



Life with Cancer®

JANUARY 2017

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, groups & counseling are FREE
- REGISTRATION IS REQUIRED for all groups & classes. Registration enables us to appropriately plan for materials and staff time.
- If you cannot attend a class/group for which you are registered, CANCEL your registration within 24 hours by calling 703.698.2526; this will allow another person to attend.

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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LIFE WITH CANCER WILL BE CLOSED JANUARY 2

Weather Policy

In times of bad weather, if you have a class, group or scheduled appointment, please call

703.698.2520

or visit our homepage at

lifewithcancer.org

to verify that Life with Cancer is open. We recommend you verify one hour prior to your class to accommodate any changes in early closures.

INFORMATION & EDUCATION

Orientation to Life with Cancer

●FC, Thu, Jan 12, 11:30am-12:30pm

●FC, Thu, Jan 26, 6-7pm

Take a tour of our Family Center and learn about our many free educational, wellness and support programs for children and adults. Can't make a scheduled orientation? Call us at on the Life with Cancer Connect line and arrange a personal tour, 703.206-LIFE (5433). Registration is required.

Fighting Cancer with A Fork

●FO-RO, Tue, Jan 17, 12-1pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.

Tools for Couples

●FC, Wed, Feb 22-Mar 15, 6:30-8pm

During this four-week series, meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Class size is limited. Please plan on attending all four sessions. Registration is required.

Feeling Irritable?

●FC, Thu, Jan 26, 7-8:30pm

Join us for an evening to understand and explore strategies to manage anger. Registration is required.

Breast Surgery Preparation

●FO-LWC, Wed, Jan 4 & 18, 12:30-2pm

●IAH-CCC, Tue, Jan 17, 12:30-2pm

●FC, Call 703.206.5433 for an appointment

Learn 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 member/friend may attend. Registration is required.

Breast Surgery Preparation

●ILH-R, Tue, Jan 3, 4-5:45pm

●ILH-R, Thu, Jan 26, 12-1:45pm

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. Family member may attend. Registration is required; no exceptions.

Look Good...Feel Better

●FC, Mon, Jan 16, 5-7pm

●ILH-R, Mon, Jan 9, 12-2pm

●FO-LWC, Tue, Jan 10, 11am-1pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required.

Sign up for Life with Cancer Email News

It's Easy!

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **CC:** Christ Church, 7600 Ox Road, Room 250, Fairfax Station, VA 22039
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505
- **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-RO** 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 22304
- **IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- **IAH-HEC 1&2:** Inova Alexandria Hospital Health Education Center, Alexandria, VA, 22304
- **IAH-LWC:** Inova Alexandria Hospital-Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- **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

Mind over Matter

●FC, Wed, Jan 11-Feb 8, 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. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning. Attendance at all sessions is encouraged. Registration is required.

HEALTHY LIVING



For ALL fitness classes: Come early to first class to complete a waiver for 2017. Those in treatment may attend an unlimited number of Healthy Living classes throughout their treatment. Once treatment has ended one may take an additional 36 classes before transitioning to community-based classes.

Registration is required for all groups and programs

Fitness

Barre-Fuse

●FC, Thu, Jan 19-Mar 9, 7:15-8:15pm

Appropriate for all levels. You'll combine Barre and Pilates movements set to motivating music to create an invigorating workout. Registration is required.

Building Strength While in Treatment

●FO-LWC, Tue, Jan 10-Feb 28, 1:30-2:30pm

Appropriate for all fitness levels. Learn how to build strength and increase energy with gentle, low intensity and low impact resistance exercises. With emphasis on increasing overall strength, endurance and range of motion, this class will help you cope with the physical issues associated with your treatment. Equipment is provided. Dress comfortably and bring water and a small towel. Registration is required.

Chair-Based Exercise

●FC, Mon, Jan 23-Mar 27, 2-2:45pm

●FC, Wed, Jan 25-Mar 29, 2-2:45pm

Appropriate for all levels of fitness. Designed for people with limited mobility, you'll increase your stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. Registration is required.

