



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

Sexual Health and Healing after Cancer FO-Rad Onc, Wed, Sep 16, 5-6pm

While sexuality is an important part of one's quality of life, and sexual problems after cancer are very common, many find it difficult to broach this topic. Join us as two physicians address common concerns, menopause and pain.

Core Strengthening

FO-LWC, Wed, Sep 2-30, 3-4pm

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

Feldenkrais

FO-LWC, Thu, Sep 3-24, 10:30am-12pm

The Feldenkrais Method® is a mental and physical improvement system based on discovering natural and efficient ways of moving the mind and body. It can improve the sensibility, awareness, and quality of movement. Monica Browne, GCFP, will teach gentle and effective movement sequences to help improve movement, posture, and to reduce pain. Registration required.

Feldenkrais-Chair

FO-C&D, Mon, Sep 14-28, 10:30-11:30am

This class will show how the Feldenkrais Method® can be adapted for use with a chair. See above for more information. Registration required.

Gentle Yoga

FO-LWC, Thu, Sep 3-24, 3-4pm

Learn gentle movements to stretch, strengthen and relax muscles and to improve flexibility of the spine and general range of movement. Joints are

lubricated as bone density strengthens. Concentration is improved along with balance. Bring a blanket. Attend each class in the series for greatest benefit. Registration is required. Instructor: Jackie Le, RYT.

Healing Touch

FO-LWC, Mon, Sep 14, 4-5pm or 5-6pm

Healing Touch is an energy therapy in which practitioners use their hands and intent to facilitate energy balancing for wholeness within the individual to promote physical and emotional health and wellbeing. It is done with hands placed just above the body or with actual light touch. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Tai Chi

FO-LWC, Thu, Sep 17-Oct 29, 1-2:30pm

This series uses slow, fluid body movements to enhance wellness, longevity and internal peace. Learn simple steps and then build upon them to perform more complex movements. Wear comfortable clothing and closed-toed shoes. Registration required.

Yin Yoga

FO-LWC, Fri, Sep 4-25, 1:30-2:30pm

This is a meditative style of yoga, in which poses/stretchers are held for long periods of time. Benefits consist of increased circulation in the joints and improved flexibility. Dress comfortably. Registration is required. Instructor: Jackie Le.

Yoga Nidra, FO-LWC

Mon, Sep 14-Oct 26*, 10-11:30am

* No class Mon, Sept 28. Yoga Nidra ("yogic sleep") is a deep relaxation technique that can bring about mental clarity, reduced levels of stress, and peace of mind. Very different from a muscle-focused yoga practice, it is a wonderful addition to any holistic health practice.

Stronger Body after Cancer

FO-LWC, Wed, Sep 2-30, 7-8pm

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. Dress comfortably and bring a water bottle.

Fighting Cancer with A Fork

FO-Rad Onc, Tue, Sep 15, 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.

Preparation for Breast Cancer Surgery

FO-LWC, Thu, Sep 10, 4-5:30pm OR

FO-LWC, Mon, Sep 21, 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.

GYN Cancers Group

FO-LWC, Tue, Sep 15, 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.

Living with Advanced Disease

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

For those 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. Registration encouraged.

Groups

Breast Cancer Support Group

FO-Rad Onc, Wed, Sep 9, 5:30-7pm

Meet other women who are in the process of making treatment decisions, receiving treatment or navigating survivorship. Facilitators: Maureen Broderick, LCSW and Gale Towery, RN, BSN, OCN, CBCN.



TO REGISTER GO TO

WWW.LIFEWITHCANCER.ORG

OR CALL 703.698.2526

September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Core Strengthening 3-4pm, FO-LWC Stronger Body after Cancer 7-8pm, FO-LWC	3 Feldenkrais FO-LWC, 10:30am-12pm Gentle Yoga FO-LWC, 3-4pm	4 Yin Yoga FO-LWC, 1:30-2:30pm
7	8	9 Core Strengthening FO-LWC, 3-4pm Stronger Body after Cancer FO-LWC, Wed, 7-8pm Breast Cancer Support Group FO-Rad Onc, 5:30-7pm	10 Feldenkrais FO-LWC, 10:30am-12pm Preparation for Breast Cancer... FO-LWC, 4-5:30pm Gentle Yoga FO-LWC, 3-4pm	11 Yin Yoga FO-LWC, 1:30-2:30pm Living with Advanced Disease IFOH-1, 12-1:30pm
14 Feldenkrais-Chair FO-C&D, 10:30-11:30am Healing Touch FO-LWC, 4-5pm, 5-6pm Yoga Nidra, FO-LWC Mon, 10-11:30am	15 Fighting Cancer with A Fork FO-Rad Onc, 12-1pm GYN Cancers Group FO-LWC, 6:30-8pm	16 Sexual Health & Healing after... FO-Rad Onc, 5-6pm Core Strengthening FO-LWC, 3-4pm Stronger Body after Cancer FO-LWC, 7-8pm	17 Feldenkrais FO-LWC, 10:30am-12pm Gentle Yoga FO-LWC, 3-4pm Tai Chi FO-LWC, 1-2:30pm	18 Yin Yoga FO-LWC, 1:30-2:30pm
21 Feldenkrais-Chair FO-C&D, 10:30-11:30am Yoga Nidra, FO-LWC Mon, 10-11:30am Preparation for Breast Cancer... FO-LWC, 12-1:30pm	22	23 Core Strengthening FO-LWC, 3-4pm Stronger Body after Cancer FO-LWC, 7-8pm	24 Feldenkrais FO-LWC, 10:30am-12pm Gentle Yoga FO-LWC, 3-4pm Tai Chi FO-LWC, 1-2:30pm	25 Yin Yoga FO-LWC, 1:30-2:30pm
28 Feldenkrais-Chair FO-C&D, 10:30-11:30am	29	30 Core Strengthening FO-LWC, 3-4pm Stronger Body after Cancer FO-LWC, 7-8pm		