



Life with Cancer®

SEPTEMBER 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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INOVA®

Schar Cancer Institute

INFORMATION & EDUCATION

Orientation to Life with Cancer

- FC, Thu, Sep 14, 11:30am-12:30pm
- FC, Thu, Sep 28, 6-7pm

Take a tour of our Family Center and learn about our many programs, 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.

Ask the Expert: How Palliative Care Can Help You

- FC, Thu, Sep 21, 6:30-8pm

When facing a serious illness, we need relief from symptoms, a better understanding of our condition and choices for care. We need to improve our ability to tolerate medical treatments. And, we and our family need to be able to carry on with everyday life. This is what palliative care can do. Special guest speaker Jean-Paul Pinzon, MD, Inova Palliative Care will provide information on how palliative care can benefit patients who are newly diagnosed, in active treatment, or survivorship.

Strategies for Improving Brain Fog

- FC, Thu, Sep 7-28, 10am-11:30pm

Understand the cognitive consequences of cancer treatment, the impact of co-existing factors and learn strategies to mitigate the impact that can accompany cognitive decline. Attendance at all four sessions is expected. Registration is required.

Look Good...Feel Better

- FC, Mon, Sep 18, 5-7pm
- FO-LWC, Tue, Sep 12, 11am-1pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National

Cosmetology Association and Personal Care Products Council. Registration is required through lookgoodfeelbetter.org, or call 1-800-227-2345.

Diet, Exercise and A Healthy You

- FC, Tue, Sep 12, 10:30-11:30am

Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and Fitness Expert, Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Registration is required.



Fighting Cancer with a Fork

- IAH-CCW, Wed, Sep 13, 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.

Breast Cancer and Nutrition

- FC, Wed, Sep 6, 5-6pm

Mary Wilkinson, MD will provide an update from the American Institution for Cancer Research. Registration is required.

Endocrine/Anti-Estrogen Therapy and Breast Cancer: Managing Side Effects

- FO-LWC, Wed, Sep 20, 4:30-6pm

Maureen Broderick, LCSW, and Gale Towery, RN, BSN, OCN, CBCN will discuss managing side effects of endocrine/anti-estrogen therapy, including hot flashes, sleep disruption and sexual side effects.

LOCATION KEY

- **44084 RP:** 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- **AFC:** Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- **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-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, 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 for Breast Cancer: What You Need to Know

- FC, Fri, Sep 11, 5-6:30pm
- FC, Fri, Sep 22, 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.

Breast Surgery Pre-Op Class

- FC, Mon, Sep 18, 5-6:30pm, 10-11:30am
- FC, Thu, Sep 14 & 28, 12:30-2pm
- FO-LWC, Wed, Sep 13 & 27, 12:30-2pm
- IAH-LWC, Tue, Sep 19, 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, Sep 5, 4-5:45pm
- ILH-PER, Thu, Sep 28, 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 without registration. Registration is required; no exceptions.

Chemotherapy Class

- IAH-LWC, Tue, Sep 26, 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 for all groups and programs

HEALTHY LIVING

YOGA

Yoga Dance with Live Drumming

- FC, Sat, Sep 23, 11am-1pm

Join us for a fun, expressive way to move your body to the tribal-like rhythms of the drums. Yoga therapist Megan Elliott, in collaboration with Jennifer Brothers, MSW, guides you through this exploratory journey of dancing and drumming your spirit. Together we flow, bounce, shimmy and pulse with earth, water and sky and allow the connection to music to ground, soothe, invigorate and inspire the whole being. Comfortable clothing and a willingness to be together in community is all that is required.

Yoga for Breast Cancer

- FC, Wed, Sep 6-20, 5:30-6:30pm

No class Sept 27. 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.

Evening Gentle Yoga

- FC, Mon, Sep 18 & 25, 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.

Evening Gentle Yoga

- 44084 RP, Mon, Sep 11-Oct 30, 7-8:30pm

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. Registration is required.

Gentle Yoga

- FC, Thu, Sep 14-Nov 16, 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, Sep 15-Nov 17, 10:15-11:45am

No Class September 29. 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.

