



Life with Cancer®

MAY 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, May 12, 11:30am-12:30pm

●FC, Thu, May 26, 7-8pm

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.

Ask the Expert: Acupuncture

●FC, Thu, May 19, 7-8:30pm

Acupuncture is among the oldest healing practices in the world. National Cancer Institute research indicates acupuncture can improve immune system function, reduce the need for drugs to control pain, reduce nausea and vomiting side effects from chemotherapy, help relieve hot flashes for patients with breast and prostate cancer, reduce cancer related fatigue, and more. Special guest speaker Colleen Blanchfield, MD, Full Circle Neuropsychiatric Wellness Center will talk about the benefits of acupuncture especially for treatment side effects such as pain, neuropathy, and nausea. Please register.

Ask the Experts: Colorectal Cancer

●44084 RP, Wed, May 25, 6:30-8pm

Dr. Ajay Dar, board certified medical oncologist, will discuss "New Research and Advances in Colorectal Cancer Therapy" and Dr. Kate Khalifeh, board certified colon and rectal surgeon, will discuss "Surgical Modalities in the Treatment of Colorectal Cancers". Light refreshments provided. Please register.

●Colorectal Surgery Education by Appointment

Learning what to expect during and after your colorectal surgery can help reduce your anxiety and improve your recovery experience. An oncology nurse navigator will explain: What to expect throughout your hospital stay; requirements for going home; recovery process; tips for pain management; common concerns

after surgery; and community resources. To schedule an appointment, contact Molly Kiesel, molly.kiesel@inova.org or 703.391.3758.

Breast Surgery Preparation

●FC, Wed, May 18, 12-1:30pm

●FO-LWC, Wed, May 11 or 25, 12:30-2pm

●IAH-CCC, Mon, May 2, 12:30-2pm

●IAH-CCC, Tue, May 17, 12:30-2pm

A nurse navigator will explain what you need to know before, during and after mastectomy surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family members/friends welcomed. Please register. Family/friend encouraged to attend.

Breast Surgery Preparation

●ILH-PER, Thu, May 5, 4-5:30pm

●ILH-PER, Tue, May 17, 12-1:30pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Registration is required; no exceptions. Family member may attend.

Patient Melanoma Symposium

●FC, Sat, May 21, 8:30am-1pm

In recognition of Melanoma Awareness Month we will hold a Saturday Symposium featuring Dr. Donald Trump, CEO, Inova Schar Cancer Research Institute, presenting opening remarks; Dr. Venna, discussing the relationship between moles and melanoma; Dr. Lucey, presenting on sun protection; Dr. Bijelic, on surgical management; and Dr. Jang on medical management. In addition Tiffani DeMarco, CGC, will discuss genetic factors; Christina Gustavson, NP, will discuss survivorship care; and Marsha Komandt, RN, BSN, OCN, will present on LWC's patient support group. Continental breakfast and a buffet lunch with the faculty will be served. Registration is required by May 18.

Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **BCR:** Beaverdam Creek Reservoir, 42400 Mount Hope Rd, Ashburn, VA 20148
- **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-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-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
- **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-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
- **NMP:** National Memorial Park, 7482 Lee Highway, Falls Church, VA, 22041

Compassion Cultivation

- **FC, Thu, Apr 21-Jun 16, 2:30-4pm**
Class continues for those already registered.

Good Grief

- **FO-LWC, Mon, Apr 4-May 23, 6-8pm**
Class continues for those already registered. Next group will be offered in the Fall.

Living with Breast Cancer: Exercise

- **44084 RP, Wed, May 4-18, 6-6:45pm**
Join us for the last three weeks of this exercise series that complements the Living with Breast Cancer education series that directly follows. Jenny Townsend, ACE, will teach exercises to increase strength, flexibility and restore balance after breast cancer surgery. Physician approval is required if you have had surgery within six weeks.

