



Life with Cancer[®]

AUGUST 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, Aug 10, 11:30am-12:30pm
- FC, Thu, Aug 24, 6-7pm

Take a tour of our Family Center and learn about our many classes, groups and services for children and adults. Registration is required. Can't make a scheduled orientation? Call us at 703.206.5433 to arrange a personal session.

Good Grief

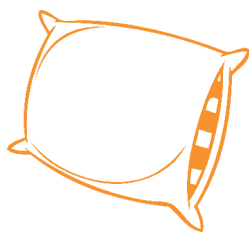
- FC, Tuesday, Sept-Oct, 7:15-9pm

This eight-week series provides an opportunity to join with others who have experienced the loss of a loved one with cancer. 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. Check the online calendar for dates and registration.

Need Sleep?

- FC, Mon, Aug 21, 10:30am-12pm

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Learn evidence based tools for getting back to sleep. Registration is required.



The Role of Anti-Estrogen Therapy in Early Stage Breast Cancer

- FO-LWC, Wed, Aug 2, 5-6pm

Dr. David Heyer will discuss what studies show regarding the effectiveness of Anti-estrogen therapy, benefit versus risks of side effects and what you need to know about healthy living during treatment.

Look Good...Feel Better

- FC, Mon, Aug 21, 5-7pm
- ILH-R, Mon, Aug 21, 12-2pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. Family members/friends may not attend. Co-sponsored with ACS, NCA and PCPC. Registration is required. To register call 1-800-227-2345 to register for LGFB or go to lookgoodfeelbetter.org.

Breast Surgery Pre-Op Class

- FC, Mon, Aug 7, 5-6:30pm
- FC, Mon, Aug 21, 10-11:30am
- FC, Thu, Aug 17 & 31, 12:30-2pm
- FO-LWC, Wed, Aug 9 & 23, 12:30-2pm
- IAH-LWC, Mon, Aug 7, 12:30-2pm
- IAH-LWC, Tue, Aug 15, 12:30-2pm

A nurse navigator will explain what you need to know before, during and after mastectomy surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Registration is required (family member/friend may attend without registration).

Breast Surgery Pre-Op Class

- ILH-PER, Tue, Aug 1, 4-5:45pm
- ILH-PER, Thu, Aug 24, 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 (family member/friend may attend without registration).



LOCATION KEY

- 44084 RP: 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 www.lifewithcancer.org
- FO-C: 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-AUD: Inova Alexandria Hospital Auditorium, 4320 Seminary Road, Alexandria, VA 22304
- IAH-CCW: Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA 22304
- IAH-LWC: Inova Alexandria Hospital, Life with Cancer Office, Suite 1.NE.5.4, 4320 Seminary Road, 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, Suite 100, Leesburg, VA 20176
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165

Chemotherapy Class

- IAH-LWC, Tue, Aug 22, 10-11:30am

An oncology nurse navigator will explain what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects, and resources available during treatment and into survivorship. Registration is required.

Chemotherapy for Breast Cancer

- FC, Mon, Aug 14, 5-6:30pm
- FC, Fri, Aug 25, 10-11:30am

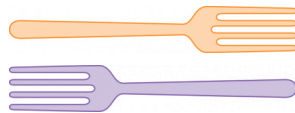
An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer, how to prepare for your appointment, an overview on nutrition and exercise, managing side effects and available online resources. Registration is required.

NUTRITION

Fighting Cancer with a Fork

- IAH-CCW, Wed, Aug 9, 1-2pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register with Deb Rowland, RD, 703-504-7923.



Myths and Facts about Cancer and Nutrition

- FC, Thurs, Aug 17, 10-11:30am

Carrie Friedman, RN, OCN and Gale Towery, RN, BSN, OCN, CBON will address the common misconceptions about nutrition and cancer. Please register.

Weight Management During and After Cancer Treatment

- FC, Thu, Aug 10, 10:30am-12pm

This class will discuss challenges with weight management during and after cancer diagnosis and treatment- as well as strategies to help achieve and maintain a healthy weight.

