



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 unless otherwise stated. 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

ILPO-I

Inova Loudoun Professional Offices I
44055 Riverside Parkway, Ste. 210

Classes - Registration is Required

Open Forum: Infertility and Cancer 44084 RP, Wed, Nov 11, 6-7pm

Cancer treatments can affect the reproductive system and fertility. **Dr. Andrea Reh**, fertility preservation specialist will have an open discussion on fertility issues and cancer treatments. Registration is required.

Zentangle

44084 RP, Tue, Nov 10, 1-2:30pm

Treat yourself to the experience of Zentangle®, a therapeutic art form used for meditation, stress relief, increased focus, and pain management. You need NO artistic talent, just an open mind and a willingness to explore a new dimension of yourself. Roberta Hughes, Certified Zentangle® Teacher (CZT).

Fitness, Yoga, Zumba Note:

If attending for the first time in 2015, please bring a completed Participation Waiver, available online. Dress comfortably and bring a water bottle. Advanced registration is required.

Level I-Fitness for Wellness

44084 RP

Mon, Nov 2-Dec 7*, 10:30-11:30am

Wed, Nov 4-Dec 9*, 10:30-11:30am

(*No class Thanksgiving Week)

The Level I series will help you gain strength, flexibility and stamina for those new to fitness or currently in treatment. Fitness instructor, Nancy Ryan MA Ed., H.D. Exercise Science, A.C.E.

Level II-Fitness for Wellness

44084 RP, Mon, Nov 2-Dec 7*, 12-1pm

44084 RP, Wed, Nov 4-Dec 9*, 12-1pm

(*No Class Thanksgiving week)

This series is for people who are not in

active treatment. We'll work on strengthening and endurance with a combination of standing and floor exercises. Instructor: Jenny Townsend, A.C.E.

Walking for Fitness, 44084 RP

Tue, Nov 3-17, 9:30-10:30am

Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Instructor: Jenny Townsend A.C.E.

Zumba Gold, 44084 RP

Fri, Nov 6-Dec 11*, 10:30-11am

*No class Thanksgiving week

Zumba Gold focuses on all elements of Fitness: cardiovascular, muscular conditioning and flexibility, but at a gentler pace while still maintaining the enthusiasm of the music.

Gentle Yoga, 44084 RP

Mon, Nov 2-Dec 7*, 7-8:30pm

Tue, Nov 3-Dec 8*, 11am-12:30pm

*No class Thanksgiving week

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. Registration is required. Please bring a blanket.

Healing Touch

44084 RP, Wed, Nov 18, 6-7pm

Healing Touch practitioners (usually nurses) employ the hands, placed just above the body or with actual light touch, to influence the human energy system. 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 and registration is required.



INOVA®

Life with Cancer®

Mindfulness: Caring for Mind and Body
44084 RP, Thu, Nov 5-Dec 10*, 11am-12:30pm (*No class Thanksgiving week)

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. Facilitator: Ladan Judge, RYT.

Nutrition and YOU: Healthy Holiday Eating
44084 RP, Tue, Nov 17, 1-2:30pm

Nutrition is important both during and post treatment. This month Anu Kaur MS, RD will be show us how to eat healthfully during the holidays by incorporating more grains and fiber in your diet. Registration required.

Qi Gong
44084 RP, Thu, Nov 4, 1-2:30pm

Learn to use the internal tools of you mind, body and breath to promote wellness and explore how movement, guided meditation and breathing may impact your emotional and physical well-being. Registration is required.

Reiki for Relaxation
44084 RP, Thu, Nov 19, 6:45-8pm

Schedule your appointment online on the first business day of the month after 9:15am. This ancient practice involves 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 must cancel, please call ASAP, 703-698-2526.

Support Groups
Please Register

Brain Tumor Group
ILH-R, Tue, Nov 17, 5:30-7pm

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Vera Hirschman RN and Roberta Quirk, MSW.

Breast Cancer Support Group
ILH-R, Mon, Nov 23, 5-6:30pm

Learn, share and discuss ways of meeting the challenges of breast cancer. Gain support from others who understand the challenges you face. Facilitators: Elise Schneider, MSW, LCSW and Christine Stone, RN, MSN, OCN.

Caregiver Connection
ILH-R, Mon, Nov 9, 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 Friday. Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

Good Grief
ILPO-I, Wed, Oct 7-Dec 2,* 6:30-8:30pm (*No meeting Thanksgiving week)

Group continues for those already registered.

Living with Advanced Disease
ILH-R, Mon, Nov 23, 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 diagnosis. Join others who can support you on this road. Facilitators: Elise Schneider, MSW, LCSW and an oncology nurse navigator. Please register.

Loudoun Chapter Us Too Prostate Cancer Group , LCSC, Tue, Nov 10, 6-8pm

Join us for an opportunity to share your experiences and learn from one another. Guest speakers will be invited periodically. Facilitator: Roberta Quirk, MSW. For questions call 703.858.8857.

Women's Survivorship Group
ILH-R, Thu, Nov 12, 6:30-8pm

Many women find it difficult to resume their life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on quality of life. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and balance to your life after cancer. This is a group for women

who have completed treatment. Facilitator: Saundra Weller, LCSW, OSW-C.

Oncology Massage

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

- **Tuesdays and some Saturdays**
- Call 703-698-2526 to schedule or cancel your appointment, or for more information.
- \$50 / 1-hour session.
- Written physician approval required.

JOIN OUR COMMUNITY

Sign up for Weekly Email News to receive timely information about

- Program Highlights and Updates
- Fundraisers
- Weather Closings

Go to www.lifewithcancer.org, Look for the box that says, "Sign-up for Email News". Type your email in the Email window and click Submit.

As you think about charitable giving this season, please remember that donations can be made to Life with Cancer during the upcoming Fall campaigns.

For donations through the
Combined Federal Campaign
and

United Way Campaign
designate #8225 Inova Health
System Foundation

AND
email sandra.white@inova.org
with your name and gift amount. She will ensure that your gift is designated to Life with Cancer

Thank you for your support!