Living with Breast Cancer: Educational Seminars

- **44084 RP, Wed, May 4-18, 7-8:30pm**
May 4: "Exploring Genetic Counseling" with Genetic Counselor, Kim Rutledge, MS, GC. Please register
- May 11:** "Lymphedema Risk Factors and Treatment", with Jennifer Willey, PT, DPT, CLT-LANA and Sara Kent, PT, DPR, CLT-Lana and, "Managing Treatment Side Effects" with Gale Towery, RN, BSN, OCN, CBCN. Please register.
- May 18:** "Survivorship Tools for the Breast Cancer Journey" with Doreen Grzelak, NP-C, AOCN. Please register

Look Good...Feel Better

- **FC, Mon, May 16, 7-9pm**
- **FO-LWC, Mon, May 9, 4-6pm**
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. One family member/friend may attend, but should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Planning Ahead: Completing the Circle of Life

- **FC, Tue, May 3-31, 6:30-8pm**
This five week series is for anyone, whether you may be in your cancer experience. Physicians, lawyers, an oncology therapist, and a nurse navigator will provide information and strategies for estate care planning

and value setting, dealing with a chronic disease, creating a written legacy, making health-care decisions, and reviewing the circle of life. Check the online calendar for specific schedule of weekly topics and speakers.

What to Expect During Chemotherapy

- **FC, Mon, May 9, 6-7pm**
- **FO-LWC, Tue, May 10, 5-6pm**
An oncology nurse navigator will explain 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.

Your Brain on Ink: Journaling for Greater Well-Being

- **FC, Tue, May 3 & 10, 10-11:30am**
Class continues for those already registered.

HEALTHY LIVING

4th Annual Kayak Day

- **BCR, Thu, June 2*, 9:30am-12:30pm**
Join us as we learn the basics of paddling and explore the reservoir on kayaks. No experience necessary. All instruction, kayak equipment, including life vests, provided by Eastern Mountain Sports of Dulles, VA. Wear comfortable clothing and shoes that can get wet. Please wear sun screen and bring a water bottle. *Rain date, Thu, Jun 9.

Fighting Cancer with a Fork

- **FO-Rad Onc, Tue, May 17, 12-1pm**
- **IAH-CCW, Wed, May 11, 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.



Change your Age Workshop

- **FO-C&D, Sat, May 14, 2-5pm**
Based on the Feldenkrais Method, this movement-based program weaves in cognitive challenges that will help keep both your brain and your body youthful. New and unusual movements will help generate new brain cells. Potential benefits include improved strength, increased mobility, while learning how to avoid injuries. Bring a yoga mat and a blanket or towel. This workshop is for new participants. Instructor: Monica Browne, GCFP.

Core Strengthening

●FO-LWC, Wed, May 4-Jul 6, 3-4pm

Build core strength and stability by focusing on the muscles of the abdomen, back, pelvis, and hips. 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 to new participants.

Cross-Train Challenge

●FC, Wed, May 4-Jun 22*, 3-3:45pm

*No class on May 25 or June 1. If you crave variety this is the class for you! Fusing together different intensities and types of movement will keep your body guessing as you get stronger. You must be able to get up and down from the floor and be two months post-surgery.

Feldenkrais

●FO-LWC, Thu, May 5-26, 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 new participants currently in treatment or out of treatment within 2 years.

Fitness for Wellness, Level I

●44084 RP, Mon, May 2-Jun 20*, 10:30-11:30am

●44084 RP, Wed, May 4-Jun 22, 10:30-11:30am

*No class May 30. For those who are new to fitness, this class will help to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. Registration is required.

Fitness for Wellness, Level II

●44084 RP, Mon, May 2-Jun 20*, 12-1pm

●44084 RP, Wed, May 4-Jun 22, 12-1pm

*No class May 30. 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 Instructor: Jenny Townsend ACE.

Fitness for Wellness

●FO-LWC, Tue, May 3-24, 12:30-1:30pm

This class will to help improve strength, flexibility and stamina through a combination of standing and floor exercises. Registration is required.

Functional Movement

●44084 RP, Fri, May 6-Jun 24, 12-1pm

●FO-LWC, Tue, May 3-24, 9:30-10:30am

Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently. Using medicine balls, dumbbells, and BOSUs, you will challenge your movement system to make everyday activities easier, reduce your risk of injury and improve your quality of life.