Restorative Yoga

● 44084 RP, Fri, Sep 9-Oct 27, 12:00-1:30

This class uses bolsters, blocks and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditations deepen your practice. Please bring a blanket.

Therapeutic Gentle Yoga

● IAH-HEC 1&2, Mon, Sep 11, 4-5:30pm

Note: No class Sept 4. Appropriate for all fitness levels. This very gentle practice of yoga is perfect for those individuals who are just starting a yoga practice. You will nourish your mind, body and spirit. The classes are tailored to meet the needs of the individual. Classes may include yoga postures, breathing exercises, meditations and visualizations to encourage healing, strength and inner peace. Registration is required.

Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Sep 15-Nov 3, 1-2:30pm

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

If this is your first time attending any Healthy Living class in 2017, bring Physical Participation waiver to first class. You can find this form on www.lifewithcancer.org; look for the Class Forms page under the Class Registration tab.

Yoga for Strength and Flexibility

● 44084 RP, Tue, Sep 5-Oct 24, 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.

EXERCISE

Barre Tone

● FC, Thu, Sep 7-Oct 26, 6:30-7:30pm

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. Registration is required.

Building Strength while in Treatment

● FO-LWC, Tue, Sep 12-Oct 31, 1:30-2:30pm

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

Chair-Based Exercise

● FC, Mon, Sep 18-Nov 13, 2-2:45pm

● FC, Wed, Sep 20-Nov 15, 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. Separate registration is required for Monday and Wednesday class.

Circuit Training

● 44084 RP, Mon, Sep 11-Oct 30, 9:15-10:15am

● 44084 RP, Thu, Sep 14-Nov 2, 9:15-10:15am

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

Cross-Train Challenge

● FC, Wed, Sep 20-Nov 15, 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, Sep 11-Oct 30, 10-11am

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

Keeping Fit

● FC, Mon, Sep 18-Nov 13, 3-4pm

Appropriate for all fitness levels. If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! You must be able to get up and down from the floor. Registration is required.

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.

Registration is required for all groups and programs

Qigong Workshop

● FC, Mon, Sep 11, 2-4pm

Introduction to Qigong - an ancient Chinese practice combining movement, breath and focused intention. Often referred to as moving meditation, qigong practices are designed to enhance and balance our qi (vital energy), with the goal of attaining better physical, mental and emotional health and well-being. This workshop will focus on easy-to-learn and remember qigong forms to help reduce stress, increase vitality, and bring balance to our lives as we navigate our way in this wacky wonderful world. The class is suitable for beginners through advanced practitioners. 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.

Move Your Body

● FO-LWC, Wed, Sep 13-Nov 1, 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. Registration is required.

PiYo

● FO-LWC, Wed, Sep 6-Oct 25, 7-8pm

No class September 13. 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.

Strength with Barre and Pilates

● FO-LWC, Thu, Sep 14-Nov 9, 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.

Strength, Balance, Stretch

● 44084 RP, Tue, Sep 12-Oct 31, 10:30-11:30am

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. Registration is required.

Tai Chi

● FC, Thu, Sep 12-Oct 31, 10:30am-12pm

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 class will teach basic movements. Registration is required.

Total Body Conditioning

● 44084 RP, Mon, Sep 11-Oct 30, 10:30-11:30am

● 44084 RP, Thu, Sep 14-Nov 2, 10:30-11:30am

Appropriate for intermediate fitness levels. An energetic workout combining cardio, strengthening, balance and core in one workout. Separate registration is required for Monday and Thursday classes.

Zumba

● FC, Tue, Sept 5-26, 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. Registration is required.

Zumba Gold

● 44084 RP, Fri, Sep 8-Oct 27, 10:30-11:30am

Appropriate for all fitness levels, Zumba Gold is a modified Zumba® class that recreates the original moves we love 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.

PROGRAMAS EN ESPAÑOL

Latinos Unidos

● AFC, miércoles, 13 de septiembre, 6:30-8pm

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Llamar a David McGinness al 703-698-2529 para mas informacion.

