



# Life with Cancer<sup>®</sup>

Fair Oaks

August 2015

## What is Life with Cancer?

Life with Cancer is a community funded program that provides inpatient and outpatient classes, groups counseling and nurse navigation services to patients/survivors and their support people, *without cost* and regardless of where they live or receive treatment.

## How do I register for a class?

Registration is required for classes and groups. To register go to [www.lifewithcancer](http://www.lifewithcancer) and click on the Calendar and Registration page.

## LOCATION KEY

### FO-3580-001

Inova Fair Oaks Cancer Center, Ste. 001, Radiation Oncology Suite, 3580 Joseph Siewick Dr., Fairfax, VA 22033

### FO-3580-005

Inova Fair Oaks Cancer Center, Ste 005, Life with Cancer Suite, 3580 Joseph Siewick Dr., Fairfax, VA 22033

### IFOH-1

Inova Fair Oaks Hospital  
3600 Joseph Siewick Dr.,  
Conf. Rm 1 Fairfax, VA  
22033

## Classes

### Change Your Age Workshop

**FO-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.

### Stronger Body after Cancer

**FO-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.

### Fighting Cancer with A Fork

**FO-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.

### Breast Cancer Surgery Preparation

**FO-3580-005, Thu, Aug 6, 4-5:30pm**

**FO-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. Lots of information; family member/friend are encouraged to attend. To register call 703-391-4673.

## Groups

### Breast Cancer Support Group

**FO-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.

### Caregiver Connection

**FO-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.

### Living with Advanced Disease

**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.



Call Life with Cancer<sup>®</sup>

for a direct link to  
your support team

**703.206.5433**

## August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
				SATURDAY
				1 Change Your Age Workshop FO-3580-005, 2-5pm
3	4	5 Stronger Body after Cancer FO-3580-005, 7-8pm	6 Breast Cancer Surgery Preparation FO-3580-005, 4-5:30pm	7
10	11	12 Stronger Body after Cancer FO-3580-005, 7-8pm  Breast Cancer Support Group FO-3580-001, 5:30-7pm	13	14 Living with Advanced Disease IFOH-1, 12-1:30pm
17 Breast Cancer Surgery Preparation 3580-005, 12-1:30pm	18 Fighting Cancer with A Fork FO-3580-001, 12-1pm	19 Stronger Body after Cancer FO-3580-005, Wed, 7-8pm	20	21
24	25	26 Stronger Body after Cancer FO-3580-005, 7-8pm  Caregiver Connection FO-3580-005, 6:30-8pm	27	28

### *Oncology Massage and Body Work*

#### *2 Locations*

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

**Life with Cancer, Loudoun County  
44084 Riverside Parkway, LL, Suite 100  
Leesburg, VA 20176**

- Call 703-698-2526 to schedule or cancel your appointment\*
- Appointments are for patients/survivors and their family members
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms available online at [www.lifewithcancer.org](http://www.lifewithcancer.org)
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Cash or check payable to massage therapist; sorry, no credit cards

### *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.

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