Gentle Yoga

●FC, Thu, May 5-19, 1-2pm

●FC, Mon, Apr 18- May 2, 7-8:30pm

●FC, Mon, May 16-Jun 6*, 7-8:30pm

●FO-LWC, Thu, May 5-Jun 30, 3-4pm

●44084 RP, Tue, May 3-31, 11am-12:30pm

●44084 RP, Mon, May 2-Jun 20*, 7-8:30pm

* No Class May 23 & 30. Gentle Yoga uses movements that stretch, strengthen and relax muscles. These movements improve flexibility of the spine and general range of movement. Joints are lubricated as bone density strengthens. Concentration is improved along with balance. The focused simple breathing techniques greatly improve lung function. These benefits are felt on every level, mind, body, and spirit.

Yoga for Breast Cancer

●FC, Thu, Mar 31-May 5, 5:30-6:45pm

●FC, Thu, May 12-Jun 9, 5:30-6:45pm

(new series)

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.

Restorative Yoga

●FC, Fri, May 6-20, 10:15-11:30am

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.

Yoga Nidra

●FO-LWC, Wed, May 4-25, 10-11:30am

Yoga Nidra is a deep relaxation technique that can bring about deep healing, mental clarity, reduced levels of stress, and peace of mind. It is a blend of gentle and restorative yoga stretches, breathing techniques, meditation and deep

relaxation. The practices will help calm the nervous system, release and alleviate physical and emotional stress and anxiety restoring balance and calm connecting us with our inner healing forces. Class is open to all levels. Please bring a yoga mat, pillow and blanket.

Level II Exercise: Chair-Based

●FC, Mon, May 2-Jun 20*, 2-2:45pm

●FC, Wed, May 4-Jun 22*

There will be no classes on May 23, 25, 30 and June 1. Level I Exercise is a Prerequisite. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles.

Level III Exercise: Keeping Fit

●FC, Mon, May 2-Jun 20*, 3-4pm

* No classes May 23 and 30. Levels I and II Exercise are Prerequisites. This series will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles.

Note: Level IV Exercise has been replaced by the Cross-Train Challenge class.

Stronger Body after Cancer

●FO-LWC, Wed, May 4-Jul 27, 7-8pm

This class is open to new participants currently in treatment or out of treatment within two years. It will teach the proper way to exercise, help build muscle with the use of bands, medicine balls, light weights, and low impact body weight exercises, and can be modified for all physical strengths and limitations.

Tai Chi

●FC, Tue, May 3-24, 11am-12pm

●FO-LWC, Thu, Apr 7-May 19, 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. Registration required.

Walking for Wellness

●FO-LWC, Tue, May 3-17, 11am-12pm

●44084 RP, Mon, May 2-Jun 20*, 1:15-2:15pm

*No Class Monday, May 30. Walking is a great form of exercise. Enhance your fitness and enjoy the camaraderie of walking with others.

Zumba

●FC, Tue, May 3-24, 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, May 6-Jun 24*, 10:30-11:30am

*No class May 30. Zumba Gold focuses on all the elements of Zumba- fitness, cardiovascular, muscular conditioning and flexibility, but at a gentler pace, while maintaining the enthusiasm of the music. Registration required.

PROGRAMAS EN ESPAÑOL

Tomando Control de Su Salud

● FO-LWC, jueves, 5 y 12 de mayo, 6-8pm

Aprender a tomar control de su salud.

La Dra. Maria Schaart nos compartirá un programa durante seis semanas que nos da las herramientas necesarias para manejar nuestro síntomas y problemas de salud.

Asistencia requerida a todas las seis sesiones. Cupo limitado. Registración mandatorio llamando a Débora Haynes al 703-698-2539.

Zumba - Bilingüe/Bilingual

● FC, martes, 3-25 de mayo, 7pm

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, May 19, 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.

Knitting and Crocheting Circle

● FC, Tue, May 3, 7-8pm

● FC, Fri, May 20, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly to 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, May 11, 12:30-2:30pm

This nine month group continues on the second Wednesday of the month for those already registered.

Meditation and Guided Imagery

● FC, Wed, May 4 & 18, 3-4pm

● FC, Thu, May 5-26, 2-3pm

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: Caring for the Mind and Body

● 44084 RP, Thu, May 5-Jun 9, 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.

