



Life with Cancer®

APRIL 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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INFORMATION & EDUCATION

Orientation to Life with Cancer

●FC, Thu, Apr 13, 11:30am-12:30pm

●FC, Thu, Apr 27, 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.

Living Well with Advanced Breast Cancer

●FC, Sat, Apr 22, 8:30am-2:15pm

Join us for a day of interactive learning featuring physicians and other healthcare professionals who will present information and practical tools to help you live well with advanced breast cancer.

Breast Cancer and Nutrition, Dr. Heyer

●FO-LWC, Wed, Apr 19, 5-6pm

Dr. David Heyer, board certified medical oncologist with the Inova Medical Group will provide an update from the American Institution for Cancer Research to help you make the best decisions for your health.

Enduring Love and "Continuing Bonds" in Grief

●FC, Mon, Apr 3, 6:30-8pm

Michelle Bronzo, MA, LPC, CT, will lead a workshop for bereaved individuals based on Dr. Robert A. Neimeyer's premise that "Closure is for bank accounts, not for love accounts." The topics discussed will include myths of the grieving process, how love endures after death, and concrete ways you can establish "continuing bonds." This is an opportunity for you to evaluate and develop your own continuing bonds practice so you may have a deeper connection with your deceased loved one going forward.

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.

Fighting Cancer with a Fork

●FO-RO, Tue, Apr 18, 12-1pm

●IAH-CCW, Wed, Apr 12, 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.

Planning Ahead: Help with Tough Conversations

●FC, Tue, Apr 4, 18 and 25*, 6:30-8pm

*No class April 11. No matter what your age is or where you are on your cancer journey, this weekly series will help to get the conversation about end-of-life issue going, dispel fears of the unknown, and ensure that your own or your loved ones' affairs are in order. Various healthcare professionals will present on the following: the Natural Process of Birth and Death; Palliative and Hospice Care; Making Funeral Arrangements; and Planning a Memorial Service.

Breast Surgery Preparation

●FC, Mon, Apr 3, 5-6:30pm

●FC, Thu, Apr 13 & 27, 12:30-2pm

●FC, Mon, Apr 17, 10-11:30am

●FO-LWC, Wed, Apr 12 & 26, 12:30-2pm

●IAH-LWC, Mon, Apr 3, 12:30-2pm

●IAH-LWC, Tue, Apr 18, 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.



Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **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-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
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Breast Surgery Preparation

- **ILH-PER, Tue, Apr 4, 4-5:45pm**
- **ILH-PER, Thu, Apr 27, 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. Instructor: Christine Stone RN, MSN, OCN. Registration is required; no exceptions.

Look Good...Feel Better

- **FC, Mon, Apr 17, 5-7pm**

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. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required.

Cultivating Compassion

- **FC, Tue, Apr 4-May 9, 2:30-4pm**

Class continues for those already registered.

Curious about Cancer

- **FC, Wed, Apr 5, 5:30-6:30pm**

Class continues for those already registered.

Kid and Sib Day

- **FC, Mon, Apr 10, 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 activities. Lunch will be provided. Registration is required. To register or for more information contact Jean McCaw, ATR-BC, LCPAT, 703-698-2537 or jean.mccaw@inova.org.



Parenting Alone

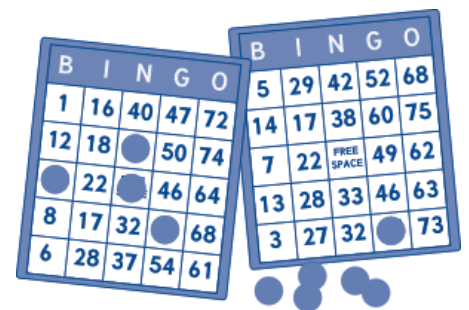
- **FC, Thu, Apr 6 & 13, 6:30-8:30pm**

This weekly group is for parents of children and teens who are navigating the death of a spouse or partner due to cancer. Meet other parents, learn about resources and gain guidance in how to better understand and support your child or teen in their grief, share ideas, challenges and helpful solutions. Participants are encouraged to attend all 6 sessions. No online registration. To register or for more information contact Jean McCaw, MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org.

Parent Night

- **FC, Tuesday, Apr 25, 6:30-8PM**

Join us for the 3rd annual Candlelighter's Family Bingo Night. Everyone's a winner. Prizes galore. For on and off treatment families; all ages welcome. Dinner provided. Please register with Cathy.Bottrell@inova.org or, 703-531-1515 or with dccandlelighters@gmail.com.



CHILDREN, TEENS, PARENTS

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.

