELS I, II, III. This

class offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training. Registration and a signed waiver (available online) is required before you can participate in class. Instructor: Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.



Level I-Fitness for Wellness - 2 Choices

44084 RP, Mon, Dec 7, 10:30am-

11:30pm

44084 RP, Wed, Dec 2 & 9,

10:30-11:30am

For those who are new to fitness or are currently in treatment. It will help you improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Registration is required.

Level II-Fitness for Wellness- 2 Choices

44084 RP, Mon, Dec 7, 12-1pm

44084 RP, Wed, Dec 2 & 9, 12-1pm

PREREQUISITE LEVEL I: This series is for people who are not in active treatment. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Registration Required.

Zumba Gold

44084 RP, Fri, Dec 4 & 11, 10:30-

11:30am

Have fun and exercise at the same time. Zumba Gold focuses on all elements of fitness, cardiovascular, muscular conditioning and flexibility at a gentler pace but still maintains the enthusiasm of the music. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Registration is required.

LIFE WITH CANCER EN ESPAÑOL

Zumba

FC, martes, 1-22 diciembre, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para mas información, llamar a David McGinness al 703.698.2529.

Zumba!

FC, Tue, Dec 1-22, 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. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Registration is required.

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.

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)**.

HEALING TOUCH, MEDITATION, MINDFULNESS, REIKI AND YOGA

Registration is required for the following classes. If attending for the first time in 2015, bring a signed waiver to first class.

Evening Gentle Yoga - 2 Choices

44084 RP, Mon, Dec 7, 7-8:30pm
FC, Mon, Dec 7, 7-8:30pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. Please bring a blanket.

Gentle Yoga - 2 Choices

FC, Thu, Dec 3 & 10, 1-2pm
44084 RP, Tue, Dec 1 & 8, 11am-12pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. Please bring a blanket.

Meditation and Guided Imagery - 2 Choices

FC, Wed, Dec 2 & 16, 3-4pm
FC, Thu, Dec 3 & 10, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each session begins with breath-work and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day. Facilitator: Jenn Fay, MA, RYT.

Mindfulness: Caring for Mind and Body

44084 RP, Thu, Dec 3 & 10, 11am-12:30pm

Blending meditation, breath work and deep relaxation, the practice of mindfulness can boost the immune system, increase positive emotions, reduce negative emotions and stress, and improve memory and attention skills. Please bring a blanket.

Reiki for Relaxation - 2 Choices

FC, Mon, Dec 14, 4:30, 5:30 and 7pm
44084 RP, Thu, Dec 17, 6:45-8pm

Schedule your appointment online on the first business day of the month at 9:15am. 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. If you need to cancel your appointment, please call ASAP, or by the morning of your appointment, 703.698.2526.

Restorative Yoga with Judi FC, Fri, Dec 4-18, 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.

Yoga for Breast Cancer FC, Tue, Dec 1-15, 5:30-6:45pm

Learn yoga poses specifically for Breast Cancer patients/survivors. Wear comfortable clothing and bring a blanket and water bottle. Registration is required by September 10. Physician approval is required if you have had surgery within six weeks.

BREAST CANCER GROUPS & CLASSES

Breast Cancer Education and Support

Current and former breast cancer patients are invited to learn, share and discuss ways of meeting the challenges of breast cancer.

- ABEHC, Mon, Dec 21, 6-7:30pm
- FO-Rad Onc, Wed, Dec 9, 5:30-7pm
- IFMC, Wed, Dec 2, 5:30-7pm
- ILH-R, Mon, Dec 28, 5-6:30pm
- IMVH-CC, Wed, Dec 9, 6-7:30pm

Breast Cancer Surgery Prep - 2 Choices

FO-LWC, Wed, Dec 2, 12:30-2pm
FO-LWC, Mon, Dec 14, 12:30-2pm

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, Dec 4-18, 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. Prior screening is required; please call 703.698.2522.

Young Women with Breast Cancer - 2 Choices

IAH-CCW, Tue, Dec 8, 6:30-8pm
FC, Tue, Dec 15, 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. Please register and call if attending for the first time, 703.698.2522.

