



# Life with Cancer®

FEBRUARY 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

## TABLE OF CONTENTS:

Information and Education	Pgs 1-2
Children, Teens, & Parents	Pg 3
Healthy Living	Pgs 3-4
Programas en Espanol	Pg 5
Stress Management	Pg 5
Support and Networking	Pgs 6-7

## INFORMATION & EDUCATION

### Medical Marijuana

●FC, Tue, Feb 7, 6:30-8pm

Come learn the latest on the use of medical marijuana from Loren Friedman, MD, FAAHPM, Palliative Care, Virginia Cancer Specialists. Registration is required.

### Breast Surgery Preparation

●FC, Call 703.206.5433 for appointment

●FO-LWC, Wed, Feb 8 & 22, 12:30-2pm

●IAH-CCC, Mon, Feb 6, 12:30-2pm

●IAH-CCC, Tue, Feb 21, 12:30-2pm

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.

### Endocrine/Anti-Estrogen Therapy

●FO-AUD, Tue, Feb 28, 4-5pm

If you have been prescribed endocrine therapy you may be wondering: why is endocrine therapy a vital part of my treatment? Do studies show a reduction in recurrence when it's used?...What are the benefits vs. risks of side effects?... How do I manage side effects?...What do I need to know about bone health and healthy living during treatment?... and What resources are available to me as I navigate my survivorship journey? Dr. Kathleen Harnden of Inova Medical Group will explain all.

## Gift In-Kind Donations

Life with Cancer accepts gently used wigs, which we collect for refurbishing and redistribution by E-Beauty.com.

We cannot accept any other used items including books, CDs, or personal items.

New items may be accepted at our discretion.

## 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.

### Breast Surgery Preparation

●ILH-R, Tue, Feb 7, 4-5:45pm

●ILH-R, Thu, Feb 23, 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.

### Colorectal Cancer Symposium

●FC, Wed, Feb 22, 6-8:30pm

Colorectal cancer physicians and other experts will discuss the latest treatments, late effects, and nutritional issues and answer your questions. Dinner provided.

### Gathering for Sarcoma Survivors and Families

●FC, Wed, Feb 15, 6:30-8pm

Felasfa M. Wodajo, MD of Virginia Cancer Specialists will host an evening of fellowship, food, and sarcoma updates. Registration is required.

### Tools for Couples

●FC, Wed, Feb 22-Mar 15, 6:30-8pm

During this four-week series, you can 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.



Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **CC:** Christ Church, 7600 Ox Road, 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-PER:** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA
- **ILH-R:** Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

**Living with Advanced Cancer: Learning to Manage the Unknown**

● **ILH-PER, Thu, Feb 9, 6-7:30pm**  
 Living with advanced disease can create many uncertainties. Questions about how to talk to family/friends, creating advanced directives, managing the changing symptoms or side effects, living fully in the moment, and planning for the future often arise. This interactive workshop will open a dialogue and provide you tools and tips for how to live fully while living with advanced cancer. Registration is required.

**Look Good...Feel Better**

● **FC, Mon, Feb 20, 5-7pm**  
 ● **IAH-CCC, Tue, Feb 7, 6-8pm**  
 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.

**Mind over Matter**

● **FC, Wed, Jan 11- Feb 8, 6-7:30pm**  
 Class continues for those already registered.

**Orientation to Life with Cancer**

● **FC, Thu, Feb 9, 11:30am-12:30pm**  
 ● **FC, Thu, Feb 23, 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.

**San Antonio Breast Cancer Update 2017**

● **FC, Thu, Feb 23, 6:15-8pm**  
 Join us for a special presentation with Anne Favret, MD, who will discuss the latest research findings from the recent annual San Antonio Breast Cancer Conference. Light refreshments. Registration is required by Tuesday, February 21.

**Strategies for Improving Chemobrain**

● **FC, Mon, Feb 13-Mar 6, 6:30-8pm**  
 Understand the cognitive consequences of cancer treatment as well as the impact of co-existing factors and learn strategies to mitigate the impact that can accompany cognitive decline. Please register for all four sessions. Facilitated by Life with Cancer psychiatrist and therapists.

**Registration is required for all groups and programs**

**Fighting Cancer with A Fork**

● **FO-RO, Tue, Feb 21, 12-1pm**  
 ● **IAH-CCW, Wed, Feb 8, 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.