Cross-Train Challenge

●FC, Wed, Jan 25-Mar 29, 3-3:45pm

Appropriate for medium to experienced fitness levels. If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery. Registration is required.

Functional Circuit Training

●44084 RP, Tue, Jan 10-Feb 28, 11:30am-12:30pm

●44084 RP, Thu, Jan 12-Mar 2, 11:30am-12:30pm

Appropriate for all fitness levels. Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. Registration is required.

Functional Fitness

●FO-LWC, Mon, Jan 9-Feb 27, 10-11am

Appropriate for all levels. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. Registration is required.

Zumba Gold

●44084 RP, Fri, Jan 13 & 27, 10:30-11:30am

Appropriate for all fitness levels. Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Registration is required.

Zumba

●FC, Tue, Jan 3-24, 7-8pm

Please register under "Zumba-Bilingue/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.

Joyful Belly Dance

●FC, Thu, Jan 12-Mar 2, 6-7pm

Appropriate for all fitness levels. Immerse yourself in the music, rhythms, patterns and pure joy of middle eastern belly dance! Learn shimmies, belly rolls, undulations, isolations and more as you feel your body getting stronger, more relaxed and more limber. It's an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

Keeping Fit

●FC, Mon, Jan 23-Mar 27, 3-4pm

Appropriate for all fitness levels. If you love to dance, this is the class for you! Moving

to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! You must be able to get up and down from the floor. Registration is required.

Strength, Balance, Stretch

● 44084 RP, Mon, Jan 9-Feb 27, 10:30-11:30am

● 44084 RP, Wed, Jan 11-Mar 1, 10:30-11:30am

Appropriate for all fitness levels this class is designed to develop muscular strength, balance and flexibility. You'll use a variety of resistance equipment that will challenge every major muscle. Registration is required.

Total Body Conditioning

● 44084 RP, Tue, Jan 10-Feb 28, 6:30-7:30pm

● 44084 RP, Thu, Jan 12-Mar 2, 10-11am

● 44084 RP, Tue, Jan 10-Feb 28, 10-11am

Appropriate for beginner to experienced exerciser. An energetic workout that combines cardio, strengthening, balance and core in one workout. Registration is required.

YOGA

Registration is required for all groups and programs

Gentle Yoga

● 44084 RP, Mon, Jan 9-Feb 27, 7-8:30pm

● FC, Mon, Jan 16-Feb 27, 7-8:30pm

● FC, Thu, Jan 12-Mar 2, 1-2pm

Appropriate for all fitness levels. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch strengthen and relax muscles. Bring a blanket. Bring a signed waiver to your first class. Registration is required.

PiYo

● FO-LWC, Wed, Jan 18-Mar 8, 7-8pm

Appropriate for all levels. PiYo- appropriate beginner to experienced exerciser. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It's all about energy, power, and using your body to sculpt your body. Registration is required.

Restorative Yoga

● 44084 RP, Fri, Jan 13-Mar 3, 11:45am-1:15pm

● FC, Fri, Jan 6-27, 10:15-11:30am

This class is appropriate for all levels. Using bolsters, blocks and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. Registration is required.

Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Jan 20-Mar 10, 1-2pm

Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.

Yoga for Breast Cancer

● FC, Wed, Jan 4-Feb 1, 5:30-6:30pm

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. Instructor: Catherine Syron, RYT.

Yoga for Health

● IAH-LWC, Tue, Jan 3-Feb 21, 4-5:30pm

Appropriate for all levels. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Please bring a signed waiver to your first class. Registration is required.

Yoga for Survivors

● FO-LWC, Mon, Jan 16-Mar 6, 3:45-5pm

Appropriate for all levels. The class is a blend of gentle yoga, restorative postures, relaxation and meditation. Mats are provided. Please bring a pillow and blanket. Registration is required.