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

●FC, lunes, 24 de abril, 7-8:30pm

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, 4-25 de abril, 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.

HEALTHY LIVING

FITNESS

Barre Tone

●FC, Thu, Apr 6-May 11, 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 workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance. If this is your first time attending this class, please bring a signed physical activity waiver (find it on the Class Forms page, under the Class Registration tab). Registration is required.



Strengthen with Barre and Pilates

●FO-LWC, Thu, Apr 6-May 11, 11:30am-12:30pm

Appropriate for all fitness levels. You'll combine barre and Pilates movements set to motivating music to create an invigorating workout. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required. Instructor: Michele Wirth.

Building Strength While in Treatment

●FO-LWC, Tue, Apr 4-May 2, 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. If attending for the first time in 2017, please bring a signed physical activity waiver to the first class. Registration is required.

Chair-Based Exercise

●FC, Mon, Apr 10-Jun 5, 2-2:45pm

●FC, Wed, Apr 12-May 31, 2-2:45pm

Appropriate for all fitness 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, Apr 12-May 31, 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, Mon, Apr 3-May 1, 11:30am-12:30pm

●44084 RP, Thu, Apr 6-May 4, 9-10am

Appropriate for medium to advanced fitness levels. Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required. Instructor: Jenny Townsend.

Functional Fitness

●FO-LWC, Mon, Apr 3-May 1, 10-11am

Appropriate for all levels. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. If this is your first time attending this class in 2017, please

bring a signed physical activity waiver (found on the Class Forms page, under the Class Registration tab). Registration is required.

Joyful Belly Dance

●FC, Thu, Apr 6-May 4, 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. Belly dance is an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. If this is your first time attending this class, please bring a signed waiver. Registration is required.

Registration is required for all groups and programs

Keeping Fit

●FC, Mon, Apr 10-Jun 5, 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. Please bring a signed waiver to the first class. Registration is required.

Move Your Body

●FO-LWC, Wed, Apr 5-May 24, 3-4pm

Appropriate for medium to advanced levels of fitness. Kick up your energy and fitness levels with a cardio workout designed to increase strength and endurance. Incorporates body weight exercises and a moderately intense pace. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required. Instructor: Jackie Le.

Strength, Balance, Stretch

●44084 RP, Mon, Apr 3-May 1, 9-10am

●44084 RP, Thu, Apr 6-May 4, 11:30am-12:30pm

Appropriate for beginners and those in treatment. 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. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required. Instructor Jenny Townsend.

Tai Chi Chuan

●FC, Tue, Apr 4-25, 5:30-6:30pm

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness (rather than force and resistance) it has been recognized for thousands of years as both a method of self-cultivation and form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This 8 session class will teach basic movements.

PiYo

●FO-LWC, Wed, Apr 5-May 10, 7-8pm

Appropriate for all fitness 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. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required.

Total Body Conditioning

●44084 RP, Mon, Apr 3-May 1, 10:15-11:15am

●44084 RP, Tue, Apr 4-May 2, 6:30-7:30pm

●44084 RP, Thu, Apr 6-May 4, 10:15-11:15am

Appropriate for beginners and those in treatment. 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. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required. Instructor: Jenny Townsend.

Zumba

●FC, Tue, April 4-25, 7-8pm

Please register under "Zumba - 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 well-being.

Zumba Gold

●44084 RP, Fri, Apr 7 & 28, 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! Please bring a signed waiver to the first class. Registration is required.

YOGA

Evening Gentle Yoga

●FC, Mon, Apr 3, 17, 24*, 7-8:30pm

*No class April 10. This class is appropriate for all fitness levels. Blending gentle movement, breathing and relaxation, you'll increase stain and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration is required.

Gentle Yoga

●FC, Thu, Apr 6-May 4, 1-2pm

●44084 RP, Mon, Apr 3-May 1, 7-8:30pm

This class is 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. If this is your first time attending this class in 2017, please bring a signed activity participation waiver (found on the Class Forms page, under the Class Registration tab) Registration is required.

Restorative Yoga

●FC, Fri, Apr 7-June 23*, 10:15-11:30am

*No Class May 26 or June 9. This class is appropriate for all fitness levels. Using bolsters, blocks and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breastwork and guided meditation deepen your practice. Please bring a blanket. Please register for each class you plan to attend.

Registration is required for all groups and programs

Restorative Yoga

●44084 RP, Fri, Apr 7-May 5*, 11:45am-1:15pm

*No Class April 14. This class is appropriate for all fitness levels. Using bolsters, blocks and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breastwork and guided meditation deepen your practice. Please bring a blanket. Please register for each class you plan to attend.

