



Life with Cancer®

JANUARY 2016

ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry). Our staff is comprised of oncology nurse navigators, oncology therapists, an oncology exercise trainer and a psychiatrist. Eighty percent of our funding comes through generous community support; twenty percent through Inova Health System.

CLASS/GROUP REGISTRATION INFORMATION

- Classes and groups are FREE, but registration is required
- To register go to www.lifewithcancer.org or call 703.698.2526, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email Mayra.Zepeda@inova.org or call 703.698.2526.

CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

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INFORMATION & EDUCATION

Classes, workshops, and expert speakers, essentials of dealing with cancer, updates, help with practical issues, and managing side effects.

Breast Cancer Surgery Preparation - 2 Choices

● FO-LWC, Wed, Jan 13 & 27, 12:30-2pm

● FC, Thu, Jan 21, 6:30-8pm

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 welcomed (family members do not need to register).

Compassion Cultivation

● FC, Tue, Jan 12-March 8, 3-4:30pm

Learn practices to support one's own health, to increase self-compassion and self-care to reduce stress and anxiety and enhance connections with others. This program was developed at Stanford University. Facilitator: Sam Lolak, MD, psychiatrist/psycho-oncologist and certified teacher for Compassion Cultivation Training. Participation requires regular attendance.

Sarcoma Survivors and Families: Special Gathering

● FC, Thu, Jan 21, 6:30-8pm

Felasfa Wodajo, MD of Virginia Cancer Specialists will host an evening of fellowship, food, and sarcoma updates. Please register by January 19.

Look Good...Feel Better

● FC, Mon, Jan 18, 7-9pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or 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.

NEW Weather Policy

In the interest of the safety and welfare of our clients, clinicians, and employees, our office(s) may close due to inclement weather. We also may have delayed office hours, or close the office(s) early based on the current weather conditions.

In times of bad weather, if you have a class, group or scheduled appointment, please call

703.698.2520

to verify Life with Cancer is open *or* check our homepage at

lifewithcancer.org

We recommend you verify one hour prior to your class to accommodate any changes in early closures.

Orientation to Life with Cancer – 2 Choices

● FC, Thu, Jan 14, 11:30am-12:30pm

● FC, Thur, Jan 28, 6-7pm

Take a tour of our family center and learn about our many free programs, classes, groups and services for children and adults. Please register by preceding day.

Pelvic Floor Issues and Treatment for GYN Cancers

● FO-LWC, Tue, Jan 12, 6-7pm

Maryam Farsi, a senior therapist for the Fair Oaks Rehabilitation Department, will talk about the pelvic floor muscle anatomy and function related to gynecological cancer, the impact of the cancer and the cancer treatment on these muscles, and the physical therapy treatment for those issues. Fair Oaks is a STAR certified program specializing in cancer rehabilitation and recovery services.

Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **ABEHC:** Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
- **AFC:** Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- **CUMC-1:** Christ United Methodist Church, 7600 Ox Rd., Fairfax Station, VA, 22039
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
- **FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **FO-Rad Onc:** Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- **IFMC:** Inova Fairfax Medical Campus, Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
- **IFOH-1:** Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
- **ILH-ORC:** Inova Loudoun Hospital Outpatient Rehabilitation Center, 44035 Riverside Parkway, Suite 500, Leesburg, VA, 20176
- **ILH-R :** Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- **IMVH-CC:** Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Ask the Expert: Feeling Irritable?

● **FC, Tue, Jan 26, 7-8:30pm**

Join us for an evening to understand and explore strategies to manage anger.

Tools for Couples

● **ILH-R, Tue, Jan 19-Feb 9, 6:30-8pm**

Learn how you and your partner can navigate the life changes brought about by a cancer diagnosis while maintain a strong relationship. Learn strategies for coping with the emotions that can interfere with your relationship--anger, mood swings, spouse fears, and depression, how to create a powerful team and avoid common conflict points.

What is Oncology Rehab?

● **ILH-ORC, Tue, Jan 12, 6:30-8pm**

Going through cancer and its treatments can challenge your body and how it functions. Physical Therapist and Lymphedema Specialist Sara Kent PT will provide an overview of Oncology Rehab, how you may benefit from physical, occupational and speech therapy and how to obtain a referral for Oncology Rehab services. Registration required.