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

● FC, lunes, 23 de enero, 7-8pm

Aprender información útil para los sobrevivientes y sus seres queridos. Registración mandatorio. Para más información, llamar a David McGinness, 703.698.2529.

Zumba

● FC, martes, 3-24 de enero, 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. Para más información, llamar a 703-698-2526. Si está asistiendo por primera vez en 2017, favor de firmar un permiso antes de empezar la primera clase.

STRESS MANAGEMENT

Registration is required for all groups and programs

Healing through Art Therapy

● FC, Thu, Jan 19, 1-3:30pm

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. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Registration begins on the first business day of each month. Once registered please call to cancel if you cannot attend so that someone else may attend. Registration is required.

Healing Touch

● 44084 RP, Wed, Jan 11, 6-7pm

Registration opens on the first business day of the month. Healing Touch practitioners employ the hands, placed just above the body or with 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. Registration is required.

Knitting and Crocheting Circle

● FC, Tue, Jan 3, 7-8pm

● FC, Fri, Jan 20, 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. Registration is required.

Meditation and Guided Imagery

● FC, Thu, Jan 12-26, 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 breath work and a relaxation technique that leads into a guided meditation. Come to one or all sessions. Registration is required.

Mindfulness-Based Cancer Recovery for Patients in Maintenance or Post Treatment

● FC, Tue, Feb 7-Mar 14, 1-2pm

Learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promot-

ing health and well-being. Requirements for registration: Attendance at January 24th meeting, 1-2pm (for course overview); purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice. Registration is required and space is limited. Attendance at orientation meeting January 24 from 1-2 is required.

Mindfulness-Based Cancer Recovery for Patients in Treatment

●FC, Thu, Feb 9-Mar 16, 5:30-7pm

See description, above. Requirements for registration: Attendance at January 26th meeting, 5:30-6:30 (for course overview); purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice. Registration is required and space is limited. For more information please contact Rebecca McIntyre at 703-698-2524. Attendance at orientation meeting January 26 from 5:30-6:30PM is required.

Reiki for Relaxation

●FC, Mon, Jan 9, 6-7 and 7-8pm

●FC, Wed, Jan 25, 6-7pm and 7-8pm

●44084 RP, Wed, Jan 25, 6:45-8pm

●FO-LWC, Tue, Jan 10, 5-6pm and 6-7pm

This ancient practice involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Registration opens on the first business day of the month. Registration is required. Once registered please call to cancel if you cannot attend so that someone else may attend. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community.

Writing Your Lifestories

●FC, Thu, Jan 19, 2:30-4pm

Group continues.

Zentangle

●44084-RP, Tue, Jan 10, 1:30-3pm

Take some time for yourself to unwind after the holidays. This month we will return our focus to using simple, repetitive strokes to create a more traditional Zentangle project. You will go home with the supplies and basic knowledge needed to continue the adventure on your own. No artistic ability is needed, just a willingness to explore new dimensions. As always, the focus is on Zentangle as a therapeutic tool for meditation, stress relief, increased focus, and pain management. All materials will be supplied; if you already have a basic kit from a previous class, be sure to bring it along. Facilitator: Roberta Hughes, Certified Zentangle Teacher. Registration is required.

SUPPORT & NETWORKING

Registration is required for all groups and programs

Book Club: Man's Search for Meaning

●ILH-R, Mon, Jan 30, 6:30-8pm

Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Based on his own experience and the experiences of others, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Registration is required.

Book Club: When Breath Becomes Air

●FO-LWC, Tue, Feb 28, 6-7:30pm

This novel by Paul Kalanithi has been described as "a moving and thoughtful memoir of family, medicine and literature". Join us for thoughtful discussion and camaraderie.

Brain Tumor Group

●FC, Tue, Jan 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. Registration is required.

