



# Life with Cancer®

MARCH 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](http://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](mailto: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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## HIGHLIGHTS

### Change your Age Workshop

● FO-C&D, Sat, Mar 5, 2-5pm

This movement-based program weaves in cognitive challenges that will help keep both your brain and your body youthful. The Change Your Age program leverages new and unusual movements to help generate new brain cells. You will use your body and brain to feel younger, stronger and fit. Potential benefits include improved strength, increased mobility, while learning how to avoid injuries. The program is based on the Feldenkrais Method. Bring a yoga mat and a blanket or towel.

### Mind Over Matter

● FC, Wed, Mar 2-30, 6-7:30pm

This 5-session, weekly, skill-based program teaches evidenced-based tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Using cognitive behavioral and relaxation strategies, each of these professionally facilitated sessions build on the previous one. Participation requires regular attendance and a willingness to practice the skills. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning. For more information please contact Rebecca McIntyre at 703.668.2524.

### Deep Breathing for Overall Health

● FO-LWC, Wed, Mar 2, 5-6pm

Deep Breathing can have a significant positive impact on your overall health. Breathing is something we all do but we don't all do it correctly or fully enough to take advantage of its FREE health benefits. Melanie H. Dorn MA CCC-SLP, RYT 200, Outpatient Speech Language Pathologist, will explain the many benefits of deep breathing, how to correctly breathe deeper, share tips to get in the habit of practicing deep breathing and demonstrate some deep breathing exercises.

### Triple Negative Breast Cancer Tea

● FC, Fri, Mar 11, 3:30-5pm

Triple Negative Breast Cancer (TNBC) survivors are invited for a pre-weekend afternoon tea to learn more about TNBC. Medical oncologist Neelima Denduluri, MD will share the latest research findings and survivor Tracy Bunch will share information on the TNBC Foundation, as well as educational and financial resources. Register by Tuesday, March 9.

### Need Sleep?

● FC, Thu, Mar 31, 2-4pm

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.

## INFORMATION & EDUCATION

### 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. At Inova Fair Oaks Hospital, we offer educational sessions prior to your surgery with an oncology nurse navigator. Topics include: What to expect throughout your hospital stay, requirements to go home, recovery process, tips for pain management, common concerns after surgery and community resources. To schedule an appointment, contact Molly Kisiel, [molly.kisiel@inova.org](mailto:molly.kisiel@inova.org) or 703.391.3758.

## Orientation to LWC

FC, Th Mar 10, 11:30am-12:30pm

FC, Th, Mar 24, 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.

## Location Key

- 44084 RP: 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- 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](http://www.lifewithcancer.org)
- FO-C&D: Fair Oaks Cancer Center, Conference Rooms, Lower Level, 3580 Joseph Siewick Drive, 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-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-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 Cancer Surgery Preparation - 2 Choices

- FO-LWC, Wed, Mar 9, 12:30-2pm
  - FO-LWC, Wed, Mar 23, 12:30-2pm
- 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. Please register (family members do not need to register).

## Breast Cancer Surgery Preparation at FAIR OAKS LOCATION ONLY

- ILH-PER, Thu, Mar 3, 12-1:30pm
  - ILH-PER, Tue, Mar 15, 4-5:30
- If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this class will benefit you as you prepare for your surgery. You will receive an overview of what you can expect from our Oncology Nurse Navigator, PT/OT Therapists and Oncology Social Worker. Registration is required; no exceptions. Family member or caregiver may attend with you.

## Compassion Cultivation Class

- FC, Tue, Mar 1 & 8, 3-4:30pm
- Class continues for those already registered.

## Look Good...Feel Better - 2 Choices

- FC, Mon, Mar 21, 7-9pm
  - FO-LWC, Sat, Mar 5, 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 should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

## What to Expect During Chemotherapy

- FO-LWC, Tue, Mar 8, 5-6pm
- Learn what to expect during chemotherapy treatments, how to prepare for your visit, tips for managing side effects, and resources available during treatment and into survivorship. Taught by an oncology nurse navigator.



## Tools for Couples

- FC, Tue, Mar 1, 7-8:30pm
- Class continues for those already registered.

## HEALTHY LIVING

### Exercise

*Note: When attending each exercise class for the first time in 2016, please bring a signed "Physical Activity Waiver" (available online) to the first class.*

### Barre Tone

- FC, Thu, Mar 3-17, 7:15-8:15pm
- Class continues. 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.



