



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.

Registration for classes and groups is required. To register, go to www.lifewithcancer.org or call 703-698-2526.

Location Key:

44084 RP

44084 Riverside Parkway,
Lower Level, Suite 400.
Leesburg, VA 20176

ILH-R

Inova Loudoun Hospital-Radiation
Oncology Center, Suite 100
44035 Riverside Parkway, Leesburg,
VA 20176

LCSC

Loudoun County Senior Center
21060 Whitfield Place
Sterling, VA 20165



Classes

Healing Touch

44084 RP, Wed, Aug 19, 6-7pm and 7-8pm

Healing Touch is an energy therapy in which practitioners consciously use their hands and intent to help balance energy within the individual to promote physical and emotional health and well-being. This can be done with hands placed just above the body or with actual light touch. Dress comfortably and bring a sheet, blanket and pillow. Registration is required. For further information please call Barbara McDonnell RN, MSN, CBCN, 703.858.8867.

Healing through Art Therapy-Loudoun

44084-RP, Fri, Sept 11, 12-2pm

Experience the power of creativity through art therapy, relaxation, and guided imagery. This group provides opportunities for reflection and personal growth. No artistic ability is needed, just a willingness to explore and be a part of a supportive, creative community. Art Therapist: Sarah Schmidt, MA

Reiki for Relaxation

44084 RP, Thu, Aug 27, 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.

Mindfulness: Caring for the Mind & Body

44084-RP, Thu, Jul 9-Aug 13*, 11am-12:30pm

*No class Jul 16. This class blends meditation, breath work and deep relaxation to release stress and restore balance. Through the reduction of stress you can generate emotional and physical healing. Registration is required. Please bring a blanket for your comfort. Facilitator: Ladan Judge.



Support Groups

Breast Cancer Support Group

ILH-R, Mon, Aug 24, 5-6:30pm

For women newly diagnosed, making decisions about treatment and currently in treatment. Please register. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN®.

Caregiver Connection

ILH-R, Mon, Aug 10, 6:30-8pm

Meet with an Oncology Nurse and Social Worker for ongoing support in dealing with the challenges of caregiving. Topic of discussion, "Coping with Caregiver Stress". Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

Living with Advanced Disease

ILH-R, Mon, Aug 24, 6:30-8pm

Join others who are living with any advanced cancer diagnosis to learn to learn and explore ways to meet the challenges of living with advanced disease. Registration is required. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN, OCN®.

Us Too Prostate Cancer Support Group, Loudoun Chapter

LCSC, Tue, Aug 11, 6:30-8pm

Please join the Loudoun Chapter Us Too Prostate Cancer Education & Support Group which meets monthly. This is an opportunity to share your experiences and learn from one another. Guest speakers will be invited periodically. Facilitator: Roberta Quirk, MSW, 703-858-8857.

Women's Survivorship Group

ILH-R, Thu, Aug 13, 6:30-8pm

This group is for women who have completed treatment. Transitioning from treatment may be difficult and have an impact on quality of life. Many women find it difficult to resume their life as they knew it prior to cancer. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and balance. Facilitator: Sandra Weller, LCSW, OSW-C.

August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Mindfulness: Caring for the Mind & Body 44084-RP, 11am-12:30pm	7
10 Caregiver Connection ILH-R, Mon, Aug 10, 6:30-8pm	11 Us Too Prostate Cancer Support Group, Loudoun Chapter LCSC, Tue, Aug 11, 6:30-8pm	12	13 Women's Survivorship Group ILH-R, Thu, Aug 13, 6:30-8pm Mindfulness: Caring for the Mind & Body 44084-RP, 11am-12:30pm	14
17	18	19 Healing Touch 44084 RP, Wed, Aug 19, 6-7pm and 7-8pm	20	21
24 Breast Cancer Support Group ILH-R, Mon, Aug 24, 5-6:30pm Living with Advanced Disease ILH-R, Mon, Aug 24, 6:30-8pm	25	26	27 Reiki for Relaxation 44084 RP, Thu, Aug 27, 6:45-8pm	28

Oncology Massage and Body Work - Two Locations

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

Life with Cancer, Loudoun County
44084 Riverside Parkway, LL, Suite 100, Leesburg, VA 20176

- Call 703-698-2526 to schedule or cancel your appointment*
- Appointments are for patients/survivors and their family members
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms available online at www.lifewithcancer.org
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Cash or check payable to massage therapist; sorry, no credit cards

Your Life with Cancer® Team at Inova Loudoun Hospital

Saundra Weller, MSW, LCSW, OSWC
Manager Oncology Navigation and Counseling, 703.858.8466
Saundra.Weller@inova.org

Mary Kay Mecca
Oncology Navigator
703.858.6615
MaryKay.Mecca@inova.org

Christine Stone, RN, MSN, OCN
Oncology Nurse Navigator
703.858.8867
Christine.Stone@inova.org

Melissa Hernandez, MSW
Oncology Therapist
703.858.6615
Melissa.Hernandez@inova.org

Roberta Quirk, MSW
Oncology Therapist
703.858.8857
Roberta.Quirk@inova.org

Jenn Townsend
Program Assistant
703.858.6615
Jennifer.Townsend@inova.org

Barbara McDonnell, RN, MSN, CBCN
Oncology Nurse Navigator
703.858.8867
Barbara.McDonnell@inova.org

Sarah Schmidt, MA
Oncology Therapist/Art Therapist
703.776.2403
Sarah.Schmidt@inova.org