Breast Cancer Group

●FC, Wed, Jan 4, 5:30-7pm

●FO-RO, Wed, Jan 11, 5:30-7pm

●IAH-CCW, Mon, Jan 16, 5:30-7pm

●ILH-R, Mon, Jan 23, 6-7:30pm

This group is for women newly diagnosed with stage 0-3 breast cancer, or no more than 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

Young Women with Breast Cancer

●FC, Tue, Jan 17, 6:30-8pm

●IAH-CCW, Tue, Jan 10, 6:30-8pm

A group for women in their 20s, 30s and 40s diagnosed with stage 0-3 breast cancer, or no more than 2 years out of active treatment. If attending for the first time call, 703.698.2522. Registration is required.

Coalesce I: An Advanced Breast Cancer Group

●FC, Fri, Jan 6, 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. Registration is required.

Coalesce II: An Advanced Breast Cancer Group

●FC, Tue, Jan 10 & 24, 10:30am-12pm

Meet with women of all ages to share life's joys and sorrows. Registration is required.

Carcinoid Cancer Group

●FC, Sat, Jan 14, 10am-12pm

Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with neuroendocrine tumors. For more information email mitchmberger@msn.com.

Caregiver Connection

●FO-C&D, Wed, Jan 18, 5:30-7pm

●FC, Mon, Jan 9, 7-8:30pm

●ILH-R, Mon, Jan 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. Registration is required.

Colorectal Cancer Connect Group

●ILH-R, Wed, Jan 18, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Registration is required.

Cutaneous Lymphoma Support Group

●FC, Wed, Jan 4, 7-9pm

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>.

Good Grief

●FC, Tue, Jan 17-Mar 14, 7:15-9pm

This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Facilitator: Sarah Brooks, LPC. Registration is required.

GYN Cancers Group

●FC, Wed, Jan 25, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Registration is required.

Head and Neck Cancers Group

●FC, Wed, Jan 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. Registration is required.

Leukemia and Lymphoma Support Group

●FC, Mon, Jan 16, 1-2:30pm

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. Each month we will focus on a specific topic (e.g. coping with uncertainty, fear of recurrence, etc.) in addition to open discussion. Registration is required.

Living with Advanced Disease

●FO-LWC, Thu, Jan 12, 1-2:30pm

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. Registration is required.

Living with Cancer and Chronic Illness

●CC, Thu, Jan 26, 7-8:30pm

This is a faith-based group for those who are living with cancer or other chronic illnesses. Caregivers and survivors are welcome. Share the challenges, blessings, medical insights, and life experiences and draw faith, hope, and strength knowing there are others dealing with similar circumstances, willing to stand beside you and willing to pray for you as we walk through this life one day at a time. For more information go to <http://christchurchva.org/groups>.

Lung Cancer Group

●FC, Wed, Jan 4, 6:30-8pm

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

Mindfulness-Based Cancer Recovery Monthly Group

●FC, Tue, Jan 3, 11am-12pm

For those who completed the 6-session Mindfulness-Based Cancer Recovery Program, this monthly group is designed to support your practice. Stop by and see former group members, engage in some meditation and guided imagery; and talk about the benefits and challenges of maintaining "mindfulness-awareness" in your daily life. Registration is required.

Multiple Myeloma: Robin Tuohy

●FC, Tue, Jan 17, 11:45am-1:30pm

This monthly meeting offers patients and families an opportunity to get together to

discuss, learn, and share the challenges of living with multiple myeloma. Our special guest speaker in January is Robin Tuohy, Senior Director of Support Groups for the IMF, who will provide an update on the Black Swan Research initiative. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Spirituality Quest

●FC, Tue, Jan 10, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. In looking at the New Year, we'll discuss and share thoughts on: "What Word are You Going to Make Your Own?" Registration is required.

Us Too Prostate Cancer Support Group

●AH-HEC 1&2, Thu, Jan 12, 6-7:30pm

This monthly group includes a 20-30 minute presentation by a physician or other health professional on a topic relevant to prostate cancer, followed by an opportunity to share and learn with other survivors both in and out of treatment. Registration is required.

