



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 and click on the Calendar and Registration page or call 703.698.2526.

LOCATION KEY

FO-RAD ONC

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

FO-LWC

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

FO-C&D

Inova Fair Oaks Cancer Center, Lower level conference rooms. 3580 Joseph Siewick Dr, Fairfax, VA 22033

Classes - Please Register

Breast Cancer Surgery Pre-Op Class

FO-LWC, Wed, Nov 4, 12:30-2pm

FO-LWC, Mon, Nov 16, 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.

Fighting Cancer with a Fork

FO-Rad Onc, Tue, Nov 17, 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.

Fitness Note: If attending any of the following classes for the first time in 2015, please bring a completed Participation Waiver, available online. Dress comfortably and bring a water bottle. Advanced registration is required.

Core Strengthening

FO-LWC, Wed, Nov 4-18, 3-4pm

Build core strength and stability by focusing on the muscles of the abdominal region, lower back, pelvis, and hips. Exercises will help to with posture, daily functional activities, and overall strength and balance. Dress comfortably; bring a water bottle. Registration is required. Instructor: Jackie Le.

Feldenkrais

FO-LWC, Thu, Nov 5-19, 10:30am-12pm

Based on discovering natural and efficient ways of moving your body and mind, Feldenkrais can help to improve the sensibility, awareness, and quality of

movement. Monica Browne, GCFP, teaches gentle and effective movements to improve movement and posture, and reduce pain.

Functional Movement

FO-LWC, Tue, Nov 3-24, 1-2pm

Functional movement is the process the body uses to accomplish everyday tasks. Using medicine balls, dumbbells, stability balls, and BOSUs, you will challenge your movement system, increase your functional capacity, and improve your activities of daily living. Instructor: Dan Mileska, MS, PES, CES.

Stronger Body After Cancer

FO-LWC, Wed, Nov 4-18, 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. Attend each class for greatest benefit. Equipment is provided.

Gentle Yoga

FO-LWC, Thu, Nov 5-19, 3-4pm

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

Yin Yoga

FO-LWC, Fri, Nov 6-20, 1:30-2:30pm

This is a meditative style of yoga, in which poses/stretchers are held for long periods of time. By applying moderate stress to the connective tissues of the body, benefits consist of increased circulation in the joints and improved flexibility. Instructor: Jackie Le.

Groups - Please Register

Breast Cancer Support Group

FO-Rad Onc, Wed, Nov 11, 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 is required. Call 703.391.4673 if this is your first time coming. Facilitators: Maureen Broderick, MSW, LCSW and Gale Towery, RN, BSN, OCN, CBCN.

Good Grief

FO, Mon, Oct 19-Dec 2, 6-8pm

Group continues for those already registered.

GYN Cancer Support Group

FO-LWC, Tue, Nov 17, 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. Facilitators: an oncology therapist and an oncology nurse navigator.

Living with Advanced Disease

IFOH-1, Fri, Nov 13, 12-1:30pm

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. Groups are facilitated by an oncology nurse navigator and an oncology therapist. Bring your lunch to Fair Oaks meeting. Registration encouraged.

| November | | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 | 3 Functional Movement FO-LWC, 1-2pm | 4 Breast Cancer Pre-Op Class FO-LWC 12:30-2pm Core Strengthening FO-LWC, 3-4 Stronger Body After Cancer FO-LWC, 7-8pm | 5 Feldenkrais FO-LWC, 2-4pm Gentle Yoga FO-LWC, 3-4pm | 6 Yin Yoga FO-LWC, 1:30-2:30pm |
| 9 | 10 Functional Movement FO-LWC, 1-2pm | 11 Core Strengthening FO-LWC, 3-4 Stronger Body After Cancer FO-LWC, 7-8pm Breast Cancer Support Group FO-Rad Onc, 5:30-7pm | 12 Feldenkrais FO-LWC, 2-4pm Gentle Yoga FO-LWC, 3-4pm | 13 Yin Yoga FO-LWC, 1:30-2:30pm Living with Advanced Disease IFOH-1, 12-130pm |
| 16 Breast Cancer Pre-Op Class FO-LWC 12:30-2pm | 17 Fighting Cancer w/a Fork FO-Rad Onc, 12-1pm Functional Movement FO-LWC, 1-2pm GYN Cancer Support Group FO-LWC, 6:30-8pm | 18 Core Strengthening FO-LWC, 3-4 Stronger Body After Cancer FO-LWC, 7-8pm | 19 Feldenkrais FO-LWC, 2-4pm Gentle Yoga FO-LWC, 3-4pm | 20 Yin Yoga FO-LWC, 1:30-2:30pm |
| 23 | 24 Functional Movement FO-LWC, 1-2pm | 25 | 26 Happy Thanksgiving Va Run Turkey Trot benefitting Life with Cancer | 27 |
| 30 | | | | |