



Life with Cancer®

JULY & AUGUST 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).

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

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

Orientation to Life with Cancer

●FC, Thu, Jul 14, Aug 11, 11:30am-12:30pm

●FC, Thu, Jul 28, Aug 25, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can't make a scheduled orientation? Just call Life with Cancer Connect 703.206-LIFE (5433) and arrange a personal tour.

Look Good...Feel Better

●FC, Mon, Jul 18, Aug 15, 7-9pm

●FO-LWC, Mon, Jul 11, 2-4pm

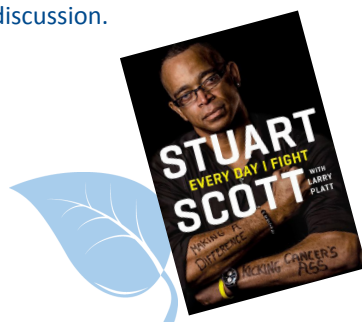
●IAH-CCC, Mon, Aug 1, 2-4pm

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 may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Summer Book Club

●ILH-R, Wed, Jul 27, 6:30-8pm

In Every Day I Fight, a memoir by Stuart Scott and Larry Platt, Scott not only relates his personal story- his childhood in North Carolina, his supportive family, his athletic escapades, his on-the-job training as a fledgling sportscaster, his being hired and eventual triumphs at ESPN- he shares his intimate struggles to keep his story going . . . You beat cancer by how you live, why you live, and the manner in which you live." Oncology Social Worker, Roberta Quirk, MSW, will facilitate the discussion.



Cancer and Genetics

●FC, Thu, Jul 21, 6:30-8pm

Please join Inova's Certified Genetics Counselor, Amanda Schott who will discuss the role genetics play in several cancer diagnoses including: colon; pancreatic; breast, uterine/ovarian, and melanoma. Please register by July 19.

Need Sleep?

●FC, Tue, Jul 19, 6:30-8pm

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Learn evidence based tools for getting back to sleep. Please register. For more information contact, Darah Curran, MSW, LCSW, 703.776.8798, or darah.curran@inova.org.

Endocrine (Hormonal) Therapy and Breast Cancer: A Three-Part Series

●FO-AUD, Wed, Jul 13, 4:30-5:30pm

In Part I: Dr. Mary Wilkinson will discuss the role of hormonal therapy in the treatment for breast cancer, what studies show regarding its effectiveness, benefits vs risks of side effects and what you need to know about bone health and healthy living during treatment.

●FO-LWC, Wed, Aug 24, 4:30-6pm

In Part II: Maureen Broderick, LCSW, and Gale Towery, RN, BSN, OCN, CBCN will discuss managing side effects of hormonal therapy, including hot flashes, sleep disruption and sexual side effects.

●FO-AUD, Wed, Sept 14, 4:30-5:30

In Part III: Nutrition: Dr. Mary Wilkinson will help to sort out all nutritional claims online, in the news, and from your friends, to make the best decisions for your health.

Sign up for weekly Life with Cancer Email News

How?

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.

Location Key

- 44084 RP: 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- 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-AUD: Fair Oaks Cancer Center Auditorium, 3580 Joseph Siewick Drive, LL, Fairfax, VA, 22033
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-RO: Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- IAH-CCC: Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA
- IAH-CCW: Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IFOH-1: Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
- ILH-PER: Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, 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

Breast Surgery Preparation

- IAH-CCC, Mon, Aug 1, 12:30-2pm
 - IAH-CCC, Tue, Jul 19 & Aug 16, 12:30-2pm
 - FO-LWC, Wed, Jul 6 & 20, 12:30-2pm
 - FO-LWC, Wed, Aug 10 & 24, 12:30-2pm
 - FC, Wed, Jul 20 & Aug 17, 12-1:30pm
- Learn 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/friends welcome.

HEALTHY LIVING

If registering for any individual fitness class for the first time in 2016, bring a signed waiver (available online) to the first class.

Level I Exercise: Launching into Fitness

- FC, Tue, Jul 19-Aug 9, 1-1:45pm
- For those who are new to LWC's exercise program, this class will help to assess your fitness level, improve strength, flexibility and stamina. Two classes are required after which you may progress to Levels II and III. If you've had surgery within the last 6 weeks a note from your doctor is necessary.