### Core Strengthening

- FO-LWC, Wed, Mar 2-Apr 27, 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. Preference given to new participants.

### Feldenkrais

- FO-LWC, Thu, Mar 3-31, 10:30am-12pm
- This 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. This class is for those currently in treatment or out of treatment within 2 years. Preference given to new participants.

### Fitness for Wellness

- FO-LWC, Tue, Mar 1-May 24, 12:30-1:30pm
- This class will help improve strength, flexibility and stamina through a combination of standing and floor exercises. Registration is required.

## Fitness for Wellness-Level I

- 44084 RP, Wed, Mar 2-16, 10:30-11:30am
- 44084 RP, Mon, Mar 7 & 14, 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.

## Fitness for Wellness- Level II

- 44084 RP, Mon, Mar 7 & 14, 12-1pm
- 44084 RP, Wed, Mar 2-16, 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 - 2 Choices

- FO-LWC, Tue, Mar 1-22, 9:30-10:30am
- 44084 RP, Fri, Mar 4-18, 12-1pm

Functional Movement is the process the body uses to accomplish everyday tasks. Using medicine balls, dumbbells, stability balls, and BOSUs, you will challenge your movement system, increase your functional capacity, and improve your activities of daily living.

## Tai Chi - 2 Choices

- FO-LWC, Thu, Mar 3-May 19, 1-2:30pm
- FC, Tue, Mar 1-Apr 5, 1-2pm

This series uses slow, fluid body movements to enhance wellness, longevity and internal peace. Students will learn simple steps and then build upon them to perform more complex movements. Wear comfortable clothing and closed-toed shoes.

## Walking for Wellness - 2 Choices

- FO-LWC, Tue, Mar 1-May 24, 11am-12pm
- 44084 RP, Mon, Mar 7 & 14, 1:15-2:15pm

Walking is a great form of exercise. Enhance your fitness and enjoy the camaraderie of walking with others.

## Zumba

- FC, Tue, Mar 1-22, 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 wellbeing.

## Zumba Gold

- 44084 RP, Fri, Mar 4-18, 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.

*Levels I-IV Exercise classes are taught by Susan Gilmore, MS, ACSM, Certified Cancer Exercise Trainer. If attending for the first time in 2016, bring a signed waiver (available online) to first class. If you have any questions, contact the instructor at [susan.gilmore@inova.org](mailto:susan.gilmore@inova.org).*

## Level I Exercise: Launching into Fitness

- FC, Tue, Mar 1-22, 2:30-3:15pm

For those who are new to LWC's exercise program, this exercise series will help to assess your fitness level, improve strength, flexibility and stamina. Two classes are required after which you may progress to Level II or higher classes. If you've had surgery within the last 6 weeks a note from your doctor is necessary before you may begin class. Registration and a signed waiver (available online) is required before you can participate in class.

**NO NEW REGISTRANTS AFTER Mar 8.**

## Level II Exercise: Chair-Based

- FC, Wed, Mar 2, 2-2:45

Class continues for those already registered.

## Level II Exercise: Chair-Based

- FC, Mon, Mar 14-Apr 18, 2-2:45pm
- FC, Wed, Mar 16-Apr 20, 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, Mar 14-Apr 18, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. A combination of standing and floor exercises.

## Level IV Exercise: Fitness Fusion

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

Class continues for those already registered.

## Level IV Exercise: Fitness Fusion

- FC, Wed, Mar 16-Apr 20, 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.

## Nutrition

### Diet, Exercise and a Healthy You!

- FC, Tue, Mar 8, 10:30-11:30am

Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register by Fri, Mar 4.

### Fighting Cancer with A Fork - 2 Choices

- FO-Rad Onc, Tue, Mar 15, 12-1pm
- IAH-CCW, Wed, Mar 9, 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.

## LIFE WITH CANCER EN ESPAÑOL

### Latinos Unidos

- AFC, miércoles, 9 de marzo, 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. Para más información, llamar a Débora Haynes al 703.698.2539.

### Luzca Bien...Siéntase Mejor

- FC, jueves, 17 de marzo, 6-8pm

Programa de belleza gratuito para mujeres en tratamiento de quimioterapia y/o radioterapia. Una cosmetóloga les enseñará técnicas de maquillaje, cuidado de la piel, uso de pelucas y pañuelos, etc. Venga a fortalecer su espíritu y confianza en sí misma. Recibirás cosméticos personalizados. REGISTRACIÓN ES MANDATARIA vía nuestro sitio de Internet: [www.lifewithcancer.org](http://www.lifewithcancer.org) o llamando a Débora al 703-698-2539.