*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*

## CHILDREN, TEENS, PARENTS

### Pediatric Oncology Parent Night

●FC, Tue, Feb 28, 6-8:30pm

Pediatric Oncology girls of all ages, on treatment, and their moms, are invited to join us for a night of beauty and bling! We'll provide dinner and "spa" treats including seated chair and hand massages and mini-makeovers. Get "diva'd up" with accessories and have your very own photo shoot! Please register with Meg Crossett at 703-795-3340, candlelighters@gmail.com or with Cathy Bottrell, LCSW at 703-531-1515, cathy.bottrell@inova.org.

### Surviving Cancer Competently Program (SCCIP-ND): for parents of children newly diagnosed with cancer

●FC, Mon, Feb 13, 27 & Mar 13, 6-7pm

Developed by leading experts at the Children's Hospital of Philadelphia, SCCIP-ND is a three-session, skill-based program that aims to promote individual and family coping, competence and resilience. The course is facilitated by experienced oncology therapist with specialized training in the SCCIP-ND intervention.

### Touchstone- Grief Support Group

●FC, Wed, Jan 26-Mar 2, 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. To register or for more information contact Jean McCaw MA, ATR-BC, LCPAT, Child & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org. No online registration.

## HEALTHY LIVING

### FITNESS

#### Barre-Tone

●FC, Thu, Feb 2-Mar 9, 7:15-8:15pm

This class is appropriate for all fitness levels. Jazz up your routine and experience the latest trend in a full body work out appropriate for all fitness levels. Ideal for those who want to sculpt, strengthen, and increase flexibility, why enjoying the infusion of dance. Registration is required.

#### Barre-Pilates-Fuze

●FO-LWC, Thu, Feb 2-Mar 2, 11:30am-12:30pm

Appropriate for all levels. You'll combine barre and Pilates movements set to motivating music to create an invigorating workout. Please bring your own mat and a signed waiver to the first class. Registration is required.



#### Building Strength while in Treatment

●FO-LWC, Tue, Feb 7-28, 1:30-2:30pm

This class is 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. Please bring a signed waiver to the first class. Registration is required.

### Chair-Based Exercise

●FC, Mon, Feb 6-Mar 27, 2-2:45pm

●FC, Wed, Feb 1-Mar 29, 2-2:45pm

This class is appropriate for all fitness levels. 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. Please bring a signed waiver to the first class. Registration is required.

**Registration is required for all groups and programs**

### Cross-Train Challenge

●FC, Wed, Feb 1-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. Please bring a signed waiver to the first class. Registration is required.

### Functional Circuit Training

●44084 RP, Tue, Feb 7-28, 11:30am-12:30pm

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

This class is appropriate for all fitness levels. Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. Please bring a signed waiver to the first class. Registration is required.

### Functional Fitness

●FO-LWC, Mon, Feb 6-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. Please bring a signed waiver to the first class. Registration is required.

### Joyful Belly Dance

●FC, Thu, Feb 2-Mar 2, 6-7pm

This class is 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.

## 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.



## Keeping Fit

●FC, Mon, Feb 6-Mar 27, 3-4pm

This class is 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. Please bring a signed waiver to the first class. Registration is required.

## Move Your Body

●FO-LWC, Wed, Feb 1-Mar 22, 1-2pm

This class is appropriate for medium to advanced fitness levels. Kick up your energy and fitness levels with a cardio workout designed to increase strength and endurance. We'll incorporate body weight exercises and a moderately intense pace. Please bring a signed waiver to the first class. Registration is required.

## Strength, Balance, Stretch

●44084 RP, Mon, Feb 6-27, 10:30-11:30am

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

This class is appropriate for all fitness levels. It's designed to develop muscular strength, balance and flexibility. You'll use a variety of resistance equipment that will challenge every major muscle. Please bring a signed waiver to the first class. Registration is required.

## Total Body Conditioning

●44084-RP, Tue, Feb 7-28, 10-11:30am

●44084 RP, Tue, Feb 7-28, 6:30-7:30pm

●44084 RP, Thu, Feb 2-Mar 2, 10-11am

This class is appropriate for all fitness levels. It's an energetic workout that combines cardio, strengthening, balance and core in one workout. Please bring a signed waiver to the first class. Registration is required.