NUTRITION

Diet, Exercise and a Healthy You FC, Tue, Dec 8, 10:30am-12pm

Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register at least 48 hours in advance.

Fighting Cancer with A Fork - 3 Choices

IAH-CCC, Wed, Dec 9, 1-2pm
FO-Rad Onc, Tue, Dec 15, 12-1pm
FC, Wed, Dec 16, 5:30-6:30pm

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.



Healthy Cooking with Anu FC, Wed, Dec 3, 12:30-2pm

Join Registered Dietitian, Anu Kaur and learn practical tools for nourishment this holiday season with a focus on healthy holiday eating and a hearty stew cooking demonstration.

Nutrition and YOU

44084 RP, Tue, Dec 15, 1-2pm

The holidays can derail us from our best intentions to eat healthfully. This month Anu Kaur MS, RD will discuss Mindful Eating and Meal Planning. Please join us.

SPIRITUALITY

Spiritual Support Group **CUMC-1, Thu, Dec 17, 7-8:30pm**

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. For more information contact Christ United Methodist Church, 703.690.3401.

Spirituality Quest **FC, Tue, Dec 8, 10:30am-12pm**

Sara Doolittle will relate her inspirational story, "What It Took...To Discover My Spirituality". Light refreshments; please register by December 4.

SUPPORT GROUPS

Brain Tumor Group - 2 Choices **FC, Tue, Dec 8, 6-7:30pm**

ILH-R, Tue, Dec 15, 5:30-7pm

Adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors.

Carcinoid Cancer Group **FC, Sat, Dec 12, 10am-12pm**

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. For more information email mitchmberger@msn.com.

Caregiver Connection - 2 Choices **FC, Mon, Dec 14, 7-8:30pm**

ILH-R, Mon, Dec 14, 6:30-8pm

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.

Cutaneous Lymphoma Support Group **FC, Sat, Dec 12, 10am-12pm**

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.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

Good Grief

ILPO-I, Wed, Dec 2, 6:30-8:30pm

FO-LWC, Mon, Dec 7, 6-8pm

Groups continue for those already registered.

GYN Cancer Support Group – 2 Choices

FO-LWC, Tue, Dec 15, 6:30-8pm

FC, Wed, Dec 16, 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.

Head and Neck Cancers Group **IFMC, Wed, Dec 9, 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.

Leukemia and Lymphoma Education and Support **No December meeting**

Living with Advanced Disease – 2 Choices

IFOH-1, Fri, Dec 11, 12-1:30pm

ILH-R, Mon, Dec 28, 6:30-8pm

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. Feel free to bring your lunch and join others who can support you on this road.

Lung Cancer Group Meeting **FC, Wed, Dec 2, 6:30-8pm**

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Melanoma Quarterly Meeting **FC, Thu, Dec 3, 6:30-8pm**

Evan J. Lipson, MD, a melanoma research specialist at the Johns Hopkins Kimmel Cancer Center for will present, "Update on Therapy for Melanoma". This group is sponsored by the Ashley Fister Cole Foundation with light refreshments provided. Please register.

Multiple Myeloma **FC, Tue, Dec 15, 11:45am-1:30pm**

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. December will be an open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register!

Us Too Prostate Cancer Support Group - 2 Choices

FC, Tue, Dec 8, 7:30-9pm

IAH-CCW, Thu, Dec 17, 6-7:30pm

LCSC-No December meeting

Women's Survivorship Group **ILH-R, Thu, Dec 10, 6:30-8pm**

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, and other modalities, this group will help you regain insight and balance to your life after cancer.

Young Adult Group

FC, Thu, Dec 17, 7:30-9pm

Join us for a Young Adult Holiday Gathering! For more information, RSVP to sage.bolte@inova.org.

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

• **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.