### Zumba

- FC, martes, 1-22 de marzo, 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. 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, Mar 17, 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.

### Moving Forward through Art Therapy

●FC, Fri, Mar 11, 12-2:30pm

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

### Knitting and Crocheting Circle

●FC, Tue, Mar 1, 7-8pm

●FC, Fri, Mar 18, 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.

### Gentle Yoga

●44084 RP, Mon, Mar 7 & 14, 7-8:30pm

●44084 RP, Tue, Mar 1-15, 11am-12:30pm

●FC, Thu, Mar 3-31, 1-2pm

●FC, Mon, Mar 21-May 2, 7-8:30pm

●FO-LWC, Thu, Mar 3-Apr 28, 3-4pm

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 of every level, mind, body and spirit. Bring a yoga mat. This class is for those currently in treatment or out of treatment within 2 years. Preference given to new participants. If attending for the first time in 2016, bring a signed waiver to first class.

### Writing Your Memories

●FC, Thu, Mar 17, 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.

### Drumming for Wellbeing

●FC, Thu, Mar 3-April 14, 10:30am-12pm

●FC, Wed, Mar 2-16 & Mar 30-Apr 13, 7-8:30pm

Therapeutic drumming can boost the immune system, induce relaxation, reduce stress, and increase focus and a sense of well-being. Come to any or all classes. No experience necessary; all instruments are provided. Register 24 hours before the class.

### Yoga for Breast Cancer

●FC, Thu, Mar 3-17, 5:30-6:45pm

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 for Breast Cancer

●FC, Thu, Mar 31-May 5, 5:30-6:45pm

A new series begins; same description as above. Note: No class April 28.

### Restorative Yoga

●FC, Fri, Mar 4-25, 10:15am-11:30pm

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. If attending for the first time in 2016, please bring a signed waiver to first class.

### Healing Touch

●44084 RP, Wed, Mar 16, 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.

### Meditation and Guided Imagery - 2 Choices

●FC, Thu, Mar 3-31, 2-3pm

●FC, Wed, Mar 16, 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.

### Mindfulness

●44084 RP, Thu, Mar 3-17, 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.

### Reiki for Relaxation - 2 Choices

●FC, Mon, Mar 14, 4:30, 5:30, and 7pm

●FC, Wed, Mar 23, 4:30, 5:30, and 7pm

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. Schedule your appointment 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.

### Reiki for Relaxation

●44084 RP, Thu, Mar 24, 6:45-8pm

Same description as above, however one may register at any time.

### Zentangle

●44084 RP, Tue, Mar 15, 1:30-3pm

Zentangle is a therapeutic tool for meditation, stress relief, increased focus, and pain management. This month, we'll share the art of Zentangle by creating "Random Acts of Zentangle"- pieces of Zentangle art to leave for others to brighten their day.

## SUPPORT & NETWORKING

### Brain Tumor Group

●FC, Tue, Mar 8, 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.

### Multiple Myeloma

●FC, Tue, Mar 15, 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. In March we will be featuring Special guest speaker: Ivan Borrello, MD of Johns Hopkins. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register.

## Breast Cancer Groups

- ILH-R, Mon, Mar 28, 5-6:30pm
- FO-Rad Onc, Wed, Mar 9, 5:30-7pm
- FC, Tue, Mar 22, 12-1:30pm (bring lunch)
- IFMC, Wed, Mar 2 & 16, 5:30-7pm
- IAH-CCW, Mon, Mar 21, 6-7:30pm
- IMVH-C, Wed, Mar 9, 6-7:30pm

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. Register online at [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526. Please register.

## Carcinoid Cancer Group

- FC, Sat, Mar 12, 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](mailto:mitchmberger@msn.com).

## Caregiver Connection - 3 Choices

- FC, Mon, Mar 14, 7-8:30pm
- FO-LWC, Wed, Mar 9, 5:30-7pm
- ILH-R, Mon, Mar 14, 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.

## Cutaneous Lymphoma Support Group

- FC, Wed, Mar 2, 7-8:30pm
- 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>.

## Coalesce: An Advanced Breast Cancer Group

- FC, Fri, Mar 4-25, 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.

## GYN Cancers Group - 2 Choices

- FC, Wed, Mar 23, 5:30-7pm
  - FO-LWC, Tue, Mar 15, 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

- IFMC, Wed, Mar 9, 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.