## Zumba

●FC, Tue, Feb 7-28, 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, Feb 10 & 24, 10:30-11:30am

This class is appropriate for all fitness levels. Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Please bring a signed waiver to the first class. Registration is required.

## YOGA

### Evening Gentle Yoga

●44084 RP, Mon, Feb 6-27, 7-8:30pm

●FC, Mon, Feb 6, 20, and 27\*, 7-8:30pm

\*No class on Feb 13. This class is best for those in active treatment or recovering from surgery. 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.

### Gentle Yoga

●FC, Thu, Feb 2-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.

**Registration is required for all groups and programs**

### PiYo

●FO-LWC, Wed, Feb 1-Mar 8, 7-8pm

This class is appropriate for all fitness levels. 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. Please bring a signed waiver to the first class. Registration is required.

### Restorative Yoga

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

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. Bring a signed waiver to the first class. Registration is required.

### Yin Yoga for Patients in Treatment

●FO-LWC, Fri, Feb 3-Mar 10, 1-2pm

This class is appropriate for all fitness 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. Please bring a signed waiver to the first class. Registration is required.

## Yoga for Breast Cancer

●FC, Wed, 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 Breast Cancer

●FC, Wed, Feb 8-Mar 8, 5:30-6:30pm

See description, above.



## Yoga for Health

●IAH-LWC, Tue, Feb 7-21, 4-5:30pm

This class is 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 Health – New Session!

●IAH-LWC, Tue, Feb 28-Apr 18, 4-5:30

See description, above.

## Yoga for Strength and Flexibility

●44084 RP, Wed, Feb 1-Mar 22, 5-6:30pm

Best for those 6 weeks out from surgery and ready for more active yoga. Bring your yoga practice to a new level as you strengthen your body and improve flexibility. Bring a blanket. Bring a signed waiver to the first class. Registration is required.

## Yoga for Survivors

●FO-LWC, Mon, Feb 6-Mar 6, 3:45-5pm

This class is 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. Please bring a signed waiver to the first class. Registration is required.

## PROGRAMAS EN ESPAÑOL

### Zumba - Bilingüe/Bilingual

●FC, martes, 7-28 de febrero, 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 2016, favor de firmar un permiso antes de empezar la primera clase.

## STRESS MANAGEMENT

### Art Therapy for Long-Term Survivors

●FC, Fri, Feb 10, 1-3pm

Experience the power of art therapy, relaxation and guided imagery as you explore the creative process 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 art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration is required. Registration for this group begins on the 1st of each month. Once registered please call to cancel if you cannot attend so someone else may attend.



### Healing Through Art Therapy

●FO-LWC, Fri, Feb 24, 1-3:30pm

●FC, Thu, Feb 16, 1-3:30pm

Registration begins on the first of the month. 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 art experience is necessary, just a willingness to explore and be 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 is required. Once registered please call 703.698.2526 to cancel if you cannot attend.

### Drumming

●44084 RP, Wed, Feb 1, 11:30am-12:45pm

●FC, Fri, Feb 3, 11:45am-1pm

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. Musical ability is not necessary and all instruments are provided. Registration is required.



### Healing Touch

●44084 RP, Mon, Feb 13, 6-7pm

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to 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.

### Knitting and Crocheting Circle

●FC, Tue, Feb 7, 7-8:30pm

●FC, Fri, Feb 17, 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, Feb 2-23, 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, but please register by the preceding day.

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

●FC, Tue, Feb 7-Mar 14, 1-2:30pm

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 promoting 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. For more information please contact Rebecca McIntyre at 703-698-2524.

### Mindfulness-Based Cancer Recovery for Patients in Treatment

●FC, Thu, Feb 9-Mar 16, 5:30-7pm

Same as above, with **required attendance at orientation meeting on January 26th meeting, 5:30-6:30**

### Reiki for Relaxation

●44084 RP, Thu, Feb 23, 6:45-8pm

●FC, Mon, Feb 13, 6 and 7pm

●FC, Wed, Feb 22, 6 and 7pm

●FO-LWC, Tue, Feb 14, 6-7:30pm

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 at 9:15. 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 Life Stories

●FC, Thu, Feb 16, 2:30-4pm

This writing group is for those who completed the 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. Registration is required.