Luzca Bien...Sientase Major

● FC, miércoles, 27 de septiembre, 6-7pm

Programa de belleza gratuito para mujeres en tratamiento de quimioterapia y/o

radioterapia. Una cosmetóloga les enseñará técnicas de maquillaje, cuidado de la piel, uso de pelucas y pañuelos, etc. Venga a fortalecer su espíritu y confianza en sí misma. Recibirás cosméticos personalizados. REGISTRACIÓN ES MANDATARIA. Llame al 1-800-227-2345 para registrarse.

STRESS MANAGEMENT

Healing through Art Therapy

● FO-LWC, Mon, Sep 25, 1-3:30pm

● FC, Thu, Sep 21, 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: the Fair Oaks location 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, Sep 11, 6-7pm

● IAH-LWC, Call 703-504-3019 to schedule

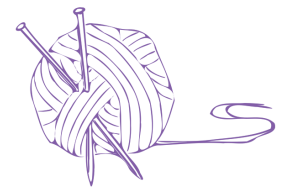
Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space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

Knitting and Crocheting Circle

● FC, Tue, Sep 5, 7-8:30pm

● FC, Fri, Sep 15, 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.



Registration is required for all groups and programs

Meditation and Guided Imagery

● FC, Thu, Sep 14-Oct 19, 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. Registration is required.

Mind Over Matter

● FC, Wed, Sep 20-Oct 18, 1-2:30pm

This 5-session, weekly, skill-based program teaches evidence-based tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Using cognitive, behavioral and relaxation strategies, each of these professionally facilitated sessions build on the previous one. Attendance at all sessions is required. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning. Space is limited and registration is required.

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Sep 5, 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. Registration is required by the Friday prior to group.

Reiki for Relaxation

● FO-LWC, Tue, Sep 12, 6-7pm and 7-8pm

● FC, Mon, Sep 11, 6-7pm and 7-8pm

● FC, Wed, Sep 27, 6-7pm and 7-8pm

● 44084 RP, Thu, Sep 28, 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 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, Sept 7, 14, 21 and 28, 2:30-4pm

This 4 week series will give you an opportunity to capture some of your favorite

memories in writing, which you may want to share later with your loved ones. Writing experience is not necessary and all writing levels are welcome. Lynn Magrum, MSN, CANP, ACON will provide prompts and guidance to help make the experience easy and fun as well as meaningful. Attendance at all four sessions is expected and a total of at least 5 participants are needed to conduct this class. Continue afterwards with the monthly drop-in writing group. Instructor: Lynn Magrum, MSN, CANP, AOCN.



Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Sep 21, 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.

Zentangle

● 44084 RP, Tue, Sep 19, 1:30-3pm

Take a mental vacation from cancer and enjoy the experience of Zentangle. It's an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The experience of doing Zentangle increases focus and creativity, and provides artistic satisfaction along with an increased sense of wellbeing. A new theme is explored in each monthly class. 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 Emperor of All Maladies by Siddhartha Mukherjee

● FO-LWC, Wed, Sep 27, 6-7:30pm

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, Sep 12, 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.

Young Women with Breast Cancer

● FC, Tue, Sep 19, 6:30-8pm

● IAH-CCW, Tue, Sep 12, 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.

Breast Cancer Groups

● FC, Wed, Sep 6, 6:45-8pm

● ILH-R, Mon, Sep 25, 6-7:30pm

● IAH-LWC, Mon, Sep 18, 5:30-7pm

● FO-RO, Wed, Sep 13, 5:30-7pm

These groups are for women diagnosed with stage 0-3 breast cancer and no more than 2 years out of active treatment (see Women's Breast or Gynecological 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

As you think about your charitable donations, please remember that donations can be made to Life with Cancer during the upcoming Fall campaigns.



For donations through the
**Combined Federal Campaign,
and United Way Campaign**
designate the numbers listed below
AND



email sandra.white@inova.org with your name and gift amount.
She will ensure that your gift is designated to Life with Cancer.

**United Way:
designate #8225**

**Combined Federal Campaign:
designate #46283**

others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

Woman's Survivorship: 3+ Years Out

● FC, Tue, Sep 12, 5-6:30pm

This group is for women who completed treatment for any kind of cancer 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. Registration is required.