Colorectal Surgery Education

● **FO-LWC, By appointment**

Learning what to expect during and after your colorectal surgery can help reduce your anxiety and improve your recovery experience. An Oncology Nurse Navigator will explain what to expect throughout your hospital stay, requirements for going home, recovery process, tips for pain management, ways to manage common post-surgery concerns, and community resources. To schedule an appointment, please contact Molly Kisiel, molly.kisiel@inova.org or 703.391.3758.

HEALTHY LIVING

Classes to maintain an active and healthy lifestyle, nutrition, exercise, yoga

Core Strengthening

● **FO-LWC, Wed, Jan 6-Feb 10, 3-4pm**

Build core strength and stability by focusing on the abdominal, back, pelvis, and hip muscles. Exercises will help with posture, daily functional activities, and overall strength and balance. Bring a yoga mat. This class is for those currently in treatment or out of treatment within 2 years. Bring a signed waiver (available online) to first class.

Feldenkrais

● **FO-LWC, Thu, Jan 7-Feb 25, 10:30am-12pm**

Feldenkrais is a gentle and precisely focused exercise method. Participants report increased mobility, improved flexibility, coordination and balance, and a decrease in pain throughout their body. Potential benefits include reduced stress and anxiety as you experience new and unusual sequences of movements that will help you gain not only a deeper sense of yourself but a richer connection between your brain and your body. Bring a yoga mat. This class is for those currently in treatment or out of treatment within 2 years. Bring a signed waiver (available online) to first class.

Fighting Cancer with A Fork

● **IAH-CCC, Wed, Jan 13, 1-2pm**

● **FO-Rad Onc, Tue, Jan 19, 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.



Give A Little, Help A Lot

Yes, I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift:

\$250 \$100 \$50 Other _____

Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____

*Please send your tax-deductible contribution to:
Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031*

Level I Exercise: Fitness for Wellness - 2 Choices

- 44084 RP, Mon, Jan 11-Mar 14, 10:30-11:30am
- 44084 RP, Wed, Jan 13-Mar 16, 10:30-11:30am

For those who are new to fitness this class will help you to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online to first class. Registration is required.

Level II Exercise: Fitness for Wellness - 2 Choices

- 44084 RP, Mon, Jan 11-Mar 14, 12-1pm
- 44084 RP, Wed, Jan 13-Mar 16, 12-1pm

This series is for people who have taken level I and have been recommended to progress to Level II. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class. Registration required.

Functional Movement

- 44084 RP, Fri, Jan 15-Mar 18, 12-1pm

Functional Movement is the process the body uses to accomplish everyday tasks. Using medicine balls, dumbbells and stability balls you will challenge your movement system and increase your functional capacity. Bring a signed waiver (available online) to first class.

Gentle Yoga - 3 Choices

- *Note: FC Yoga on hold for January
- FO-LWC, Thurs, Jan 7-Feb 11, 3-4pm
- 44084 RP, Mon, Jan 11-Mar 14, 7-8:30pm
- 44084 RP, Tues, Jan 12-Mar 15, 11am-12:30pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a yoga mat. This class is for those currently in treatment or out of treatment within 2 years. Registration required. Bring a signed waiver (available online) to first class.

Yoga for Breast Cancer

- FC, Thu, Jan 14-Feb 11, 5:30-6:45

Breast Cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required. Physician approval is required if you have had surgery within six weeks. If

attending for the first time in 2016, please bring a signed Participation Waiver (available online) to first class.

Yoga Nidra

- FO-LWC, Mon, Jan 11- Feb 29, 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. Through this practice, we have the opportunity to be present with "what is" and develop increased mental focus and emotional tolerance. Yoga Nidra requires no formal training in meditation 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. Bring a signed waiver (available online) to first class.

Level I Exercise: Launching into Fitness

- FC, Tue, Jan 19-Feb 9, 1-1:45pm

This is a required series for those interested in enrolling in a Level II-IV Exercise Class at the family center. It will help to assess your fitness level, improve strength, flexibility and stamina. A note from your doctor is necessary if you've had surgery within the last 6 weeks. NO NEW REGISTRANTS AFTER FEB 2, 2016. Bring a signed waiver (available online) to first class.

Level II Exercise: Chair-Based Exercise

- FC, Mon, Jan 18-Feb 29, 2-2:45pm
- FC, Wed, Jan 20-Mar 2, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but REGISTER SEPARATELY. Bring a signed waiver (available online) to first class.

Level III Exercise: Keeping Fit

- FC, Mon, Jan 18-Feb 29, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. A combination of standing and floor exercises. If attending for the first time in 2016, bring a signed waiver to first class.