### Zentangle

●44084 RP, Tue, Feb 14, 1:30-3pm

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by using simple repetitive strokes to create structured patterns. The theme for February is hearts. If you've attended class before, bring your kit. Registration is required.

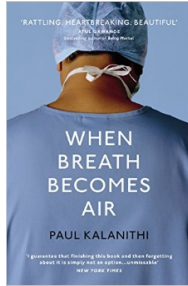


## SUPPORT & NETWORKING

### Book Club

●FO-RO, Tue, Feb 28, 6-7:30pm

“When Breath Becomes Air” by Paul Kalanithi. It has been described as “a moving and thoughtful memoir of family, medicine and literature”. Registration is required.



### Brain Tumor Group

●FC, Tue, Feb 14, 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. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW. Registration is required.

### Breast Cancer Group

●FC, Wed, Feb 1, 6:45-8pm

●FO-RO, Wed, Feb 8, 5:30-7pm

●IAH-CCW, Mon, Feb 20, 5:30-7pm

●ILH-R, Mon, Feb 27, 6-7:30pm

This group is for women diagnosed with stage 0-3 breast cancer, 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.

### Carcinoid Cancer Group

●FC, Sat, Feb 11, 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](mailto:mitchmberger@msn.com).

### Caregiver Connection

●FO-C, Wed, Feb 8, 5:30-7pm

●FC, Mon, Feb 13, 7-8:30pm

●ILH-R, Mon, Feb 13, 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 Monday. Registration is required.

### Coalesce II: An Advanced Breast Cancer Group

●FC, Tue, Feb 14 & 28, 10:30am-12pm

Meet with women of all ages to share life's joys and sorrows. Contact Micheline Toussaint, LCSW, RYT for more information, [micheline.toussaint@inova.org](mailto:micheline.toussaint@inova.org) or 703.698.2521. Registration is required.

### Coalesce I: An Advanced Breast Cancer Group

●FC, Fri, Feb 3-24, 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.

### Colorectal Cancer Connect Group

●ILH-R, Wed, Feb 15, 6-7:30pm

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

### Cutaneous Lymphoma Support Group

●FC, Sat, Feb 11, 10am-12pm

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, Feb 7-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. Registration is required.

**Registration is required for all groups and programs**

### GYN Cancers Group

●FC, Wed, Feb 22, 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, Feb 8, 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.

### Just for the Guys

●FC, Tue, Feb 21-Mar 28, 6:30-8pm

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. In this four-week series we will explore these themes and learn tools for coping. Join us in a place where you will be among brothers who truly understand. Registration is required.

## Oncology Massage and Body Work

Life with Cancer Family Center  
8411 Pennell Street  
Fairfax, VA 22031  
Monday – Friday

Life with Cancer Studio  
44084 Riverside Pkwy, LL, Ste 400  
Leesburg, VA 20176  
Tuesdays and some Saturdays

- \$50 for 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
- Physician approval is required for patients; ask for written permission at your next appointment
- To schedule an appointment in Loudoun call Fran Arnold, 703.851.0995. To schedule an appointment in Fairfax call Cindy Rocca, 703.598.4321 or Fran Arnold, 703.851.0995
- For your first appointment, arrive 15 minutes early to complete paperwork
- Please provide 24 hour notice if you need to cancel an appointment
- After two missed appointments without notification, massage options in the community will be provided.



## Leukemia and Lymphoma Support Group

●FC, Mon, Feb 20, 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.

## Living with Advanced Disease

●FO-LWC, Thu, Feb 9 & 23, 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. Please call 703.391.3758 for more information. Registration encouraged.

## Living with Cancer and Chronic Illness

●CC, Tue, Feb 28, 7-8:30pm

This is a faith-based community 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, Feb 1, 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. Facilitators: Carrie Friedman, RN, BS, OCN.

### Want to receive weekly updates from Life with Cancer?

#### Sign up for

#### Life with Cancer Email News

You will receive timely information about

- Program Highlights
- Fundraisers
- Weather Closings

#### It's Easy!

1. Go to [www.lifewithcancer.org](http://www.lifewithcancer.org)
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

## Mindfulness-Based Cancer Recovery Monthly Group

●FC, Tue, Feb 7, 11am-12pm

For those that completed the 6-session Mindfulness-Based Cancer Recovery Program this monthly drop-in 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 "mindful-awareness" in your daily life. Contact Rebecca McIntyre at 703.698.2524 or [Rebecca.McIntyre@inova.org](mailto:Rebecca.McIntyre@inova.org). Registration is required.