Level II Exercise: Chair-Based

- FC, Mon, Jul 11-Aug 15, 2-2:45pm
 - FC, Wed, Jul 13-Aug 17, 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 Wednesday sessions, but REGISTER SEPARATELY.

Level III Exercise: Keeping Fit

- FC, Mon, Jul 11-Aug 15, 3-4pm
- PREQUISITE: LEVELS I & II EXERCISE. This class offers a combination of standing and floor exercises.

Barre Tone

- FC, Thu, Jul 7 & 14, 7:15-8:15pm
- Jazz up your routine and experience the latest trend in full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance, aerobics with the benefits of the ballet barre at its core. Leave with renewed energy, a calmer spirit, and a new passion for life.

Cross-Train Challenge

- FC, Wed, Jul 13-Aug 17, 3-3:45pm
- If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery.

Feldenkrais

- FO-LWC, Thu, Jul 7-28, 10:30am-12pm
- This class is for new participants. 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 and blanket/towel.

Fighting Cancer with A Fork

- FO-RO, Tue, Jul 19, Aug 16, 12-1pm
 - IAH-CCW, Wed, Jul 13, Aug 10, 1-2pm
- 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.



If registering for any individual fitness class for the first time in 2016, bring a signed waiver (available online) to the first class.

Fitness for Wellness- Level I

- 44084 RP, Mon, Jul 25-Aug 15, 7-8pm
 - 44084 RP, Wed, Jul 27-Aug 17, 7-8pm
- This four-week series is appropriate for all levels of fitness. We'll focus on balance, strengthening and flexibility.

Gentle Yoga

- 44084 RP, Mon, Jul 11-25, 7-8:30pm
 - FC, Mon, Jul 18, 25, 7-8:30pm
 - FC, Mon, Aug 1 & 15*, 7-8:30pm
 - FC, Thu, Jul 7-Aug 18, 1-2pm
- Gentle Yoga 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 blanket. Registration required. *Please note: FC location's evening class will not meet on August 8.

Restorative Yoga

●FC, Fri, Jul 8-Aug 26*, 10:15am-11:30pm

*No class July 15. 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. Please bring a blanket.

Qi Gong

●FC, Thu, Jul 7 & 14, 3:15-4:15pm

Class continues for those already registered.

Stronger Body after Cancer

●FO-LWC, Wed, May 25-Jul 27, 7pm

Class continues for those already registered

Zumba!

●FC, Tue, Jul 5-Aug 23, 7-8pm

Please register under "Zumba - Bilingüe/Bilingual". 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 well-being. If attending for the first time in 2016, bring a signed waiver to first class.

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

●FC, Lunes, 25 de julio, 7-8:30pm

Aprender información útil para los sobrevivientes y sus seres queridos. Registración mandatorio. Para más información, llamar a David McGinness, 703.698.2529.

Zumba - Bilingüe/Bilingual

●FC, martes, 5 de julio - 23 de agosto, 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. Para más información, llamar a 703-698-2526. Si está asistiendo por primera vez en 2016, favor de firmar un permiso antes de empezar la primera clase.

STRESS MANAGEMENT

Healing through Art Therapy

●FC, Thu, Jul 21, Aug 18, 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 by the previous Tuesday. Facilitator: Art therapist Jean McCaw, ATR-BC, LCPAT.

Healing Touch

●44084 RP, Wed, Jul 13, Aug 10, 6-7pm

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to influence the human energy system, specifically 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. For questions contact Sandra. Weller@inova.org or call 703-858-8466.

Knitting and Crocheting Circle

●FC, Tue, Jul 5 & Aug 2, 7-8pm

●FC, Fri, Jul 15, & Aug 19, 1-2:30pm

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.

Making Sense of Your Story

●FC, Wed, Jul 13 & Aug 10 12:30-2:30pm

Group continues for those already registered.

Meditation and Guided Imagery

●FC, Thu, Jul 7-Aug 18, 2-3pm

●FC, Wed, Jul 6 & 20, 3-4pm

●FC, Wed, Aug 3 & 17, 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.

Moving Forward through Art Therapy

●FC, Fri, Jul 8, 12:30-3pm

This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the creative process. Experience the power of art therapy, relaxation

and guided imagery as you explore and make meaning of your life after cancer. No experience is necessary, just a willingness to explore and be part of a supportive, creative community.