Level IV Exercise: Fitness Fusion

- FC, Wed, Jan 20-Mar 2, 3-4pm

PREREQUISITE: LEVELS I, II, III. This class offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training. Bring a signed waiver (available online) to first class.

Stronger Body after Cancer

- FO-LWC, Wed, Jan 6-Feb 24, 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. Bring a signed waiver (available online) to first class.

Restorative Yoga

- FC, Fri, Jan 8-22, 10:15-11:30am

This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Bring a signed waiver (available online) to first class.

Zumba

- FC, Tue, Jan 5-26, 7-8pm

Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing. Bring a signed waiver (available online) to first class.

Zumba Gold

- 44084, Fri, Jan 15-Mar 18, 10:30-11:30am

Have fun and exercise at the same time. Zumba Gold focuses on all elements of fitness, cardiovascular, muscular conditioning and flexibility at a gentler pace but still maintains the enthusiasm of the music. Registration required. Bring a signed waiver (available online) to first class.

One-on-One Consult with Physical Trainer

You know you should exercise, but you're not sure how to begin? Meet with a certified trainer in oncology and let them assist you in creating an exercise program that you'll actually want to do!

Consult times Tuesdays after 2:00 PM. Please contact Susan Gilmore MS, ACSM to schedule an appointment, 703.698.2523 or susan.gilmore@inova.org.

STRESS MANAGEMENT

Classes and groups that lessen the stress brought on by cancer, from meditation to self-expression through art/music

Healing through Art Therapy

●FC, Thu, Jan 21, 12:30-3pm

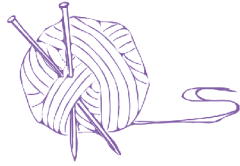
Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Artistic ability is NOT required. Please register for either the day or evening group by the previous Friday.

Knitting and Crocheting Circle

●FC, Tue, Jan 5, 7-8:30pm

●FC, Fri, Jan 15, 1-2:30

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.



Mindfulness: Caring for the Mind and Body

●44084 RP, Thu, Jan 14-Mar 17, 11am-12:30pm

Blending meditation, breath work and deep relaxation, the practice of mindfulness can boost the immune system, increase positive emotions, reduce negative emotions and stress, and improve memory and attention skills. Please bring a blanket.

Healing Touch

●44084 RP, Wed, Jan 20, 6-7pm

Healing Touch practitioners (usually nurses) employ the hands, placed just above the body or with actual light touch, to influence the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Meditation and Guided Imagery

●FC, Wed, Jan 6 & 20, 3-4pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day. Come to one or both sessions, but please register by preceding day.



Reiki for Relaxation - 3 Choices

●FC, Mon, Jan 11, 4:30, 5:30 and 7pm

●FC, Wed, Jan 27, 4:30, 5:30 and 7pm

●44084 RP, Thu, Jan 28, 6:45-8pm

A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Online registration opens online on the first business day of the month at 9:15am. If you need to cancel your appointment, please call ASAP, or by the morning of your appointment, 703.698.2526.

PROGRAMAS EN ESPAÑOL

Latinos Unidos

●AFC, miércoles, 13 de enero, 6:30-8pm

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad.

Zumba - Bilingüe/Bilingual

●FC, martes, 5-26 de enero, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Si está asistiendo por primera vez en 2015, favor de firmar un permiso antes de empezar la primera clase.

SUPPORT & NETWORKING

Weekly and monthly groups

Brain Tumor Group

●FC, Tue, Jan 12, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting.

Breast Cancer Group

●ABEHC, Mon, Jan 18, 6-7:30pm

●FC, Tue, Jan 26, 12-1:30pm- **NEW!**

●FO-Rad Onc, Wed, Jan 13, 5:30-7pm

●IFMC, Wed, Jan 6 & 20, 5:30-7pm

●ILH-R, Mon, Jan 25, 5-6:30pm

●IMVH-CC, Wed, Jan 13, 6-7:30pm

A variety of groups are available for women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Please register online at www.lifewithcancer.org or call 703.698.2526.

Young Women with Breast Cancer - 2 Choices

●IAH-CCW, Tue, Jan 12, 6:30-8pm

●FC, Tue, Jan 19, 6:30-8pm

For women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.