## Leukemia & Lymphoma Group: Stem Cell Transplant

- FC, Thu, Mar 10, 6:30-8pm
- Special Presentation: Stem Cell Transplant with Dr. Dipti Patel-Donnelly, MD, Virginia Cancer Specialists.

## Living with Advanced Disease

- IFOH-1, Fri, Mar 11, 12-1:30
  - ILH-R, Mon, Mar 28, 6:30-8pm
- Note: Fair Oaks location will meet only once in March. 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. Feel free to bring your lunch and join others who can support you on this road. Please call 703.391.3758 for more information. Registration encouraged.

## Lung Cancer Group

- FC, Wed, Mar 2, 6:30-8pm
- Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

## Spiritual Support Group

- CUMC-1, Thu, Mar 31, 7-8:30pm
- 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, Mar 8, 10:30am-12pm
- Religious Science Practitioner, Jenn Fay, will present, "From Caterpillar to Butterfly: the Four Stages of Buddha Brain and Spiritual Evolution". Please register.

## Us Too Prostate Cancer Support Group - 3 Choices

- LCSC, Tue, Mar 8, 6-8pm
  - IAH-CCW, Thu, Mar 17, 6-7:30pm
- Please join this monthly group for an opportunity to share your experiences and learn from one another.

- FC, Tue, Mar 8, 7:30-9pm
- Drucilla Brethwaite, Manager of Oncology Navigation and Counseling at the Life with Cancer Family Center will present, "Tools for Couples". Learn how you and your partner can navigate the life changes brought about by a cancer diagnosis while maintain a strong relationship.

## Women's Survivorship Group

- ILH-R, Thu, Mar 10, 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, Mar 24, 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.

## Young Women with Breast Cancer - 2 Choices

- IAH-CCW, Tue, Mar 8, 6:30-8pm
  - FC, Tue, Mar 15, 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.