## Multiple Myeloma-Open Discussion

●FC, Tue, Feb 21, 11:45am-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will be an open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register!

## Gathering for Sarcoma Survivors and Families

●FC, Wed, Feb 15, 6:30-8pm

See page 1.

## Spirituality Quest Group

●FC, Tue, Feb 14, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. For Valentine's Day, come to explore "What are the Many Words Used for Love?" Registration is required.

## Us Too Prostate Cancer Support Group

●IAH-HEC 1&2, Thu, Feb 9, 6-7:30pm

This monthly group includes a 20-30 minute presentation by a physician or other health professional, 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, Feb 14, 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, Feb 14, 7:30-9pm

See description, above. Check website for February topic. Registration is required.

## Women's Survivorship Group

●ILH-R, Thu, Feb 9, 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.

## Young Adult Group

●FC, Thu, Feb 23, 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. Please register.

## Young Women with Breast Cancer

●FC, Tue, Feb 21, 6:30-8pm

●IAH-CCW, Tue, Feb 14, 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. Registration is required.

### Feeling a little overwhelmed? Life with Cancer can help...

• A **Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

• A **Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

• To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

# FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		<b>1</b> 10:30am Strength, Balance, Stretch (44084 RP) 11:30am Drumming (44084 RP) 1pm Move Your Body (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Touchstone (FC) 6pm Mind over Matter (FC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm PiYo (FO-LWC)	<b>2</b> 10am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 11:30am Barre-Pilates Fuze (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Joyful Belly Dance (FC) 7:15pm Barre Tone (FC)	<b>3</b> Coalesce 11:45am Restorative Yoga (44084 RP) 11:45am Drumming (FC) 1pm Yin Yoga/in Treatment (FO-LWC)
<b>6</b> 10am Functional Fitness (FO-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 12:30pm Breast Surgery Preparation (IAH-CCC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 3:45pm Yoga for Survivors (FO-LWC) 7pm Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)	<b>7</b> 10am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 11am MBCR/Monthly (FC) 1pm MBCR/M/PT (FC) 1:30pm Building Strength ... (FO-LWC) 4pm Yoga for Health (IAH-LWC) 4pm Breast Surgery Preparation (ILH-R) 6pm Look Good...Feel Better (IAH-CCC) 6:30pm Medical Marijuana (FC) 6:30pm Total Body Conditioning (44084 RP) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Us Too, Prostate Cancer Support (FC)	<b>8</b> 10:30am Strength, Balance, Stretch (44084 RP) 12:30pm Breast Surgery Preparation (FO-LWC) 1pm Move Your Body (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Caregiver Connection (FO-C) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Touchstone (FC) 5:30pm Head and Neck Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Mind over Matter (FC) 6pm Reiki (FO-LWC) 7pm PiYo (FO-LWC)	<b>9</b> 10am Total Body Conditioning (44084 RP) 10:30am Strength, Balance... (44084 RP) 11:30am Barre-Pilates Fuze (FO-LWC) 12:30pm Breast Surgery Preparation (FO-LWC) 1pm Move Your Body (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Touchstone (FC) 5:30pm Head and Neck Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Mind over Matter (FC) 7pm PiYo (FO-LWC) 7:15pm Barre Tone (FC)	<b>10</b> Coalesce 10:30am Zumba Gold (44084 RP) 11:45am Restorative Yoga (44084 RP) 1pm Art Therapy/Long-Term Survivors (FC) 1pm Yin Yoga/Patients in Treatment (FO-LWC)