Reiki for Relaxation

●44084 RP, Thu, Jul 28 & Aug 25, 6:45-8pm

●FC, Mon, Jul 11 & Aug 8, 6:30 & 7:30pm

●FC, Wed, Jul 27, 6:30 & 7:30pm

A level three 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. Please note: Registration opens on the first business day of the month at 9:15. Please schedule just one appointment per month. If you need to cancel your appointment, call 703-698-2534 ASAP or by the morning of your appointment, so that someone else can take your place. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community. We understand things happen from time to time and will certainly consider extenuating circumstances.

Writing Your Memories

●FC, Thu, Jul 21 & Aug 18, 2:30-4pm

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Please register, ASAP

Zentangle

●44084 RP, Tue, Jul 12, 10am-12pm

Expand your Zentangle experience by creating your own Zendala, a Zentangle-inspired mandala. Working with white tiles and black ink, we will seek inspiration from traditional patterns as we journey to find our inner selves. As you contemplate the finished Zendala, you will find new connections. All supplies will be provided, pre-registration is required. Instructor: Roberta Hughes, CZT.



SUPPORT & NETWORKING

Life with Cancer groups are generally facilitated by an Oncology Nurse Navigator and an Oncology Therapist.

Register at www.lifewithcancer.org or call 703.698.2526

Brain Tumor Group

●FC, Tue, Jul 12 & Aug 9, 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. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Breast Cancer Group

●FC (formerly IFMC), Wed, Jul 20, 5:30-7pm

●FC (formerly IFMC), Wed, Aug 3, 5:30-7pm

●FC, Tue, Jul 26, Aug 23, 12-1:30pm

●IAH-CCW, Mon, Jul 18, Aug 15, 6-7:30pm

●FO-RO, Wed, Jul 13, Aug 10, 5:30-7pm

●IMVH-CC, Wed, Jul 13, Aug 10, 6-7:30pm

These groups are for women newly diagnosed with stage 0-3 breast cancer, or are no more than 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Register online at www.lifewithcancer.org or call 703.698.2526.

Breast Cancer Group at Loudoun

●ILH-R, Mon, Jul 25 & Aug 22, 5-6:30pm

For women who are newly diagnosed, facing surgery or currently in treatment (chemo, radiation). Meet with other women for networking and discussion as you navigate your breast cancer experience.

Young Women with Breast Cancer

●IAH-CCW, Tue, Jul 12, Aug 9, 6:30-8pm

●FC, Tue, Jul 19, Aug 16, 6:30-8pm

A group 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.

Carcinoid Cancer Group

●PCC, Sat, Jul 16, 10:30am-1:30pm

Dr. Edward M. Wolin, Director, Neuroendocrine Tumor Program, Montefiore Einstein Center for Cancer Care, Bronx, NY will present, Exciting and New Developments in Carcinoid Cancer. Light refreshments.

SPECIAL
SPEAKER

Carcinoid Cancer Group

●FC, Sat, Aug 13, 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

●FC, Mon, Jul 11 & Aug 8, 7-8:30pm

●FO-LWC, Wed, Jul 13 & Aug 10, 5:30-7pm

●ILH-R, Mon, Jul 11 and Aug 8, 6:30-8pm

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 Monday.

Coalesce I: An Advanced Breast Cancer Group

●FC, Fri, Jul 1-Aug 26, 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

Coalesce II: An Advanced Breast Cancer Group

●FC, Tue, Jul 12 & 26, 10:30am-12pm

●FC, Tue, Aug 9 & 23, 10:30am-12pm

See description above. Prior screening is required as this is a closed group; please call facilitator, Micheline Toussaint, 703.698.2521.

GYN Cancers Group

●FC, Wed, Jul 27, Aug 24, 5:30-7pm

●FO-LWC, Tue, Jul 19, Aug 16, 6:30-8pm

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

●FC, Wed, Jul 13, Aug 10, 5:30-7pm

Beginning in July, this group will meet at the Life with Cancer Family Center. 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

●ILH-PER, Thu, Jul 14, Aug 11, 12-1:30pm

●ILH-R, Mon, Jul 25, Aug 22, 6:30-8pm

●IFOH-1, Fri, Jul 8, 12-1:30pm

●IFOH-1, Fri, Aug 26, 12-1:30pm

Men and women are invited to join us as we explore and learn ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis.

Lung Cancer Group

●FC, Wed, Jul 6, Aug 3, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Carrie Friedman, RN, BS, OCN and David McGinness, MSW, LCSW.