Reiki for Relaxation

● FC, Mon, May 9, 4:30, 5:30 and 7pm*

● FC, Wed, May 25, 4:30, 5:30 and 7pm*

● 44084 RP, Thu, May 26, 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, or by the morning of your appointment, 703.698.2526. *FC registration opens on the first business day of the month at 9:15am. Please confirm your attendance and cancel ASAP if you are unable to attend.

Writing Your Memories

● FC, Thu, May 19, 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, May 10, 1:30-3pm

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense

of personal well-being. Take a mental vacation from cancer and enjoy the experience of Zentangle. All supplies will be provided, but if you have attended this class in the past, please bring your kit to this session.

SUPPORT & NETWORKING

Brain Tumor Group

● FC, Tue, May 10, 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.

Breast Cancer Group

● IAH-CCW, Mon, May 16, 5:30-7pm

● FC, Tue, May 24, 12-1:30pm, Bring lunch

● FO-Rad Onc, Wed, May 11, 5:30-7pm

● IFMC, Wed, May 4 and 18, 5:30-7pm

● ILH-R, Mon, May 23, 5-6:30pm

● IMVH-CC, Wed, May 11, 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.life-withcancer.org or call 703.698.2526.

Coalesce: An Advanced Breast Cancer Group

● FC, Fri, May 6-27, 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, May 10 and 24, 10am-12:30pm

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

Carcinoid Cancer Group

● FC, Sat, May 14, 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

● FO-LWC, Wed, May 11, 5:30-7pm

● FC, Mon, May 9, 7-8:30pm

● ILH-R, Mon, May 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.

Cutaneous Lymphoma Group

●FC, Wed, May 4, 7-9pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meeting 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>.

GYN Cancers Group

●FC, Wed, May 25, 5:30-7pm

●FO-LWC, Tue, May 17, 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, May 11, 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.

Living with Advanced Disease

●IFOH-1, Fri, May 13 & 27, 12-1:30pm

●ILH-PER, Thu, May 12, 12-1:30pm

●ILH-R, Mon, May 23, 6:30-8pm

Join others who are living with an advanced cancer diagnosis to learn and explore ways to live with advanced disease. Monthly registration is required.

Lung Cancer Group

●FC, Wed, May 4, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Multiple Myeloma Meeting

●FC, Tue, May 17, 11:45- 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. Our May meeting will feature Dipti Patel-Donnelly, MD who will talk on "Managing Infections in Individuals with Multiple Myeloma." Light lunch, so please register.

Spiritual Support Group

●CUMC-1, Thu, May 26, 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 Group: Field Trip!

●NMP, Tue, May 10, 10:30am-12pm

Cancer survivors and caregivers are invited to join us for a field trip to the National Memorial Park to enjoy the sculptured figures of the Fountain of Faith, by the great Swedish sculptor Carl Milles. Location: 7482 Lee Highway, Falls Church, VA 22041. For directions, go to www.nationalalfh-mp.com. Please register by the preceding day.

Us Too Prostate Cancer Support Groups

●IAH-CCW, Thu, May 19, 6-7:30pm

●FC, Tue, May 10, 7:30-9pm

●LCSC, Tue, May 10, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings. The Fairfax meeting will host a group panel discussion on Active Surveillance. The Loudoun meeting will feature a video presentation by Dr. Dan Margolis; topic of discussion is prostate imaging.

Women's Survivorship Group

●ILH-R, Thu, May 12, 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, May 26, 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

●IAH-CCW, Tue, May 10, 6:30-8pm

●FC, Tue, May 17, 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.



CHILDREN, TEENS, PARENTS

Surviving Cancer Competently: A Program for caregivers of children newly diagnosed with Cancer

Coping with cancer is difficult. All families experience challenges and it is common to struggle with emotional distress, feelings of isolation, changes in roles, and disruption in family life. This three-session class teaches proven tools for helping caregivers cope more effectively. Developed at The Children's Hospital of Philadelphia, the program helps caregivers regain a sense of control by learning how to cope more effectively so they can better help their child with cancer and other family members cope. For more information contact Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C at 703-668-2524.

Loss of a Child: Bereavement Support Group for Parents

●FC, Tue, April 19-Jun 14*, 6-7:30pm

* NOTE: No class May 10. Group continues for those already registered.

