



## 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](http://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

*Please register for  
all classes and  
groups*

*Call 703-206-5433  
to connect with  
Life with Cancer  
services and  
community resources.*

## Classes

Please register for all groups.

### Healing Touch

**44084 RP, Wed, Jul 15, 5-6pm**

**44094 RP, Wed, Jul 15, 6-7pm**

Healing Touch is an energy therapy in which practitioners consciously use their hands and intent to facilitate energy balancing for wholeness 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

### Reiki for Relaxation

**44084 RP, Thu, Jul 23, 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. If you need to cancel your appointment, please call ASAP, 703.698.2526.

### Brain Tumor Support Group

The Loudoun group will not meet in July

### Breast Cancer Support Group

**ILH-R, Mon, Jul 27, 5-6:30pm**

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

### Evening Gentle Yoga with Vicki

**Mon, Jul 6-27, 44084 RP**

This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Bring a blanket for comfort. Registration is required. If attending for the first time in 2015, please bring a signed waiver to first class.



## Groups

Please register for all groups.

### Caregiver Connection

**ILH-R, Mon, Jul 13, 6:30-8pm**

Meet with others for ongoing support in dealing with the challenges of caregiving. Topic of discussion, "What to Expect During Treatment". Facilitators: Roberta Quirk, MSW, Oncology Therapist and Mary Kay Mecca, RN, BSN, Oncology Nurse Navigator.

### Living with Advanced Disease

**44084 RP, Mon, Jul 27, 6:30-8pm**

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

## Groups, cont'd.

Please register for all groups.

### Us Too Prostate Cancer Support Group, Loudoun Chapter LCSC, Tue, Jul 14, 6-8pm

This monthly group offers an opportunity to share your experiences and learn from one another. Guest speakers will be invited periodically. Questions? Call 703.858.8857.

### Women's Survivorship Group

ILH-R, Thu, Jul 9, 6:30-8pm

Many women find it difficult to resume life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on one's quality of life. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and bring balance to your life after cancer. Please register only if you have completed treatment. Facilitator: Sandra Weller, LCSW, OSW-C.

## Oncology Massage

### Life with Cancer Studio

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

- \$50 / 1-hour session
- Call 703-698-2526 to schedule or cancel your appointment
- Written physician approval is required.

### Estate Planning Service for Friends of Life with Cancer

This complimentary program helps our friends to complete an estate plan or review an existing plan - starting with one's values and dreams. Schedule your appointment with **Chad Leitch, JD**, Vice president, **Thompson & Associates**, 563.590.5737, [Chad@ceplan.com](mailto:Chad@ceplan.com)

## July 15

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 7pm Evening Gentle Yoga 44084-RP, 7-8pm	7	8	9 Women's Survivorship Group ILH-R, 6:30-8pm	10
13 Caregiver Connection ILH-R, 6:30-8pm  7pm Evening Gentle Yoga 44084-RP, 7-8pm	14 Us Too Prostate Cancer Support Group, Loudoun Chapter LCSC, 6-8pm	15 Healing Touch 44084 RP, 5-6pm & 6-7pm	16	17
20  7pm Evening Gentle Yoga 44084-RP, 7-8pm	21	22	23 Reiki for Relaxation 44084 RP, 6:45-8pm	24
27 Breast Cancer Support Group ILH-R, 5-6:30pm  Living with Advanced Disease 44084 RP, 6:30-8pm  7pm Evening Gentle Yoga 44084-RP, 7-8pm	28	29	30	31