Yin Yoga for Patients in Treatment

●FO-LWC, Fri, Apr 7-May 19*, 1-2:30pm

*No class may 5. 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. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (find it on the Class Forms page under the Class Registration tab). Registration is required.

Yoga for Breast Cancer

●FC, Wed, Apr 5, 5:30-6:30pm

Class continues for those already registered.

Yoga for Breast Cancer

●FC, Wed, April 19-May 17*, 5:30-6:30

*No class April 26. Breast Cancer patient/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.



Yoga for Health

●IAH-LWC, Tue, Apr 4-18, 4-5:30pm

Class continues for those already registered.

Yoga for Health

●IAH-LWC, TBD

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 Strength and Flexibility

●44084 RP, Wed, Apr 5 and 19, 5-6:30pm

This class meets every other week between March and June. 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. If this is your first time attending this class in 2017, please bring a signed Physical Activity Waiver (found on the Class Forms page under the Class Registration tab). Registration is required. Instructor: Vickie Vo.

STRESS MANAGEMENT

Healing through Art Therapy

●FC, Thu, Apr 13, 1-3:30pm

●FO-LWC, Fri, Apr 28, 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.

Healing Touch

●44084 RP, Mon, Apr 10, 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, Apr 4, 7-8:30pm

●FC, Fri, Apr 21, 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, Apr 6-27, 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. Register separately for each class. Registration is required.

Mindfulness-Based Cancer Recovery for Patients in Treatment or Recently Completed Treatment

●FC, Wed, Apr 12-May 17, 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 March 29 meeting, 1-2 pm (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 Drop-In Group

●FC, Tue, Apr 4, 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. Registration is required by the Friday prior to group.

Reiki for Relaxation

●FC, Mon, Apr 10, 6-7pm and 7-8pm

●FC, Wed, Apr 26, 6-7pm and 7-8pm

●FO-LWC, Tue, Apr 11, 6-7pm

●44084 RP, Thu, Apr 27, 6:45-8pm

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, Apr 20, 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. Registration is required.

Zentangle

●44084 RP, Tue, Apr 11, 1:30-3pm

Zentangle 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 are provided, but if you have attended this class in the past, please bring your kit. Registration is required.

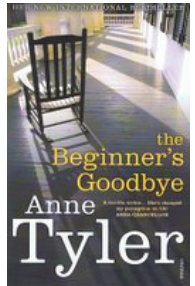
SUPPORT & NETWORKING

Book Group: The Beginner's Goodbye

●FO-RO, Tue,

Apr 25, 6-7:30pm

The Beginner's Goodbye by Anne Tyler is an exploration of loss and recovery. One of Tyler's newer books, it is pierced throughout with her signature humor, wisdom and penetrating look at human foibles. Registration is required.



Brain Tumor Group

●FC, Tue, Apr 4*, 6-7:30pm

*Meeting on the 1st Tuesday in April. 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, Apr 5, 6:45-8pm

●FO-RO, Wed, Apr 12, 5:30-7pm

●IAH-LWC, Mon, Apr 17, 5:30-7pm

●ILH-R, Mon, Apr 24, 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. Facilitated by a nurse and therapist.

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
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

Carcinoid Cancer Group

●FC, Sat, Apr 8, 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.

Coalesce II: An Advanced Breast Cancer Group

●FC, Tue, Apr 11 & 25, 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 or 703.698.2521. Registration is required.

Cutaneous Lymphoma Support Group

●FC, Sat, Apr 8, 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.clfoundation.org/CLF-DC>.

Registration is required for all groups and programs

Care for the Caregiver: A Morning of Connection, Companionship and Self-Care

●FC, Sat, Apr 29, 8:15am-12pm

If you are the caregiver of someone with cancer we understand the importance of support and community. Please join us for a morning of connection and self-care. In addition to opportunities to meet other caregivers in a casual and supportive environment we call "Caregiver Conversations"; you will have the opportunity to sign-up for various self-care workshops such as gentle yoga, guided meditation, art therapy, Zentangle, and topic-specific discussion groups. Space is limited and registration is required by the Wednesday prior to the event. Participants can sign-up for workshops when they come to the event.

Coalesce: An Advanced Breast Cancer Group

●FC, Fri, Apr 7-28, 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.

GYN Cancers Group

●FC, Wed, Apr 26, 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.

Colorectal Cancer Connect Group

●ILH-R, Wed, Apr 19, 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.

Head and Neck Cancers Group

●FC, Wed, Apr 12, 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.

