



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. Unless otherwise indicated, register via the Calendar and Registration page at www.lifewithcancer.org, or call 703-698-2526

LOCATION KEY

3580-001

Inova Fair Oaks Cancer Ctr.
3580 Joseph Siewick Drive,
Lower Level, Suite 001
Fairfax, VA 22031

3580-005

Inova Fair Oaks Cancer Ctr.
3580 Joseph Siewick Drive
Lower Level, Suite 005
Fairfax, VA 22031

3580-005

Inova Fair Oaks Cancer Ctr.
3580 Joseph Siewick Drive
Lower Level, Room A
Fairfax, VA 22031

IFOH-1

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

CALL US AT
703.206.5433

to be connected with
Life with Cancer services
and community
resources.

Classes

Ask the Expert: Insomnia

3580-005, Wed, Jul 15, 5-6pm

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. This session will provide evidence based tools for getting back to sleep. Presented by Drucilla Brethwaite, MSW, LCSW, OSW-C. Please register.

Breast Cancer Surgery Preparation

3580-005, Thu, Jul 9, 4-5:30pm

3580-005, Mon, Jul 20, 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.

Fighting Cancer with a Fork

3580-001, Tue, Jul 21, 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 or call 703.698.2526.

Mindfulness and Restorative Yoga

3580-005, Fri, Jul, 10-31, 1:30-2:30pm

This class incorporates simple breathing techniques, gentle movements, and long held poses, to help bring calmness and relaxation to the mind and body. Various props are used to provide comfort and support. Potential benefits include reduced pain and stiffness, deep relaxation, and enhanced sleep. Dress comfortably. Registration for this series is required. Instructor: Jackie Le, RYT. Please bring a signed "Physical Activity Waiver", available online, to first class.

Core Strengthening

3580-005, Wed, Jul 8-29, 3-4pm

Build core strength and stability by focusing on the muscles of the abdominal region, lower back, pelvis, and hips. Exercises will help with posture, daily functional activities, and overall strength and balance. Incorporates elements of

Yoga and Pilates. Dress comfortably and bring a water bottle. Registration is required.

Instructor: Jackie Le. Please bring a signed "Physical Activity Waiver", available online, to first class.

Stronger Body after Cancer-Beginner Class

3580-A, Fri, Jul 10-31, 1:30-2:30pm

This beginner level 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 you 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. Registration is required and a waiver (available online) must be completed before class.



Stronger Body After Cancer

3580-A, Wed, Jul 1-29, 7-8pm

Whether you are a survivor or in treatment, this class will help you build a stronger body with the use of bands, medicine balls, light weights and low impact exercises. This class will help you 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. Please bring a signed "Physical Activity Waiver", available online, to first class.

Want to receive weekly news from Life with Cancer?

- Receive timely information about Program Highlights, Fundraisers & Weather Closings
- Go to www.lifewithcancer.org
- Look for the Sign-up for Email News box.
- Type your email in the Email window and click Submit.

Groups

Breast Cancer Support Group 3580-001, Wed, Jul 8, 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. Please register and call 703.391.4673 if this is your first time coming. Facilitators: Gale Towery, RN, BSN, OCN®, CBCN, Maureen Broderick, LCSW.



Caregiver Connection: What to Expect During Treatment 3580-005, Wed, Jul 22, 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 presentation is on "What to Expect during Treatment." RN. Facilitators: Karen Archer, MSW and Molly Kisiel, RN, BSN, CPHON. Registration required.

GYN Cancer Support Group 3580-001, Tue, Jul 21, 6:30-8pm

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. Facilitated by Molly Kisiel, RN, BSN, CPHON, and Maureen Broderick, LCSW.

Living with Advanced Disease IFOH-1, Fri, Jul 10, 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.

July 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Stronger Body After Cancer 3580-005, 7-8pm	2	3
6	7	8 Core Strengthening 3580-005, 3-4pm Breast Cancer Support Group 3580-001, 5:30-7pm Stronger Body After Cancer 3580-005, 7-8pm	9 Breast Cancer Surgery Preparation 3580-005, 4-5:30pm	10 Living w/ Advanced Disease IFOH-1, 12-1:30pm Stronger Body after Cancer- Beginner Class 3580-A, 1:30-2:30pm Mindfulness and Restorative Yoga, 3580-005, 1:30-2:30pm
13	14	15 Core Strengthening 3580-005, 3-4pm Ask the Expert: Insomnia 3580-005, 5-6pm Stronger Body After Cancer 3580-005, 7-8pm	16	17 Stronger Body after Cancer- Beginner Class 3580-A, 1:30-2:30pm Mindfulness and Restorative Yoga, 3580-005, 1:30-2:30pm
20 Breast Cancer Surgery Preparation 3580-005, 12-1:30pm	21 Fighting Cancer with a Fork 3580-001, 12-1pm GYN Cancer Support Group 3580-001, 6:30-8pm	22 Core Strengthening 3580-005, 3-4pm Caregiver Connection 3580-005, 6:30-8pm Stronger Body After Cancer 3580-005, 7-8pm	23	24 Stronger Body after Cancer- Beginner Class 3580-A, 1:30-2:30pm Mindfulness and Restorative Yoga, 3580-005, 1:30-2:30pm
27	28	29 Core Strengthening 3580-005, 3-4pm Stronger Body After Cancer 3580-005, 7-8pm	30	31 Stronger Body after Cancer- Beginner Class 3580-A, 1:30-2:30pm Mindfulness and Restorative Yoga, 3580-005, 1:30-2:30pm