Multiple Myeloma

●FC, Tue, Jul 19, 11:45am-1:30pm

●FC, Tue, Aug 16, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. July meeting: Please check the website for the guest speaker. August meeting: open discussion. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register!

Spiritual Support Group

●CUMC-1, Thu, Jul 28, Aug 25, 7-8:30pm

A faith-based, patient-led 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

Join us monthly on the second Tuesday of the month as we explore our spiritual paths.

●FC, Tue, July 12, 10:30am-12pm: **Filling Your Cup with Joy!**

Bring your favorite cup as we have tea or coffee while sharing a spiritual-type book you've read.

●FC, Tue, Aug 9, 10:30am-12pm: **Connecting the Past to the Present**

Bring a favorite photo of yourself as a child or younger adult and share the memories surrounding that time in your life. Please register.

Us Too Prostate Cancer Support Group

●FC, Tue, Jul 12, 7-9pm*

●IAH-CCW, Thu, Jul 21, Aug 18, 6-7:30pm

●LCSC, Tue, Jul 12, Aug 9, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings. *In July, the FC meeting will feature discussion on a smorgasbord of prostate cancer topics. This group will not meet in August.



JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1 Coalesce I (FC) 10:15am Restorative Yoga (FC)
				2
				3
4 HOLIDAY	5 7pm Knitting and Crocheting Circle (FC) 7pm Zumba! (FC)	6 12:30pm Breast Surgery Preparation (FO-LWC) 3pm Meditation and Guided Imagery (FC) 6:30pm Lung Cancer Group (FC) 7pm Stronger Body After Cancer (FO-LWC)	7 10:30am Feldenkrais (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3:15pm Qi Gong (FC) 7:15pm Barre Tone (FC)	8 Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 12:30pm Moving Forward Through Art Therapy (FC)
				9
				10
11 2pm Level II Exercise: Chair-Based (FC) 2pm Look Good...Feel Better (FO-LWC) 3pm Level III Exercise: Keeping Fit (FC) 6:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Gentle Yoga (44084 RP) 7:30pm Reiki for Relaxation (FC)	12 10am Zentangle (44084 RP) 10:30am Coalesce II (FC) 10:30am Spirituality Quest (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7pm Us Too Prostate Cancer Group (FC)	13 12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 4:30pm Endocrine (Hormonal) Therapy ... Part I (FO-AUD) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Breast Cancer Group (IMVH-CC) 6pm Healing Touch (44084 RP) 7pm Stronger Body After Cancer (FO-LWC)	14 10:30am Feldenkrais (FO-LWC) 11:30am Orientation (FC) 12pm Living with Advanced Disease (ILH-PER) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3:15pm Qi Gong (FC) 6:30pm Women's Survivorship Group (ILH-R) 7:15pm Barre Tone (FC)	15 Coalesce I (FC) 1pm Knitting and Crocheting Circle (FC)
				16 10:30am Carcinoid Cancer Group: Speaker (PCC)
				17
18 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Breast Cancer Group (IAH-CCW) 7pm Gentle Yoga (44084 RP) 7pm 7-Gentle Yoga (FC) 7pm Look Good...Feel Better (FC)	19 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12:30pm Breast Surgery Preparation (IAH-CCC) 1pm Level I Exercise: Launching ... (FC) 6:30pm Young Women with Breast Cancer (FC) 6:30pm GYN Cancers Group (FO-LWC) 6:30pm Need Sleep? (FC) 7pm Zumba! (FC)	20 12pm Breast Surgery Preparation (FC) 12:30pm Breast Surgery Preparation (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Group (FC) 7pm Stronger Body After Cancer (FO-LWC)	21 10:30am Feldenkrais (FO-LWC) 12:30pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Memories (FC) 6pm Us Too Prostate Cancer Group (IAH-CCW) 6:30pm Cancer Genetics (FC)	22 Coalesce I (FC) 10:15am Restorative Yoga (FC)
				23
				24
25 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 Fitness for Wellness, Level I (44084 RP) 7pm Gentle Yoga (FC) 7pm Aprendiendo Juntos (FC) 7pm Gentle Yoga (44084 RP)	26 10:30am Coalesce II (FC) 12pm Breast Cancer Group (FC) 1pm Level I Exercise: Launching ... (FC) 7pm Zumba! (FC)	27 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 5:30pm GYN Cancers Group (FC) 6:30pm Summer Book Club (ILH-R) 6:30pm Reiki for Relaxation (FC) 7pm Fitness for Wellness, Level I (44084 RP) 7pm Stronger Body After Cancer (FO-LWC) 7:30pm Reiki for Relaxation (FC)	28 10:30am Feldenkrais (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Orientation (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)	29 Coalesce I (FC) 10:15am Restorative Yoga (FC)
				30 10:30am Waldenstrom's Meeting
				31