Pediatric Oncology Parent Night-May 2016

●FC, Tue, May 24, 6-8:30pm

This month's topic was not finalized at the time of printing. Please check the online calendar.

Mantua Raccoon Run
Fairfax, May 7, 8:00am
 Kick off Mother's Day weekend with a great family experience! The Manatua Elementary School Kids Care Club's 16th Annual Mantua Raccoon Run. *This year's race course is certified! All proceeds benefit Life with Cancer. For more information go to www.raccoonrun.org.

Lobster Extravaganza
Fairfax, Sat, May 7, 6:30pm
 Have a blast and help raise funds in support of the Life with Cancer program. You can help by purchasing a ticket, or a sponsorship package. For more information go to www.lobsterextravaganza.org.

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

MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
2 10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12:30pm Breast Surgery Preparation (IAH-CCC) 1:15pm Walking for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Good Grief (FO-LWC) 7pm Gentle Yoga (44084 RP) 7pm Gentle Yoga (FC)	3 9:30am Functional Movement (FO-LWC) 10am Your Brain on Ink (FC) 11am Gentle Yoga (44084 RP) 11am Tai Chi (FC) 11am Walking for Wellness (FO-LWC) 12:30pm Fitness for Wellness (FO-LWC) 6pm Loss of a Child (FC) 7pm Zumba (FC) 6:30pm Planning Ahead (FC) 7pm Knitting and Crocheting Circle (FC)	4 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Lvl I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12pm Functional Movement (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery (FC) 3pm Cross-Train Challenge (FC) 3pm Core Strengthening (FO-LWC) 5:30pm Breast Cancer Group (IFMC) 6pm Living with Breast Cancer: Exercise (44084 RP) 6:30pm Lung Cancer Group (FC) 7pm Cutaneous Lymphoma Support Group (FC) 7pm Living w/Breast Cancer: Seminar #4 (44084 RP) 7pm Stronger Body After Cancer (FO-LWC)	5 10:30am Feldenkrais (FO-LWC) 11am Mindfulness... (44084 RP) 1pm Gentle Yoga (FC) 1pm Tai Chi (FO-LWC) 2pm Meditation and Guided Imagery (FC) 2:30pm Compassion Cultivation (FC) 3pm Gentle Yoga (FO-LWC) 4pm Breast Surgery Preparation (ILH-PER) 5:30pm Yoga for Breast Cancer (FC) 6pm Tomando Control de Su Salud (FO-LWC)	6 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Functional Movement (44084 RP) 7 8am Mantua Raccoon Run 6:30pm Lobster Extravaganza 8 
9 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) 4pm Look Good...Feel Better (FO-LWC) 4:30pm Reiki (FC) 5:30pm Reiki (FC) 6pm What to Expect during Chemotherapy (FC) 6pm Good Grief (FO-LWC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki (FC) 7pm Gentle Yoga (44084 RP) 7pm Caregiver Connection(FC)	10 9:30am Functional Movement (FO-LWC) 10am Your Brain on Ink (FC) 10:30am Coalesce II (FC) 10:30am Spirituality Quest Group (NMP) 11am Walking for Wellness (FO-LWC) 11am Gentle Yoga (44084 RP) 11am Tai Chi (FC) 12:30pm Fitness for Wellness (FO-LWC) 1:30pm Zentangle (44084 RP) 5pm What to Expect during Chemotherapy (FO-LWC) 6pm Brain Tumor Group (FC) 6pm Loss of a Child (FC) 6pm Us Too Prostate Group (LCSC) 7pm Zumba (FC) 6:30pm Planning Ahead (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7:30pm US Too Prostate Group (FC)	11 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12pm Functional Movement (FO-LWC) 12:30pm Breast Surgery Prep Class (FO-LWC) 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) 3pm Core Strengthening (FO-LWC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Group (FO-Rad Onc) 5:30pm Caregiver Connection (FO-LWC) 6pm Living with Breast Cancer: Exercise (44084 RP) 6pm Breast Cancer Group (IMVH-CC) 7pm Living w/Breast Cancer: Seminar #5 (44084 RP) 7pm Stronger Body After Cancer (FO-LWC)	12 10:30am Feldenkrais (FO-LWC) 11am Mindfulness... (44084 RP) 11:30am Orientation (FC) 12pm Living with Advanced Disease (ILH-PER) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Compassion Cultivation (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Tomando Control de Su Salud (FO-LWC) 6:30pm Women's Survivorship Group (ILH-R)	13 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) 14 10am Carcinoid Cancer Group (FC) 2pm Change your Age Workshop (FO-C&D) 15