Breast or Gynecological Cancer Survivorship Group: Less than 3 Years Out

● FC, Wed, Sep 20, 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. 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.

Coalesce II: An Advanced Breast Cancer Group

● FC, Tue, Sep 12 & 26, 10:30am-12pm

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

Coalesce: An Advanced Breast Cancer Group

● FC, Fri, Sep 1-29, 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.

Women's Survivorship Group

● ILH-R, Thu, Sep 14, 6:30-8pm

For women in maintenance therapy or completed treatment from any cancer. 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.

Carcinoid Cancer Group

● FC, Sat, Sep 9, 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, Sep 11, 7-8:30pm

● FO-C, Wed, Sep 13, 5:30-7pm

● ILH-R, Mon, Sep 11, 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 48 hours in advance.

Colorectal Cancer Connect Group

● FC, Tue, Sep 19, 6-7:30pm

● ILH-R, Wed, Sep 13, 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.

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)**.

Cutaneous Lymphoma Support Group

● FC, Wed, Sep 6, 7-9pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.cffoundation.org/CLF-DC>

Good Grief

● FC, Tue, Sep 12-Oct 31, 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. Attendance at all 8 sessions is expected. Registration is required.

GYN Cancers Group: 11th Annual Amethyst Jubilee 2017

● FC, Wed, Sep 27, 5:30-7:30pm

Celebrate the 11th Annual Amethyst Jubilee in Honor of Women with Gynecological Cancer. Join us for dinner and a chance to socialize. Advanced registration required before Monday, September 25.

Head and Neck Cancers Group

● FC, Wed, Sep 13, 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, Sep 19-Oct 24, 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. *(Note: this group is for men with cancer not caregivers of others with cancer)*

Leukemia and Lymphoma Support Group

● FC, Mon, Sep 18, 11am-12:30pm

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, Sep 14 & 28, 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, Sep 6, 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 Meeting: Dipti Patel-Donnelly, MD

● FC, Tue, Sep 19, 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. Special guest speaker Dipti Patel-Donnelly, MD, Virginia Cancer Specialists will discuss Hot Topics in Multiple Myeloma. Light lunch. Registration is required.

Us Too Prostate Cancer Support Group

● LCSC, Tue, Sep 12, 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: Sexuality and Prostate Cancer

● FC, Tue, Sep 12, 7:30-9pm

Dr. Sage Bolte, PhD, LCSW, OSW-C, Executive Director, Life with Cancer is known nationally and internationally for her work in sexual health and cancer. Join us for an informative presentation and discussion.

Young Adult Group

● FC, Thu, Sep 28, 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. Registration is required.

Registration is required for all groups and programs

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.

Art Therapy Group for Teens in Treatment

● FC, Tue, Sep 12, 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.

Curious About Cancer

● FC, Wed, Sep 20-Oct 25, 6-7pm

This 6 week group is for children 5-12 who have a sibling or adult family member with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur when someone in the family has cancer. 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.

Pediatric Oncology Parent Night

● FC, Tue, Sep 26, 6-8:30pm

"Managing Educational Disruptions During Cancer Treatment." Children with cancer often experience disruptions in their education due to hospitalizations and side effects. We will give you tools for your tool box to help with homebound issues and managing the challenges of returning to school. Dinner and children's activity group included. RSVP to Cathy Bottrell, LCSW at 703.531-1515 or cathy.bottrell@inova.org.

Surviving Cancer Competently Intervention Program for caregivers of children newly diagnosed with Cancer [SCCIP-ND]

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

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.