Waldenstrom's Group Meeting

●FC, Sat, Jul 30, 10:30am-12pm

Renowned Dana-Farber Cancer Institute/Harvard, Dr. Jorge Castillo will speak on "Latest Developments in Waldenstrom's Macroglobulinemia." Dr. Castillo is assistant professor at Harvard Medical School and works hand-in-hand with Dr. Steven Treon at the Bing Center for WM. Please register in advance by contacting lukleppinger@outlook.com .

Women's Survivorship Group

●ILH-R, Thu, Jul 14, Aug 11, 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, art and other modalities, this group will help you gain insight and balance to your life after cancer.

Young Adult Group

●FC, Thu, Jul 28, Aug 25, 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. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 12:30pm Breast Surgery Preparation (IAH-CCC) 2pm Look Good...Feel Better (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 7pm Fitness for Wellness, Level I (44084 RP) 7pm 7-Gentle Yoga (FC)	2 1pm Level I Exercise: Launching ... (FC) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC)	3 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Group (FC) 6:30pm Lung Cancer Group (FC) 7pm Fitness for Wellness, Level I (44084 RP)	4 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC)	5 Coalesce I (FC) 10:15am Restorative Yoga (FC)
8 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Fitness for Wellness, Level I (44084 RP) 7pm Caregiver Connection (FC) 7:30pm Reiki for Relaxation (FC)	9 10:30am Spirituality Quest (FC) 10:30am Coalesce II (FC) 1pm Level I Exercise: Launching ... (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC)	10 12:30pm Making Sense of Your Story (FC) 12:30pm Breast Surgery Preparation (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Breast Cancer Group (IMVH-CC) 6pm Healing Touch (44084 RP) 7pm Fitness for Wellness, Level I (44084 RP)	11 11:30am Orientation (FC) 12pm Living with Advanced Disease (ILH-PER) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Feeling Irritable? (FC)	12 Coalesce I (FC) 10:15am Restorative Yoga (FC)
15 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Breast Cancer Group (IAH-CCW) 7pm Fitness for Wellness, Level I, Monday (44084 RP) 7pm 7-Gentle Yoga (FC) 7pm Look Good...Feel Better (FC)	16 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12:30pm Breast Surgery Preparation (IAH-CCC) 6:30pm GYN Cancers Group (FO-LWC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC)	17 12pm Breast Surgery Preparation (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 3pm Meditation and Guided Imagery (FC) 7pm Fitness for Wellness, Level I (44084 RP)	18 12:30pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Laughter Yoga (FC) 2:30pm Writing Your Memories (FC) 6pm Us Too Prostate Cancer Group (IAH-CCW)	19 Coalesce I (FC) 10:15am Restorative Yoga (FC) 1pm Knitting and Crocheting Circle (FC)
22 5pm Breast Cancer Group ... (ILH-R) 6:30pm Living with Advanced Disease (ILH-R)	23 10:30am Coalesce II (FC) 12pm Breast Cancer Group (FC) 7pm Zumba! (FC)	24 12:30pm Breast Surgery Preparation (FO-LWC) 4:30pm Endocrine Therapy...Part II (FO-LWC) 5:30pm GYN Cancers Group (FC) 6:30pm Reiki for Relaxation (FC) 7:30pm Reiki for Relaxation (FC)	25 6pm Orientation (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)	26 Coalesce I (FC) 10:15am Restorative Yoga (FC)
29	30			27 28

Oncology Massage and Body Work

Life with Cancer Family Center
 8411 Pennell Street
 Fairfax, VA 22031

Life with Cancer Studio
 44084 Riverside Pkwy, LL, Ste 400
 Leesburg, VA 20176

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Call 703-698-2526 to schedule or cancel your appointment
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org

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.

Feeling a little overwhelmed? Life with Cancer can help...

A Life with Cancer Oncology Nurse Navigator is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

A Life with Cancer Oncology Therapist is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.