



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

Change Your Age Workshop FO-C&D, Sat, Oct 17, 2-5pm

This movement-based program weaves in cognitive challenges that will help keep both your brain and your body youthful. The Change Your Age program leverages new and unusual movements to help generate new brain cells. You will use your body and brain to feel younger, stronger and 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.

Look Good...Feel Better

FO-LWC, Mon, Oct 5, 2-4pm

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. Registration required.

Talking to Your Children & Teens about Cancer, FO-LWC, Tue, Oct 27, 6-7pm

Regardless of who is diagnosed with cancer, the whole family is affected. Discussing it with your child is an important thing you can do to help your children understand and cope. Jean McCaw, MA, ATR-BC, LCPAT, Life with Cancer's Child and Adolescent Program Coordinator will guide you through the process of sharing information and answering your child's questions in way that is informative and age appropriate.

Breast Cancer Pre-Op Class

FO-LWC, Wed, Oct 7 & 21, 12:30-2pm

An oncology 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.

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, Oct 7-28, 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. Incorporates elements of Yoga and Pilates. Instructor: Jackie Le.

Feldenkrais

FO-LWC, Thu, Oct 1-29*, 10:30am-12pm

*No class Oct. 15. The Feldenkrais Method® is a mental and physical improvement system based on discovering natural and efficient ways of moving your mind and body. It is intended to improve the sensibility, awareness, and quality of movement through one's own body feedback. Monica Browne, GCFP, teaches gentle and effective movement sequences to offer ways to move better, improve posture, and reduce pain.

Feldenkrais-Chair

FO-C&D, Mon, Oct 5-26, 10:30-11:30am

For those who prefer the assistance of a chair, this class will show how the Feldenkrais Method® can be adapted. See description, above.

Functional Movement

FO-LWC, Tue, Oct 6-27, 1-2pm

Functional Movement is the process the body uses to accomplish everyday tasks. As we squat and we reach, we need to mobilize and stabilize. Using medicine balls, dumbbells, stability balls, and BOSUs, you will increase your functional capacity and improve your activities of daily living.

Stronger Body After Cancer

FO-LWC, Wed, Oct 7-28, 7-8pm

This class will teach you the proper way to exercise and help you build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. All fitness strengths and limitations welcomed. Attend each class for greatest benefit. Equipment is provided.

Tai Chi, FO-LWC, Thu, Oct 1-29, 1-2:30pm
Learn slow, fluid body movements to enhance wellness, longevity and internal peace. Build upon simple steps to perform more complex movements. Wear comfortable clothing and closed-toe shoes. Registration required.

Yin Yoga
FO-LWC, Fri, Oct 2-30, 1:30-2:30pm
A meditative style of yoga in which poses/stretches are held for long periods of time. Benefits consist of increased circulation in the joints and improved flexibility. Yin yoga aims at cultivating awareness of the mind and body. Dress comfortably. Registration is required. Instructor: Jackie Le.

Yoga Nidra
FO-LWC, Mon, Oct 5-26, 10-11:30am
Yoga Nidra means "yogic sleep," a state of conscious deep sleep. Yoga Nidra is a deep relaxation technique that can bring about deep healing, mental clarity, reduced levels of stress, and peace of mind. Yoga Nidra requires no formal training in medi-

tation or any form of yoga to practice it and receive full benefits. This practice is very different from a muscle-focused yoga practice and is a wonderful addition to any holistic health practice.

Fighting Cancer with a Fork
FO-Rad Onc, Tue, Oct 20, 12-1pm
Choose your location and join Registered Dietitian and certified specialist in oncology nutrition, Deb Rowland, RD, CSO, to learn the nutritional recommendations for cancer patients and survivors. Please register.

Groups

Breast Cancer Support and Networking
FO-Rad Onc, Wed, Oct 14, 5:30-7pm
Learn, share and discuss ways of meeting the challenges of breast cancer. Gain support from others who understand the challenges you face. Facilitators: an oncology therapist and an oncology nurse navigator.

Good Grief, Fair Oaks
FO-LWC, Mon, Oct 19-Dec 7, 6-8pm
Group continues for those already registered. For information about our next group or for bereavement counseling, contact Maureen.Broderick@inova.org.

GYN Cancers Group
FO-LWC, Tue, Oct 20, 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 nurse navigator and an oncology therapist.

Living with Advanced Disease
IFOH-1, Fri, Oct 9 & 23, 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. Feel free to bring your lunch and join others who can support you on this road. Facilitators: An Oncology Therapist and an Oncology Nurse Navigator.

October 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Feldenkrais 10:30am, FO-LWC Tai Chi 1pm, FO-LWC	2 Yin Yoga 1:30pm, FO-LWC
5 Yoga Nidra 10am, FO-LWC Feldenkrais-Chair 10:30am, FO-C&D Look Good...Feel Better 2pm, FO-LWC	6 Functional Movement 1pm FO-LWC	7 Breast Cancer Pre-Op Class 12:30pm, FO-LWC Core Strengthening 3pm, FO-LWC Stronger Body After Cancer 7pm, FO-LWC	8 Feldenkrais 10:30am, FO-LWC Tai Chi 1pm, FO-LWC	9 Living w/Advanced Disease 12pm, IFOH-1 Yin Yoga 1:30pm, FO-LWC
12 Yoga Nidra 10am, FO-LWC Feldenkrais-Chair 10:30am, FO-C&D	13 Functional Movement 1pm FO-LWC	14 Core Strengthening 3pm, FO-LWC Breast Cancer Support 5:30pm, FO-Rad Onc Stronger Body After Cancer 7pm, FO-LWC	15 Tai Chi 1pm, FO-LWC	16 Yin Yoga 1:30pm, FO-LWC Saturday 17 Change Your Age Workshop 2pm, FO-C&D
19 Yoga Nidra 10am, FO-LWC Feldenkrais-Chair 10:30am, FO-C&D Good Grief 6pm, FO-LWC	20 Fighting Cancer w/Fork 12pm, FO-Rad Onc Functional Movement 1pm FO-LWC GYN Cancers 6:30pm, FO-LWC	21 Core Strengthening 3pm, FO-LWC Stronger Body After Cancer 7pm, FO-LWC	22 Feldenkrais 10:30am, FO-LWC Tai Chi 1pm, FO-LWC	23 Yin Yoga 1:30pm, FO-LWC Living w/Advanced Disease 12pm, IFOH-1
26 Yoga Nidra 10am, FO-LWC Feldenkrais-Chair 10:30am, FO-C&D Good Grief 6pm, FO-LWC	27 Functional Movement 1pm FO-LWC Talking to Your Children... 6pm FO-LWC	28 Core Strengthening 3pm, FO-LWC Stronger Body After Cancer 7pm, FO-LWC	29 Feldenkrais 10:30am, FO-LWC Tai Chi 1pm, FO-LWC	30 Yin Yoga 1:30pm, FO-LWC