FITNESS

Chair-Based Exercise

- FC, Mon, Aug 7 & 14, 2-2:45pm
- FC, Wed, Aug 2-16, 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.

Circuit Training

- 44084 RP, Thu, Aug 3-17, 9-10am
- 44084 RP, Mon, Aug 7 & 14, 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). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Cross-Train Challenge

- FC, Wed, Aug 2-16, 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 Fitness

- FO-LWC, Mon, Aug 7 & 14, 10-11am

Appropriate for all fitness levels. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. If attending for the first time in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Joyful Belly Dance

- FC, Wed, Aug 2, 10:30-11:30am

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. Aid digestion, strengthen the core, add flexibility, a tune your natural alignment, improve memory and so much more! Belly dance is an amazing workout, a tone of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Instructor: Jeneen Piccurio

Registration is required for all groups and programs

Keeping Fit

● FC, Mon, Aug 7 & 14, 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. If this is your first time attending in 2017, bring Physical Participation waiver to first class (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.



PIYO

● FO-LWC, Wed, Aug 2-16, 7-8pm

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. Registration is required.

Strengthen with Barre and Pilates

● FO-LWC, Thu, Aug 3-17, 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. Registration is required.

Tai Chi

● FC, Tue, Aug 1, 5:30-6:30pm

Class continues for those already registered.

Total Body Conditioning

● 44084 RP, Mon, Aug 7 & 14, 10:15-11:15am

● 44084 RP, Thu, Aug 3-17, 10:15-11:15am

Appropriate for all fitness levels. An energetic workout that combines cardio, strengthening, balance and core in one 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). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Zumba

● FC, Tue, Aug 1-15, 7-8pm

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. If this is your first time attending in 2017, bring Physical Participation waiver to first class (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Registration is required.

Zumba Gold

● 44084 RP, Fri, Aug 11, 10:30-11am

Appropriate for all fitness levels, Zumba Gold is a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Registration is required.

YOGA

Evening Gentle Yoga

● FC, Mon, Aug 7 & 21, 7-8:30pm

● 44084 RP, Mon, Aug 7 & 14, 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. Registration is required.

Gentle Yoga

● FC, Thu, Aug 3-17, 1-2pm

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. Registration is required.



Restorative Yoga

● FC, Fri, Aug 11 & 18, 10:15-11:45am

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, breath work and guided meditation deepen your practice. Please bring a blanket. Registration is required.

Yoga for Strength and Flexibility

● 44084 RP, Tue, Aug 1-15, 6-7:30pm

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. Registration is required.

Therapeutic Gentle Yoga

● IAH-HEC 1, 2, Monday, August 7, 14 and 21, 4-5:30pm

Appropriate for all fitness levels and tailored to meet the needs of the individual. This very gentle practice of yoga is perfect for those individuals who are just starting a yoga practice. Classes may include yoga postures, breathing exercises, meditations and visualizations to encourage healing, strength and inner peace. Nourish your mind, body and spirit. 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.

Yoga Therapy by Appointment

Dawn Curtis, a certified Yoga Therapist, is available for 1:1 Yoga Therapy Sessions. To schedule an appointment, contact her at: yoginidawn@yahoo.com. Cost is \$50 for a 60 minute 1:1 session. Preferred payment is by cash or check payable to Dawn Curtis. Credit cards accepted.

STRESS MANAGEMENT

Art Therapy for Long-Term Survivors

● FC, Fri, Aug 18, 1-3:30pm

Note: Registration for this group begins on the first business day of the month. 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. Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. Registration is required. Once registered please call to cancel if you cannot attend so someone else may attend. Jean McCaw, ATR-BC, LCPAT.

Registration is required for all groups and programs

Healing Through Art Therapy

● FO-LWC, Mon, Aug 28, 1-3:30pm

● FC, Thu, Aug 17, 1-3:30pm

Registration opens 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. Please note, # 3580, is across from the hospital. There is free valet parking. Once registered please call 703.698.2526 to cancel if you cannot attend.