SEPTEMBER 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI/SAT/SUN |
|--|--|--|--|--|
| | | | | 1 Coalesce (FC) |
| | | | | 2 |
| | | | | 3 |
| 4 Happy Labor Day! | 5 11am Mindfulness-Based...Drop In (FC) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Yoga for Strength and Flexibility (44084 RP) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba (FC) | 6 5pm Breast Cancer and Nutrition (FC) 5:30pm Yoga for Breast Cancer (FC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm PiYo (FO-LWC) 7pm Cutaneous Lymphoma Support Group (FC) | 7 10am Strategies for Improving Brain Fog (FC) 2:30pm Writing Your Life Stories (FC) 6:30pm Barre Tone (FC) | 8 Coalesce (FC) 10:30am Zumba Gold (44084 RP) 12:30pm Restorative Yoga (44084 RP) |
| | | | | 9 10am Carcinoid Cancer (FC) 12pm Restorative Yoga (44084 RP) |
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| 11 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 2pm Qigong Workshop (FC) 4pm Therapeutic Gentle 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 Caregiver Connection (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC) | 12 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Diet, Exercise and A Healthy You (FC) 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 11am Look Good...Feel Better (FO-LWC) 1:30pm Building Strength while in Treatment (FO-LWC) 5pm Woman's Survivorship 3+ (FC) 5:30pm Art Therapy for Teens in Treatment (FC) 6pm Reiki for Relaxation (FO-LWC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Support Group (LLSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Reiki for Relaxation (FO-LWC) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Us Too, Prostate Cancer Group (FC) | 13 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 3pm Move Your Body (FO-LWC) 5:30pm Head and Neck Cancers (FC) 5:30pm Breast Cancer (FO-RO) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-C) 6pm Colorectal Cancer Connect Group (ILH-R) 6:30pm Latinos Unidos (AFC) | 14 9:15am Circuit Training (44084 RP) 10am Strategies for Improving Brain Fog (FC) 10:30am Total Body Conditioning (44084 RP) 11:30am Strength with Barre and Pilates (FO-LWC) 11:30am Orientation (FC) 12:30pm Breast Surgery Pre-Op (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Barre Tone (FC) | 15 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 1pm Knitting and Crocheting Circle (FC) |
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| | | | | 17 |
| 18 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op (FC) 10:30am Total Body Conditioning (44084 RP) 11am Leukemia and Lymphoma Group (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP) | 19 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 11:45am Multiple Myeloma (FC) 12:30pm Breast Surgery Pre-Op (IAH-LWC) 1:30pm Building Strength (FO-LWC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Colorectal Cancer Group (FC) 6:30pm Just for the Guys (FC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC) | 20 1pm Mind Over Matter (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 4:30pm Endocrine/Anti-Estrogen: Managing Side Effects (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Breast or Gynecological Cancer Survivorship (FC) 6pm Curious About Cancer (FC) 7pm PiYo (FO-LWC) | 21 9:15am Circuit Training (44084 RP) 10am Strategies for Improving Brain Fog (FC) 10:30am Total Body Conditioning (44084 RP) 11:30am Strength with Barre and Pilates (FO-LWC) 1pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC) 6:30pm Barre Tone (FC) 6:30pm How Palliative Care Can Help You (FC) | 22 Coalesce (FC) 10am Chemotherapy for Breast Cancer (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) |
| | | | | 23 11am Yoga Dance with Live Drumming (FC) |
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| 25 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 1pm Healing Through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 6pm Breast Cancer Group (ILH-R) 7pm Evening Gentle Yoga (44084 RP) | 26 10am Chemotherapy (IAH-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 1:30pm Building Strength while in Treatment (FO-LWC) 6pm Pediatric Oncology Parent Night (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Just for the Guys (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC) | 27 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Mind Over Matter (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5:30pm 11th Annual Amethyst Jubilee (FC) 6pm Lucca Bien...Siéntase Mejor (FC) 6pm Curious About Cancer (FC) 6pm Reiki for Relaxation (FC) 6pm Book Group (FO-LWC) 7pm Reiki for Relaxation (FC) 7pm PiYo (FO-LWC) | 28 9:15am Circuit Training (44084 RP) 10am Strategies for Improving Brain Fog (FC) 10:30am Total Body Conditioning (44084 RP) 11:30am Strength with Barre and Pilates (FO-LWC) 12pm Breast Surgery Pre-Op (ILH-PER) 12:30pm Breast Surgery Pre-Op (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC) 6pm Orientation (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult (FC) | 29 Coalesce (FC) 10:30am Zumba Gold (44084 RP) 12am Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) |
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