16 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) 5:30pm Breast Cancer Group (IAH-CCW) 6pm Good Grief (FO-LWC) 7pm Gentle Yoga (44084 RP) 7pm Look Good...Feel Better (FC) 7pm Gentle Yoga (FC)	17 9:30am Functional Movement (FO-LWC) 11am Walking for Wellness (FO-LWC) 11am Gentle Yoga (44084 RP) 11am Tai Chi (FC) 11:45am Multiple Myeloma (FC) 12pm Breast Surgery Preparation (ILH-PER) 12pm Fighting Cancer with a Fork (FO-Rad Onc) 12:30pm Breast Surgery Preparation (IAH-CCC) 12:30pm Fitness for Wellness (FO-LWC) 6pm Loss of a Child (FC) 6:30pm GYN Cancers Group (FO-LWC) 6:30pm Planning Ahead (FC) 7pm Zumba (FC) 6:30pm Young Women with Breast Cancer (FC)	18 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 12pm Breast Surgery Preparation (FC) 12pm Fitness for Wellness, Level II (44084 RP) 12pm Functional Movement (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 3pm Core Strengthening (FO-LWC) 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Group (IFMC) 6pm Living with Breast Cancer: Exercise (44084 RP) 7pm Stronger Body After Cancer (FO-LWC) 7pm Living w/Breast Cancer: Seminar #6 (44084 RP)	19 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 and Guided Imagery (FC) 2:30pm Compassion Cultivation (FC) 2:30pm Writing Your Memories (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Us Too Prostate Group (IAH-CCW) 7pm Ask the Expert: Acupuncture (FC)	20 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Functional Movement (44084 RP) 1pm Knitting and Crocheting Circle (FC) 21 8:30am Ask the Experts: Melanoma (FC) 22
23 10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 1:15pm Walking for Wellness (44084 RP) 5pm Breast Cancer Group (ILH-R) 6pm Good Grief (FO-LWC) 6:30pm Living with Advanced Disease (ILH-R) 7pm Gentle Yoga (44084 RP)	24 9:30am Functional Movement (FO-LWC) 10:30am Coalesce II (FC) 11am Gentle Yoga (44084 RP) 11am Tai Chi (FC) 12pm Breast Cancer Group (FC) 12:30pm Fitness for Wellness (FO-LWC) 6pm Loss of a Child (FC) 6pm Pediatric Oncology Parent Night (FC) 6:30pm Planning Ahead (FC) 7pm Zumba (FC)	25 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12pm Functional Movement (FO-LWC) 12:30pm Breast Surgery Preparation Class (FO-LWC) 3pm Core Strengthening (FO-LWC) 4:30pm Reiki (FC) 5:30pm Reiki (FC) 5:30pm GYN Cancers Group (FC) 6:30pm Ask the Experts: Colorectal Cancer (44084 RP) 7pm Stronger Body After Cancer (FO-LWC) 7pm Reiki (FC)	26 10:30am Feldenkrais (FO-LWC) 11am Mindfulness (44084 RP) 2pm Meditation and Guided Imagery (FC) 2:30pm Compassion Cultivation (FC) 3pm Gentle Yoga (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Orientation to Life with Cancer (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)	27 Coalesce (FC) 12pm Living with Advanced Disease (IFOH-1) 12pm Functional Movement (44084 RP) 28 29
30 Holiday, Life with Cancer is closed.	31 11am Gentle Yoga (44084 RP) 6pm Loss of a Child (FC) 6:30pm Planning Ahead (FC)	 Lobster Extravaganza! Have a blast and help raise funds in support of the Life with Cancer program. You can help by purchasing a ticket, or a sponsorship package. For more information go to www.lobsterextravaganza.org .		