Healing Touch

● 44084 RP, Mon, Aug 14, 6-7pm

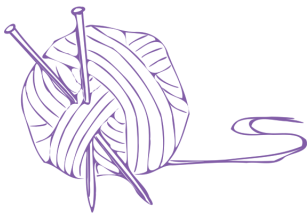
IAH- CALL 703.504.3019 for appointment. Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Knitting and Crocheting Circle

● FC, Tue, Aug 1, 7-8:30pm

● FC, Fri, Aug 18, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided.



Registration is required for all groups and programs

Laughter Yoga

● FC, Thu, Aug 17, 2-3pm

Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity, reduced stress and an enhanced feeling of wellbeing. In Laughter Yoga you don't have to have a sense of humor; you don't have to be witty. No need to get on the floor; laughter yoga can be done seated in a chair. Registration is required.

Meditation and Guided Imagery

● FC, Thu, Aug 3 & 10, 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. Separate registration is required for each class.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● FC, Thu, Aug 3-24, 6-7:30pm

This is a six-week series during which you will 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 the course overview meeting July 6, 6-7 PM; purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; commitment to assigned reading and 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 Maintenance or Recently Completed Treatment

● FC, Tue, Aug 1-15, 1-2:30pm

See description, above. Requirements for registration: Attendance at Course Overview Meeting on June 27, 1-2pm; 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.

Drop-In Group: Mindfulness-Based Cancer Recovery

● FC, Tue, Aug 1, 11am-12pm

This drop in group is for those that completed the 6-session Mindfulness-Based Cancer Recovery Program. 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. Registration is required by the Friday prior to group.

Reiki for Relaxation

● FC, Mon, Aug 14, 6-7pm and 7-8pm

● 44084 RP, Thu, Aug 24, 6:45-8pm

Registration opens on the first business day of each month. 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 is required. Once registered please call if you need to cancel so that someone else may attend. If two appointments are missed without prior notice we may need to refer you to Reiki practitioners in the community.

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Aug 17, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Registration is required.

SUPPORT & NETWORKING

Book Group: How to Climb the Eiffel Tower by Elizabeth Hein

● ILH-R, Wed, Aug 30, 6:30-8pm

Join us as we discuss this fictional account of a woman's journey through a year of cancer treatment in which she learns how to live and how to be powerful even in the face of death. With the support of her new friends, she gains the courage to love and embrace life. Registration is required.



Book Group

● FC, Thu, Aug 10 & 24, 1-2:30pm

We'll complete our discussion of, "How I Let Go of Control, Held on to Hope, and Found Joy in My Darkest Hour", by Amy Robach. Registration is required.

Book Group: The Emperor of All Maladies by Siddhartha Mukherjee

● FO-LWC, Wed, Sept 27, 6-7:30

Start reading now! This Pulitzer Prize winning “biography” of cancer is riveting, urgent, and surprising. It provides a fascinating glimpse into the future of cancer treatments and is an illuminating book that provides hope and clarity to those seeking to demystify cancer.

Brain Tumor Group

● FC, Tue, Aug 8, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Registration is required.

Breast Cancer Group

● FC, Wed, Aug 2, 6:45-8pm

● ILH-R, Mon, Aug 28, 6-7:30pm

● FO-RO, Wed, Aug 9, 5:30-7pm

This group is for women diagnosed with stage 0-3 breast cancer, no more than 2 years out of active treatment (see Women’s Survivorship Group for those 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. 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

● IAH-CCW, Tue, Aug 8, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis

up to one year completion 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.



Young Women with Breast Cancer

● FC, Tue, Aug 15, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to one year completion 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.

Carcinoid Cancer Group

● FC, Sat, Aug 12, 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

● FC, Mon, Aug 14, 7-8:30pm

● FO-C, Wed, Aug 9, 5:30-7pm

● ILH-R, Mon, Aug 14, 6:30-8pm

Meet for ongoing support in dealing with

the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Registration is required by Friday.

Coalesce: An Advanced Breast Cancer Group

● FC, Fri, Aug 4-25, 00pm

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, Aug 8 & 22, 10:30am-12pm

See description, above. Registration is required.