Good Grief

●FC, Tue, May 2-June 20, 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. Group facilitated by Sarah Brooks, LPC. Registration is required. For information contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or drucilla.brethwaite@inova.org

Waldenstrom's Support Group

●FC, Sat, Apr 1, 11am-1pm

Leading, world-renowned Waldenstrom-Microglobulinemia (WM) researcher and doctor, Steven Treon, M.D., Ph.D. Director of Bing Center for WM at Dana-Farber Cancer Institute/Harvard Medical School to speak about "Latest Research and Therapeutic Advances in Waldenstrom's at the Bing Center." Extraordinary Opportunity. Please respond early, space is limited. To register send name, name of guests, your email address, and city/state/zip code to luklepinger@outlook.com.

Caregiver Connection

●FC, Mon, Apr 10, 7-8:30pm

●FO-C&D, Wed, Apr 12, 5:30-7pm

●ILH-R, Mon, Apr 10, 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.

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

Leukemia and Lymphoma Support Group

●FC, Mon, Apr 17, 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. For more information please contact Rebecca McIntyre, LCSW, OSW-C at 703.698.2524.

Living with Advanced Disease

●FO-LWC, Thu, Apr 13 & 27, 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 703.391.3691 for more information. Registration required.

Lung Cancer Group

●FC, Wed, Apr 5, 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.

Multiple Myeloma

●FC, Tue, Apr 18, 11:45am-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. April will be an open discussion forum. Light lunch. Registration is required.

Women's Survivorship Group

●FC, Wed, Apr 19, 5:30-7pm

For women in maintenance therapy or completed treatment. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Facilitated by oncology therapist, Rebecca McIntyre, MA., M.Ed., LCSW and Oncology Nurse Navigator, Becca Dipatri, RN, this group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Registration is required.

Women's Survivorship Group

●ILH-R, Thu, Apr 13, 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.

Spirituality Quest: Big Magic

●FC, Tue, Apr 11, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. Returning as our guest speaker is Jenn Fay, RScP for "Big Magic: How is the Creative Spark Being Expressed Through You?". Please register by the April 10.

Us Too Prostate Cancer Support Group

●LCSC, Tue, Apr 11, 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

●IAH-HEC 1&2, Thu, Apr 13, 6-7:30pm

This monthly group includes a 20-30 minute presentation by a physician or other health professional on a relevant topic, followed by an opportunity to learn and share with other survivors both in and out of treatment. Questions? Email david.mcginness@inova.org. Registration is required.

Us Too, Prostate Group

●FC, Tue, Apr 11, 7:30-9pm

Dr. Anthony Dritschilo, Chair, Radiation Oncology, Georgetown Lombardi Comprehensive Cancer Center will discuss the use of the Proton Beam Therapy Unit

Young Adult Group

●FC, Thu, Apr 27, 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

●IAH-CCW, Tue, Apr 11, 6:30-8pm

●FC, Tue, Apr 18, 6:30-8pm

Women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment are invited to meet with others in a supportive environment to 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)**.

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

- \$60 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.