## 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

# MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<b>1</b> 9:30am Functional Movement (FO-LWC) 11am Walking for Wellness (FO-LWC) 11am Gentle Yoga (44084 RP) 12:30pm Fitness for Wellness (FO-LWC) 1pm Tai Chi (FC) 2:30pm Level I Exercise: Launching into Fitness (FC) 3pm Compassion Cultivation Class (FC) 7pm Tools for Couples (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingüe/Bilingual (FC)	<b>2</b> 10:30am Fitness for Wellness: Level I Exercise (44084 RP) 12pm Fitness for Wellness: Level II (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Deep Breathing (FO-LWC) 5:30pm Breast Cancer Group (IFMC) 6pm Mind Over Matter (FC) 6:30pm Lung Cancer Group (FC) 7pm Cutaneous Lymphoma Group (FC) 7pm Drumming for Well-Being (FC)	<b>3</b> 10:30am Drumming for Well-Being (FC) 10:30am Feldenkrais (FO-LWC) 11am Mindfulness (44084 RP) 12pm Breast Cancer Surgery Preparation (ILH-PER) 1pm Gentle Yoga (FC) 1pm Tai Chi(FO-LWC) 2pm Meditation (FC) 3pm Gentle Yoga(FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 7:15pm Barre Tone (FC)	<b>4</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Functional Movement (44084 RP) <b>5</b> 2pm Change your Age Workshop (FO-C&D) 2pm Look Good...Feel Better (FO-LWC) <b>6</b>
<b>7</b> 10:30am Fitness for Wellness: Level I (44084 RP) 12pm Fitness for Wellness: Level II (44084 RP) 1:15pm Walking for Wellness (44084 RP) 7pm Gentle Yoga (44084 RP)	<b>8</b> 9:30am Functional Movement (FO-LWC) 10:30am Spirituality Quest (FC) 10:30am Diet Exercise and a Healthy You! (FC) 11am Walking for Wellness (FO-LWC) 11am Gentle Yoga (44084 RP) 12:30pm Fitness for Wellness (FO-LWC) 1pm Tai Chi (FC) 2:30pm Lvl I Exercise: Launching into Fitness (FC) 3pm Compassion Cultivation Class (FC) 5pm What to Expect During Chemo (FO-LWC) 6pm Us Too Prostate Cancer Group (LCSC) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba - Bilingüe/Bilingual (FC) 7:30pm Us Too Prostate Cancer Group (FC)	<b>9</b> 10:30am Fitness for Wellness Level I (44084 RP) 12pm Fitness for Wellness: Level II (44084 RP) 12:30pm Breast Cancer Surgery Preparation (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 3pm Core Strengthening (FO-LWC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Group (FO-Rad Onc) 6pm Mind Over Matter (FC) 6pm Breast Cancer Group (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Drumming for Well-Being (FC)	<b>10</b> 10:30am Drumming for Well-Being (FC) 10:30am Feldenkrais (FO-LWC) 11am Mindfulness (44084 RP) 11:30am Orientation (FC) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Leukemia & Lymphoma Group(FC) 7:15pm Barre Tone (FC)	<b>11</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Functional Movement (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 12pm Moving Forward Through Art Therapy (FC) 3:30pm Triple Negative Breast Cancer Tea (FC) <b>12</b> 10am Carcinoid Cancer Group (FC) <b>13</b>
<b>14</b> 10:30am Fitness for Wellness: Level I (44084 RP) 12pm Fitness for Wellness: Level II (44084 RP) 1:15pm Walking for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 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)	<b>15</b> 9:30am Functional Movement (FO-LWC) 11am Walking for Wellness (FO-LWC) 11am Gentle Yoga (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO-Rad Onc) 12:30pm Fitness for Wellness (FO-LWC) 1pm Tai Chi (FC) 1:30pm Zentangle (44084 RP) 2:30pm Level I Exercise: Launching into Fitness (FC) 4pm Breast Cancer Surgery Preparation (ILH-PER) 6:30pm GYN Cancers Group (FO-LWC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba - Bilingüe/Bilingual (FC)	<b>16</b> 10:30am Fitness for Wellness Level I (44084 RP) 12pm Fitness for Wellness: Level II(44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Fitness Fusion (FC) 3pm Core Strengthening (FO-LWC) 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Group (IFMC) 6pm Mind Over Matter (FC) 6pm Healing Touch (44084 RP) 7pm Drumming for Well-Being (FC)	<b>17</b> 10:30am Drumming for Well-Being (FC) 10:30am Feldenkrais (FO-LWC) 11am Mindfulness (44084 RP) 12:30pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 1pm Tai Chi (FO-LWC) 2pm Meditation (FC) 2:30pm Writing Your Memories (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer(FC) 6pm Luzza Bien...Siéntase Mejor (FC) 6pm Us Too Prostate Cancer Group (IAH-CCW) 7:15pm Barre Tone (FC)	<b>18</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold(44084 RP) 12pm Functional Movement(44084 RP) 1pm Knitting and Crocheting Circle (FC) <b>19</b> <b>20</b>
<b>21</b> 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Breast Cancer Group (IAH-CCW) 7pm Look Good...Feel Better (FC) 7pm Gentle Yoga (FC)	<b>22</b> 9:30am Functional Movement(FO-LWC) 11am Walking for Wellness (FO-LWC) 12pm Breast Cancer Group (FC) 12:30pm Fitness for Wellness(FO-LWC) 1pm Tai Chi(FC) 2:30pm Level I Exercise: Launching into Fitness (FC) 7pm Zumba - Bilingüe/Bilingual (FC)	<b>23</b> 12:30pm Breast Cancer Surgery Preparation (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Fitness Fusion (FC) 3pm Core Strengthening(FO-LWC) 4:30pm Reiki for Relaxation (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Reiki for Relaxation (FC) 6pm Mind Over Matter (FC) 7pm Reiki for Relaxation (FC)	<b>24</b> 10:30am Drumming for Well-Being (FC) 10:30am Feldenkrais(FO-LWC) 1pm Gentle Yoga (FC) 1pm Tai Chi (FO-LWC) 2pm Meditation (FC) 3pm Gentle Yoga (FO-LWC) 6pm Orientation (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	<b>25</b> Coalesce (FC) 10:15am Restorative Yoga (FC) <b>26</b> <b>27</b>
<b>28</b> 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 (FC)	<b>29</b> 11am Walking for Wellness (FO-LWC) 12:30pm Fitness for Wellness(FO-LWC) 1pm Tai Chi (FC)	<b>30</b> 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 6pm Mind Over Matter (FC) 7pm Drumming for Well-Being (FC)	<b>31</b> 10:30am Drumming for Well-Being (FC) 10:30am Feldenkrais(FO-LWC) 1pm Gentle Yoga (FC) 1pm Tai Chi (FO-LWC) 2pm Meditation (FC) 2pm Need Sleep (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 7pm Spiritual Support Group (CUMC-1)	