Colorectal Cancer Connect Group

● FC, Tue, Aug 15, 6-7:30pm

● ILH-R, Wed, Aug 9, 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.

GYN Cancers Group

● FC, Wed, Aug 23, 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.

Registration is required for all groups and programs

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*

Head and Neck Cancers Group

● FC, Wed, Aug 9, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Registration is required.

Leukemia and Lymphoma Group

● FC, Mon, Aug 21, 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 by close of business Friday prior to the meeting.

Living with Advanced Disease

● FO-LWC, Thu, Aug 10, 1-2:30pm

Note: Just one meeting in August. 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, Aug 2, 6:30-8pm

This month there will be a discussion on nutrition and myths associated with certain foods and diets. 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-Guest Speaker

● FC, Tue, Aug 15, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. A special guest speaker will discuss new data on maintenance use of Revlimid and understanding oral treatment options. Co-sponsored with Leukemia & Lymphoma Society. Lunch provided. Registration is required.

Spirituality Quest

● FC, Tue, Aug 8, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. This month, share with the group, "What Small Thing(s) Hold Special Meaning for You?" Bring in items (anything) that is symbolic to you. Please register by the preceding day.



Us Too Prostate Cancer Support Group

● LCSC, Tue, Aug 8, 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-AUD, Mon, Aug 21, 6-7:30pm

This monthly group includes a 30-40 minute presentation by a physician or other health professional on an area relevant to prostate cancer, followed by an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! For information contact David McGinness, LCSW, OSW-C, 703-504-3083 or david.mcginness@inova.org.

Us Too, Prostate Cancer Support Group

● FC, No meeting in August

Women's Survivorship Group

● ILH-R, Thu, Aug 10, 6:30-8pm

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. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and other modalities. Registration is required.

Woman's Survivorship Group 3+

● FC, Tue, Aug 8, 5-6:30pm

This group is for women who completed treatment more than 3 years ago. Many women who have completed treatment find that they can experience challenges well into survivorship. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Facilitated by oncology therapist, Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

Registration is required for all groups and programs

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)**.

Women's Breast or Gynecological Cancer Survivorship Group <3

● FC, Wed, Aug 16, 5:30-7pm

This group is for women in maintenance therapy or those who have completed treatment within the last 3 years. 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, Rebecca DiPatri, RN, BSN, OCN, 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.

Young Adult Group

● FC, Thu, Aug 24, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Tue, Aug 8, 5:30-7pm

Explore your creative side using a variety of techniques and materials. Artistic ability is NOT necessary - just a willingness to have some fun and make art with other teens who are also impacted by cancer. To register contact Sarah.Schmidt@inova.org or call 703.776-2403.

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.

Sign up for Life with Cancer Updates

You will receive timely information on

- Program Highlights
- Fundraisers
- Weather Closings

It's Easy!

1. Go to www.lifewithcancer.org
2. Scroll down to the bottom of the page and look for the Subscribe for Updates box.
3. Type your email in the Email window and click Submit.



Oncology Massage and Body Work

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

Life with Cancer Studio
44084 Riverside Pkwy, LL, Suite 400
Leesburg, VA 20176

- \$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 call us at 703.698.2526.
- Arrive 15 minutes early for your first appointment 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.