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1 11am Waldenstrom's Group (FC)
3 9am Strength, Balance, Stretch (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 12:30pm Breast Surgery Preparation (IAH-LWC) 3:45pm Yoga for Survivors (FO-LWC) 5pm Breast Surgery Preparation (FC) 6:30pm Enduring Love . . . (FC) 7pm Evening Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)	4 11am Mindfulness-Based Cancer Recovery Drop-In (FC) 1:30pm Building Strength ... (FO-LWC) 2:30pm Cultivating Compassion(FC) 4pm Yoga for Health (IAH-LWC) 4pm Breast Surgery Preparation (ILH-PER) 5:30pm Tai Chi Chuan (FC) 6pm Brain Tumor Group (FC) 6:30pm Planning Ahead (FC) 6:30pm Total Body Conditioning (44084 RP) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba (FC)	5 3pm Move Your Body (FO-LWC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Curious About Cancer (FC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm PiYo (FO-LWC)	6 9am Functional Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strength, Balance, Stretch (44084 RP) 11:30am Strengthen with Barre ... (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery(FC) 6pm Joyful Belly Dance (FC) 6:30pm Parenting Alone(FC) 7:15pm Barre Tone(FC)	7 Coalesce (FC) 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)
10 9am Strength, Balance, Stretch (44084 RP) 10am Kid and Sib Day (FC) 10am Functional Fitness(FO-LWC) 10:15am Total Body Conditioning (44084 RP) 11:30am Funct. Circuit Training(44084 RP) 2pm Chair-Based Exercise(FC) 3pm Keeping Fit(FC) 3:45pm Yoga for Survivors (FO-LWC) 6pm Healing Touch (44084 RP) 6pm Reiki for Relaxation at Fairfax (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation at Fairfax (FC) 7pm Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC)	11 10:30am Coalesce II (FC) 10:30am Spirituality Quest (FC) 1:30pm Building Strength ... (FO-LWC) 1:30pm Zentangle (44084 RP) 2:30pm Cultivating Compassion (FC) 4pm Yoga for Health(IAH-LWC) 5:30pm Tai Chi Chuan (FC) 6pm Reiki for Relaxation (FO-LWC) 6pm Us Too Prostate Cancer Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm : Total Body Conditioning (44084 RP) 7pm Zumba (FC) 7:30pm Us Too, Prostate Group (FC)	12 12:30pm Breast Surgery Preparation (FO-LWC) 1pm Mindfulness-Based Cancer Recovery (FC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge(FC) 3pm Move Your Body (FO-LWC) 5:30pm Caregiver Connection (FO-C&D) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 7pm PiYo (FO-LWC)	13 9am Functional Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre . . . (FO-LWC) 11:30am Strength, Balance, Stretch (44084 RP) 11:30am Orientation to Life with Cancer (FC) 12:30pm Breast Surgery Preparation (FC) 1pm Healing through Art Therapy (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga(FC) 2pm Meditation and Guided Imagery (FC) 6pm Us Too, Prostate Cancer Grp. (IAH-HEC 1&2) 6pm Joyful Belly Dance (FC) 6:30pm Parenting Alone(FC) 6:30pm Woman's Survivorship Group (ILH-R) 7:15pm Barre Tone (FC)	14 Coalesce (FC) 1pm Yin Yoga for Patients in Treatment (FO-LWC)
17 9am Strength, Balance, Stretch (44084 RP) 10am Breast Surgery Preparation (FC) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 11:30am Funct. Circuit Training (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-LWC) 7pm Evening Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)	18 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12:30pm Breast Surgery Preparation (IAH-LWC) 1:30pm Building Strength ... (FO-LWC) 2:30pm Cultivating Compassion (FC) 4pm Yoga for Health (IAH-LWC) 5:30pm Tai Chi Chuan (FC) 6:30pm Planning Ahead (FC) 6:30pm : Total Body Conditioning (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba(FC)	19 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility(44084 RP) 5pm Breast Cancer and Nutrition (FO-LWC) 5:30pm Woman's Survivorship Group (FC) 5:30pm Yoga for Breast Cancer (FC) 6pm Colorectal Cancer Group (ILH-R) 7pm PiYo (FO-LWC)	20 9am Functional Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre ... (FO-LWC) 11:30am Strength, Balance, Stretch(44084 RP) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery(FC) 2:30pm Writing Your Life Stories (FC) 6pm Joyful Belly Dance (FC) 7:15pm Barre Tone(FC)	21 Coalesce(FC) 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)
24 9am Strength, Balance, Stretch(44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 11:30am Functional Circuit Training (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit(FC) 3:45pm Yoga for Survivors (FO-LWC) 6pm Breast Cancer Group (ILH-R) 7pm AprendiendoJuntos (FC) 7pm Evening Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)	25 10:30am Coalesce II (FC) 1:30pm Building Strength . . . (FO-LWC) 2:30pm Cultivating Compassion (FC) 5:30pm Tai Chi Chuan(FC) 6pm Book Group: The Beginner's Goodbye (FO-RO) 6:30pm Total Body Conditioning(44084 RP) 6:30pm Parent Night: Family Bingo! (FC) 6:30pm Planning Ahead (FC) 7pm Zumba(FC)	26 12:30pm Breast Surgery Preparation (FO-LWC) 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5:30pm GYN Cancers Group (FC) 6pm Reiki (FC) 7pm Reiki (FC) 7pm PiYo (FO-LWC)	27 9am Functional Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre ... (FO-LWC) 11:30am Strength, Balance, Stretch (44084 RP) 12pm Breast Surgery Preparation (ILH- PER) 12:30pm Breast Surgery Preparation (FC) 1pm Gentle Yoga(FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6pm Orientation to Life with Cancer (FC) 6pm Joyful Belly Dance (FC) 6:45pm Reiki (44084 RP) 7:15pm Barre Tone (FC) 7:30pm Young Adult Group (FC)	22 8:30am Living Well with Advanced Breast Cancer (FC)
				23
				28 Coalesce(FC) 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) 1pm Healing Through Art Therapy (FO-LWC)
				29 8:15am Care for the Caregiver . . . (FC)
				30