<b>13</b> 10am Functional Fitness (FO-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 3:45pm Yoga for Survivors (FO-LWC) 6pm Reiki for Relaxation (FC) 6pm Surviving Cancer Competently... (FC) 6pm Healing Touch (44084 RP) 6:30pm Strategies for Improving Chemobrain (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC)	<b>14</b> 10am Total Body Conditioning (44084 RP) 10:30am Coalesce II (FC) 10:30am Spirituality Quest Group (FC) 11:30am Functional Circuit Training (44084 RP) 1pm MBCR/M/PT (FC) 1:30pm Building Strength... (FO-LWC) 1:30pm Zentangle (44084 RP) 4pm Yoga for Health (IAH-LWC) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Total Body Conditioning (44084 RP) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Us Too Prostate Cancer Group (FC)	<b>15</b> 10:30am Strength, Balance, Stretch (44084 RP) 1pm Move Your Body (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Touchstone (FC) 5:30pm Yoga for Breast Cancer (FC) 6pm Colorectal Cancer Connect Group (ILH-R) 6:30pm Gathering for Sarcoma Survivors... (FC) 7pm PiYo (FO-LWC)	<b>16</b> 10am Total Body Conditioning (44084 RP) 11:30am Barre-Pilates Fuze (FO-LWC) 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) 5:30pm MBCR/T (FC) 6pm Joyful Belly Dance (FC) 7:15pm Barre Tone (FC)	<b>17</b> Coalesce 11:45am Restorative Yoga (44084 RP) 1pm Knitting and Crocheting Circle (FC) 1pm Yin Yoga/in Treatment (FO-LWC)
<b>20</b> 10am Functional Fitness (FO-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 1pm Leukemia and Lymphoma Group (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 3:45pm Yoga for Survivors (FO-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-CCW) 6:30pm Strategies for Improving Chemobrain (FC) 7pm Gentle Yoga (44084 RP) 7pm Gentle Yoga (FC)	<b>21</b> 10am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12:30pm Breast Surgery Preparation (IAH-CCC) 1pm MBCR/M/PT (FC) 1:30pm Building Strength ... (FO-LWC) 4pm Yoga for Health (IAH-LWC) 6:30pm Just for the Guys (FC) 6:30pm Total Body Conditioning (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	<b>22</b> 10:30am Strength, Balance... (44084 RP) 12:30pm Breast Surgery Class (FO-LWC) 1pm Move Your Body (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Touchstone (FC) 5:30pm GYN Cancers Group (FC) 6pm Reiki for Relaxation (FC) 6pm Colorectal Cancer Symposium (FC) 6:30pm Tools for Couples (FC) 7pm PiYo (FO-LWC) 7pm Reiki for Relaxation (FC)	<b>23</b> 10am Total Body Conditioning (44084 RP) 11:30am Barre-Pilates Fuze (FO-LWC) 11:30am Functional Circuit Training (44084 RP) 12pm Breast Surgery Preparation (ILH-R) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 5:30pm MBCR/T (FC) 6pm Orientation (FC) 6pm Joyful Belly Dance (FC) 6:15pm San Antonio Breast Cancer Update (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:15pm Barre Tone (FC) 7:30pm Young Adult Group (FC)	<b>24</b> Coalesce 10:30am Zumba Gold (44084 RP) 11:45am Restorative Yoga (44084 RP) 1pm Healing Through Art Therapy (FO-LWC) 1pm Yin Yoga/in Treatment (FO-LWC)
<b>27</b> 10am Functional Fitness (FO-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 3:45pm Yoga for Survivors (FO-LWC) 6pm Breast Cancer Group (ILH-R) 6pm Surviving Cancer Competently... (FC) 6:30pm Strategies for Improving Chemobrain (FC) 7pm Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)	<b>28</b> 10am Total Body Conditioning (44084 RP) 10:30am Coalesce II (FC) 11:30am Functional Circuit Training (44084 RP) 1pm MBCT/M/PT (FC) 1:30pm Building Strength ... (FO-LWC) 4pm Role of Endocrine/Anti-Estrogen... (FO-AUD) 4pm Yoga for Health (IAL-LWC) 6pm Pediatric Oncology Parent Night (FC) 6pm Book Club (FO-RO) 6:30pm Total Body Conditioning (44084 RP) 6:30pm Just for the Guys (FC) 7pm Zumba (FC) 7pm Living with Cancer and Chronic Illness (CC) 7:15pm Good Grief (FC)			
				<b>4</b> <b>5</b> <b>11</b> 10am Cutaneous Lymphoma Group (FC) 10am Carcinoid Cancer Group (FC)
				<b>12</b> <b>18</b> <b>19</b> <b>25</b> <b>26</b>