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<p>1</p> <p>11am Mindfulness-Based Drop-In Group (FC) 1pm Mindfulness-Based Cancer Recovery for Patients (FC) 4pm Breast Surgery Pre-Op (ILH-PER) 5:30pm Tai Chi (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba (FC)</p>	<p>2</p> <p>10:30am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm The Role of Anti-Estrogen Therapy (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm PIYO (FO-LWC)</p>	<p>3</p> <p>9am Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Mindfulness-Based Recovery, Patients/Caregivers (FC)</p>	<p>4</p> <p>Coalesce (FC)</p> <p>5</p> <p>6</p>
<p>7</p> <p>9am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 12:30pm Breast Surgery Pre-Op (IAH-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Therapeutic Yoga (IAH-HEC 1, 2) 5pm Breast Surgery Pre-Op Class (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>8</p> <p>10:30am Spirituality Quest (FC) 10:30am Coalesce II (FC) 1pm Mindfulness-Based Cancer Recovery for Patients (FC) 5pm Woman's Survivorship Group 3+ (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Us Too Prostate Cancer Group (LCSC) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 5:30pm Art Therapy Group for Teens (FC) 7pm Zumba (FC)</p>	<p>9</p> <p>12:30pm Breast Surgery Pre-Op Class (FO-LWC) 1pm Fighting Cancer with a Fork-IAH (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Breast Cancer Group (FO-RO) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Caregiver Connection (FO-C) 6pm Colorectal Cancer Connect Group (ILH-R) 7pm PIYO (FO-LWC)</p>	<p>10</p> <p>9am Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 10:30am Weight Management During/After Treatment (FC) 11:30am Strengthen with Barre and Pilates (FO-LWC) 11:30am Orientation (FC) 1pm Gentle Yoga (FC) 1pm Summer Book Group: How I Let Go (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6pm Mindfulness-Based Recovery, Patients/Caregivers (FC) 6:30pm Women's Survivorship Group (ILH-R)</p>	<p>11</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Art Therapy for Long-Term Survivors (FC)</p> <p>12</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>13</p>
<p>14</p> <p>9am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Therapeutic Yoga (IAH-HEC 1, 2) 5pm Chemotherapy for Breast Cancer (FC) 6pm Reiki for Relaxation (FC) 6pm Healing Touch (44084 RP) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga (44084 RP)</p>	<p>15</p> <p>11:45am Multiple Myeloma (FC) 12:30pm Breast Surgery Pre-Op (IAH-LWC) 1pm Mindfulness-Based Cancer Recovery for Patients (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Colorectal Cancer Connect Group (FC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC)</p>	<p>16</p> <p>2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Women's Breast or Gynecological (FC) 7pm PIYO (FO-LWC)</p>	<p>17</p> <p>9am Circuit Training (44084 RP) 10am Myths and Facts (FC) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 12:30pm Breast Surgery Pre-Op Class (FC) 1pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Laughter Yoga (FC) 2:30pm Writing Your Life Stories Drop-In Group (FC) 6pm Mindfulness-Based Recovery, Patients/Caregivers (FC)</p>	<p>18</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 1pm Knitting and Crocheting Circle (FC)</p> <p>19</p> <p>20</p>
<p>21</p> <p>10am Breast Surgery Pre-Op Class (FC) 10:30am Need Sleep? (FC) 12pm Look Good...Feel Better (ILH-R) 1pm Leukemia and Lymphoma Group (FC) 4pm Therapeutic Yoga (IAH-HEC 1, 2) 5pm Look Good...Feel Better (FC) 6pm Us Too, Prostate Cancer Support Group (IAH-AUD) 7pm Evening Gentle Yoga (FC)</p>	<p>22</p> <p>10am Chemotherapy Class (IAH-LWC) 10:30am Coalesce II (FC)</p>	<p>23</p> <p>12:30pm Breast Surgery Pre-Op Class (FO-LWC) 5:30pm GYN Cancers Group (FC)</p>	<p>24</p> <p>12pm Breast Surgery Pre-Op (ILH-PER) 1pm Summer Book Group: How I Let Go (FC) 6pm Orientation (FC) 6pm Mindfulness-Based Cancer Recovery, Patients and Caregivers (FC) 6:45pm Reiki for Relaxation at Loudoun (44084 RP) 7:30pm Young Adult Group (FC)</p>	<p>25</p> <p>Coalesce (FC) 10am Chemotherapy for Breast Cancer (FC)</p> <p>26</p> <p>27</p>
<p>28</p> <p>1pm Healing Through Art Therapy (FO-LWC) 6pm Breast Cancer Group (ILH-R)</p>	<p>29</p> <p>Have a great Tuesday</p>	<p>30</p> <p>6:30pm Book Group: How to Climb (ILH-R)</p>	<p>31</p> <p>12:30pm Breast Surgery Pre-Op Class (FC)</p>	