DECEMBER 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI/SAT/SUN |
|--|--|--|--|---|
| | <p>1</p> <p>11am Gentle Yoga (44084 RP) 12:30pm Healing through Art Therapy (FC) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer (FC) 6:30pm Planning Ahead: The Final Checklist (FC) 6:30pm Healing through Art Therapy (FC) 7pm Zumba (FC) 7pm Knitting and Crocheting Circle (FC)</p> | <p>2</p> <p>10:30am Level I Fitness for Wellness (44084 RP) 12pm Level II Fitness for Wellness (44084 RP) 12:30pm Breast Cancer Surgery Preparation (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Support Group (IFMC) 6:30pm Good Grief(ILPO-I) 6:30pm Mind Over Matter (FC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Handling the Holidays (44084 RP)</p> | <p>3</p> <p>11am Mindfulness(44084 RP) 12:30pm Healthy Cooking with Anu (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6:30pm Melanoma Quarterly Meeting (FC) 7pm Handling the Holidays (FC)</p> | <p>4</p> <p>5</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Zumba Gold(44084 RP)</p> <p>6</p> |
| <p>7</p> <p>10:30am Level I Fitness for Wellness (44084 RP) 12pm Level II Fitness for Wellness (44084 RP) 2pm Look Good...Feel Better (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 2pm Look Good...Feel Better (IAH-CCC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Good Grief (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)</p> | <p>8</p> <p>10:30am Spirituality Quest (FC) 10:30am Diet, Exercise and a Healthy You (FC) 11am Gentle Yoga (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 1:30pm Zentangle (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:30pm Us Too (FC)</p> | <p>9</p> <p>10:30am Level I Fitness for Wellness (44084 RP) 12pm Level II Fitness for Wellness (44084 RP) 12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Support Group (FO-Rad Onc) 6pm Genetic testing and Personalized Medicine. . . (ILH-AB) 6pm Breast Cancer Education and Support (IMVH-CC) 6:30pm Mind Over Matter (FC)</p> | <p>10</p> <p>11am Mindfulness (44084 RP) 11:30am Orientation to LWC(FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6:30pm Women's Survivorship Group (ILH-R)</p> | <p>11</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Zumba Gold (44084 RP) 12pm Living with Advanced Disease (IFOH-1)</p> <p>12</p> <p>10am Cutaneous Lymphoma Support Group (FC) 10am Carcinoid Cancer Group (FC)</p> <p>13</p> |
| <p>14</p> <p>12:30pm Breast Cancer Surgery Preparation (FO-LWC) 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 Look Good...Feel Better (FC) 7pm Caregiver Connection (FC)</p> | <p>15</p> <p>12pm Fighting Cancer with A Fork (FO-Rad Onc) 1pm Level I Exercise: Launching into Fitness (FC) 1pm Nutrition and YOU(44084 RP) 1:30pm Zentangle (44084 RP) 5:30pm Brain Tumor Group (ILH-R) 5:30pm Yoga for Breast Cancer (FC) 6:30pm Young Women with Breast Cancer (FC) 6:30pm GYN Cancer Group (FO-LWC) 7pm Zumba! (FC) 11:45pm Multiple Myeloma (FC)</p> | <p>16</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery (FC) 5:30pm GYN Cancers Support Group (FC) 5:30pm Fighting Cancer with a Fork (FC) 6pm Healing Touch (44084 RP) 6:30pm Healing through Rhythm and Sound (FC) 7pm Drumming for Well-Being (FC)</p> | <p>17</p> <p>6pm Us Too (IAH-CCW) 6:45pm Reiki for Relaxation(44084 RP) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)</p> | <p>18</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 1pm Knitting and Crocheting Circle (FC)</p> <p>19</p> <p>10am Carcinoid Cancer Group (FC) 9am Mini Yoga Retreat (FC)</p> <p>20</p> |
| <p>21</p> <p>6pm Breast Cancer Support Group (ABEHC)</p> | <p>22</p> <p>7pm Zumba! (FC)</p> | <p>23</p> | <p>24</p> | <p>25</p> <p>HAPPY HOLIDAY</p> <p>26</p> <p>27</p> |
| <p>28</p> <p>5pm Breast Cancer Support Group (ILH-R) 6:30pm Living with Advanced Disease (ILH-R)</p> | <p>29</p> | <p>30</p> | <p>31</p> | <p>...AND A HAPPY NEW YEAR!</p> |