Us Too Prostate Cancer Support Group

●LCSC, Tue, Jan 10, 6-8pm

Join other men for an opportunity to network and learn about valuable prostate cancer information and resources. Registration is required.

Us Too Prostate Cancer Support Group

●FC, Tue, Jan 10, 7:30-9pm

Check the website for January's topic.

Women's Survivorship Group

●ILH-R, Thu, Jan 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, and other modalities, this group will help you gain insight and balance to your life after cancer. Registration is required.

Young Adult Group

●FC, Thu, Jan 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.

CHILDREN, TEENS & PARENTS

Kid and Sib Day

●FC, Mon, Jan 16, 10am-2pm

Children ages 5-12 with cancer and their brothers and sisters, ages 5-12 are invited for a day of connection with peers, art therapy, music & drumming and other meaningful ac-

tivities. Lunch will be provided. Registration is required. To register or for more information regarding children's programming, contact Jean McCaw, ATR-BC, LCPAT, 703-698-2537 or jean.mccaw@inova.org.

Touchstone - Grief Support Group for Children 6-12

●FC, Wed, Jan 25-Mar 1, 5:30-6:30pm

This 6 week group is for children ages 5-12 who are grieving the loss of a family member due to cancer. Through age appropriate discussion, art therapy and other meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur as a child is grieving the death of a loved one. Registration is required. To register or for more information regarding children's programming, contact Jean McCaw, ATR-BC, LCPAT, 703-698-2537 or jean.mccaw@inova.org.

Pediatric Oncology Parent Night

●FC, Tues, Jan 24, 6-8:30pm

Come hear about the many childhood cancer organizations and resources that benefit the entire family. Learn about Camp Fantastic and Brass Camp, getting a free tablet or IPAD for your homebound child, special wishes, family getaways, help at home, recreational opportunities, conferences, financial assistance, and more. RSVP to Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703.531.1515 regarding the number of adults and children attending.

Life with Cancer Programs and Services for Children, Teens and Parents

- Individual and family counseling for children, teens, and parents
- Art therapy, play therapy, sand tray therapy
- Guidance in how to talk with your child or teen about cancer
- SCCIP-ND: a three-session program intervention which provides techniques to help parents/caregivers cope more effectively when they have a child diagnosed with cancer.
- Support in navigating the end of treatment and survivorship
- Grief support
- Information and referral to services in the community

For more information or to schedule an appointment please contact Jean McCaw, MA, ATR-BC, LCPAT, Child and Adolescent Program Coordinator. 703.698.2537 or jean.mccaw@inova.org.

JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
2 Life with Cancer is Closed	3 11am Mindfulness-Based Cancer Recovery Monthly Group (FC) 4pm Yoga for Health (IAH-LWC) 4pm Breast Surgery Preparation (ILH-R) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba (FC)	4 12:30pm Breast Surgery Preparation (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Breast Cancer Group (FC) 6:30pm Lung Cancer Group (FC) 7pm Cutaneous Lymphoma Group (FC)	5	6 Coalesce 10:15am Restorative Yoga (FC) 7 8
9 10am Functional Fitness (FO-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 12pm Look Good...Feel Better (ILH-R) 6pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC)	10 10am Total Body Cond. (44084 RP) 10:30am Spirituality Quest (FC) 10:30am Coalesce II (FC) 11am Look Good...Feel Better (FO-LWC) 11:30am Functional Circuit Training (44084 RP) 1pm Building Strength... (FO-LWC) 1:30pm Zentangle (44084 RP) 4pm Yoga for Health (IAH-LWC) 6pm Reiki for Relaxation (FO) 6pm Us Too Prostate Cancer Group(LCSC) 6pm Brain Tumor Group, Family Center (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Total Body Conditioning (44084 RP) 7pm Reiki for Relaxation (FO) 7pm Zumba (FC) 7:30pm Us Too, Prostate Cancer Support (FC)	11 10:30am Strength, Balance, Stretch (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Mind over Matter (FC) 6pm Healing Touch (44084 RP)	12 10am Total Body Conditioning (44084 RP) 11:30am Orientation (FC) 11:30am Functional Circuit Training (44084 RP) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Us Too Prostate Cancer Group (IAH-HEC 1&2) 6pm Joyful Belly Dance (FC) 6:30pm Women's Survivorship Group (ILH-R)	13 Coalesce 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 11:45am Restorative Yoga (44084 RP) 14 10am Carcinoid Cancer Group (FC) 15
16 10am Kid and Sib Day (FC) 10:30am Strength, Balance, Stretch (44084 RP) 1pm Leukemia and Lymphoma Group (FC) 3:45pm Yoga for Survivors (FO-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-CCW) 7pm Gentle Yoga (44084 RP) 7pm Gentle Yoga (FC)	17 10am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 11:45am Multiple Myeloma: Robin Tuohy (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12:30pm Breast Surgery Preparation (IAH-CCC) 1pm Building Strength While in Treatment (FO-LWC) 4pm Yoga for Health (IAH-LWC) 6:30pm Total Body Conditioning (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	18 12:30pm Breast Surgery Preparation (FO-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 5:30pm Caregiver Connection (FO-C&D) 5:30pm Yoga for Breast Cancer (FC) 6pm Colorectal Cancer Connect Group (ILH-R) 6pm Mind Over Matter (FC) 7pm PiYo (FO-LWC)	19 10am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC) 6pm Joyful Belly Dance (FC) 7:15pm Barre-Fuse (FC)	20 Coalesce 10:15am Restorative Yoga (FC) 11:45am Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 1pm Knitting and Crocheting Circle (FC) 21 22
23 10:30am Strength, Balance, Stretch (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 3:45pm Yoga for (FO-LWC) 6pm Breast Cancer Group (ILH-R) 7pm Gentle Yoga (44084 RP) 7pm Gentle Yoga (FC) 7pm Aprendiendo Juntos (FC)	24 10am Total Body Conditioning (44084 RP) 10:30am Coalesce II (FC) 11:30am Functional Circuit Training (44084 RP) 1pm Mindfulness-Base Cancer Recovery Overview (FC) 1pm Building Strength While in Treatment (FO-LWC) 4pm Yoga for Health (IAH-LWC) 6pm Pediatric Oncology Parent Night (FC) 6:30pm Total Body Conditioning (44084 RP) 7pm Zumba (FC) 7:15pm Good Grief (FC)	25 10:30am Strength, Balance, Stretch (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Touchstone (FC) 6pm Mind over Matter (FC) 6pm Reiki for Relaxation (FC) 6:45pm Reiki for Relaxation at Loudoun (44084 RP) 7pm PiYo (FO-LWC) 7pm Reiki for Relaxation (FC)	26 10am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 12pm Breast Surgery Preparation (ILH-R) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 5pm Mindfulness-Base Cancer Recovery Overview (FC) 6pm Orientation (FC) 6pm Joyful Belly Dance (FC) 7pm Living with Cancer and Chronic Illness (CC) 7pm Feeling Irritable? (FC) 7:15pm Barre-Fuse (FC) 7:30pm Young Adult Group (FC)	27 Coalesce 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 11:45am Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 28 29
30 10:30am Strength, Balance, Stretch (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 3:45pm Yoga for Survivors (FO-LWC) 6:30pm Book Club (ILH-R) 7pm Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)	31 10am Total Body Conditioning (44084 RP) 11:30am Funct. Circuit Training (44084 RP) 1pm Building Strength While in Treatment (FO-LWC) 4pm Yoga for Health (IAH-LWC) 6:30pm Total Body Conditioning (44084 RP) 7:15pm Good Grief (FC)			