Coalesce: An Advanced Breast Cancer Group

●FC, Fri, Jan 8-29, Call for time

Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

Carcinoid Cancer Group

●FC, Sat, Jan 9, 10am-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Caregiver Connection - 2 Choices

●ILH-R, Mon, Jan 11, 6:30-8pm

●FC, Mon, Jan 11, 7-8:30pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday.

Cutaneous Lymphoma

●FC, Wed, Jan 6, 7-9pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

GYN Cancers Group - 2 Choices

●FO-LWC, Tue, Jan 19, 6:30-8pm

●FC, Wed, Jan 20, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another.

Head and Neck Cancers Group

●IFMC, Wed, Jan 13, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another.

Living with Advanced Disease - 2 Choices

●IFOH-1, Fri, Jan 8 & 22, 12-1:30pm
(bring your lunch!)

●ILH-R, Mon, Jan 25, 6:30-8pm

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. Please register.

Lung Cancer Group

●FC, Wed, Jan 6, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Multiple Myeloma Group

●FC, Tue, Jan 19, 11:45AM-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. Special speaker, Gregory Orloff, MD, of Virginia Cancer Specialists and co-Director of the Stem Cell Transplant Program in partnership with Inova Fairfax Hospital will speak on, "What's New in Myeloma, Myeloma Research Consortium and Transplant." Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register.

Spiritual Support Group

●CUMC-1, Thu, Jan 28, 7-8pm

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. Questions? Contact Dana Neese, Christ United Methodist Church, 703.690.3401.

Spirituality Quest

●FC, Tue, Jan 12, 10:30am-12pm

Join us as we explore our spiritual paths. Caregivers welcomed. Bring an object to share that is a symbol for you in ringing in the New Year.

Us Too Prostate Cancer Group - 3 Choices

●LCSC, Tue, Jan 12, 6-8pm

●IAH-CCW, Thu, Jan 21, 6-7:30pm

●FC, Tue, Jan 12, 7:30-9pm

Please join this monthly group for an opportunity to share your experiences and learn from one another.

Women's Survivorship Group

●ILH-R, Thu, Jan 14, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, and other modalities, this group will help you gain insight and balance to your life after cancer.

Young Adult Group

●FC, Thu, Jan 28, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range.

CHILDREN, TEENS, PARENTS

Curious About Cancer

●FC, Wed, Jan 20-Feb 24, 5:30-6:30pm

This group is for children 5-12 who have a loved one with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur when someone in the family has cancer.

Surviving Cancer Competently

●Call for Appointment: 703.698.2524

This program is for parents/caregivers of children newly diagnosed with Cancer. Coping with cancer is difficult; all families experience challenges and it is common to struggle with emotional distress, feelings of isolation, changes in roles, and disruption in family life. This is a three-session intervention that teaches proven tools for helping caregivers cope more effectively.

Oncology Massage and Body Work

Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

- \$50 for 1-hour massage session. Cash or check payment directly to massage therapist; no tipping. Sorry, we are unable to process credit cards
- Schedule your appointment 24 hours in advance; if you must reschedule, call ASAP*
- Arrive on time to get maximum time in session. First appointment: please arrive 15 minutes early to complete paperwork
- Appointments are available for patients and their family members
- Physician approval is required; please ask for written permission at your next appointment

Please Note: Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

Life with Cancer Studio

44084 Riverside Pkwy, LL, Ste 400

Leesburg, VA 20176

Sign up for weekly updates from Life with Cancer

It's Easy!

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

You will receive timely information about

- Program Highlights
- Fundraisers
- Weather Closings

JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1 2 3
4	5 7pm Knitting and Crocheting Circle (FC) 7pm Zumba (FC)	6 3pm Core Strengthening (FO-LWC) 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Group (IFMC) 6:30pm Lung Cancer Group (FC) 7pm Cutaneous Lymphoma Group (FC) 7pm Stronger Body After Cancer (FO-LWC)	7 10:30am Feldenkrais (FO-LWC) 3pm Gentle Yoga (FO-LWC)	8 Zumba Gold (44084 RP) Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 9 10am Carcinoid Cancer Group (FC) 10
11 10am Yoga Nidra, (FO-LWC) 10:30am Level I Exercise: Fitness for Wellness (44084 RP) 12pm Level II Exercise: Fitness for Wellness: (44084 RP) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)	12 10:30am Spirituality Quest (FC) 11am Gentle Yoga (44084 RP) 3pm Compassion Cultivation Class (FC) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6pm Pelvic Floor Issues ... (FO-LWC) 6:30pm What is Oncology Rehab? (ILH-ORC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:30pm Us Too Prostate Cancer Group (FC)	13 10:30am Level I: Fitness for Wellness: (44084 RP) 12pm Level II Exercise: Fitness for Wellness(44084 RP) 12:30pm Breast Cancer Surgery Preparation (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCC) 3pm Core Strengthening (FO-LWC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Group (FO-Rad Onc) 6pm Breast Cancer Group (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Stronger Body After Cancer (FO-LWC)	14 10:30am Feldenkrais(FO-LWC) 11am Mindfulness (44084 RP) 11:30am Orientation to Life with Cancer (FC) 3pm Gentle Yoga (FO-LWC) 5:30 Yoga for Breast Cancer (FC) 6:30pm Women's Survivorship Group (ILH-R)	15 Zumba Gold (44084 RP) Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084) 12pm Functional Movement (44084 RP) 1pm Knitting and Crocheting Circle (FC) 16 17
18 10am Yoga Nidra, (FO-LWC) 10:30am Level I Exercise: Fitness for Wellness (44084 RP) 12pm Level II Exercise: Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Breast Cancer Group (ABEHC) 7pm Look Good...Feel Better (FC) 7pm Gentle Yoga, Evening(44084 RP)	19 11am Gentle Yoga (44084 RP) 11:45am Multiple Myeloma -01-2016 (FC) 12pm Fighting Cancer with A Fork (FO-Rad Onc) 1pm Level I Exercise: Launching into Fitness (FC) 3pm Compassion Cultivation Class (FC) 6:30pm GYN Cancers Group (FO-LWC) 6:30pm Tools for Couples (ILH-R) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC)	20 10:30am Level I Exercise: Fitness for Wellness (44084 RP) 12pm Level II Exercise: Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Curious About Cancer (FC) 5:30pm Breast Cancer Group (IFMC) 5:30pm GYN Cancers Group (FC) 6pm Healing Touch (44084 RP) 7pm Stronger Body After Cancer (FO-LWC)	21 10:30am Feldenkrais(FO-LWC) 11am Mindfulness (44084 RP) 12:30pm Healing through Art Therapy(FC) 3pm Gentle Yoga (FO-LWC) 5:30 Yoga for Breast Cancer (FC) 6pm Us Too Prostate Cancer Group (IAH-CCW) 6:30pm Breast Cancer Surgery Preparation (FC) 6:30pm Gathering for Sarcoma Survivors and Families (FC)	22 Zumba Gold (44084 RP) Coalesce(FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084) 12pm Living with Advanced Disease (IFOH-1) 12pm Functional Movement (44084 RP) 23 24
25 10am Yoga Nidra, (FO-LWC) 10:30am Level I Exercise: Fitness for Wellness (44084 RP) 12pm Level II Exercise: Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Group (ILH-R) 6:30pm Living with Advanced Disease (ILH-R) 7pm Gentle Yoga (44084 RP)	26 3pm Compassion Cultivation Class (FC) 11am Gentle Yoga (44084 RP) 12pm Breast Cancer Group (FC) 1pm Level I Exercise: Launching into Fitness (FC) 6:30pm Tools for Couples (ILH-R) 7pm Ask the Expert: Feeling Irritable? (FC) 7pm Zumba! (FC)	27 10:30am Level I Exercise: Fitness for Wellness (44084 RP) 12pm Level II Exercise: Fitness for Wellness (44084 RP) 12:30pm Breast Cancer Surgery Preparation (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise: Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 5:30pm Curious About Cancer (FC) 7pm Stronger Body After Cancer (FO-LWC) 7pm Reiki for Relaxation (FC)	28 10:30am Feldenkrais (FO-LWC) 11am Mindfulness (44084 RP) 3pm Gentle Yoga (FO-LWC) 5:30 Yoga for Breast Cancer (FC) 6pm Orientation to Life with Cancer (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)	29 Zumba Gold (44084 RP) Coalesce(FC) 10:30am Zumba Gold (44084) 12pm Functional Movement (44084 RP) 30



Cleaning for a Reason provides four free cleaning services -one each month- to any woman with any kind of cancer, in active treatment. Free cleaning service is available in many cities in the Metropolitan DC Area including, Alexandria, Herndon, Sterling, Gaithersburg, Rockville and Silver Springs. To request services for your home, visit cleaningforareason.org and click on the "cancer patient" tab. You will be asked to complete an online form and to submit a proof of treatment statement from your doctor.