



Life with Cancer®

OCTOBER 2017

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

lifewithcancerdf@inova.org

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).

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
- Burke
- Loudoun
- Alexandria, Mt. Vernon, Arlington



INFORMATION & EDUCATION

Orientation

- FC, Thu, Oct 12, 11:30am-12:30pm
- FC, Thu, Oct 26, 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.

Tools for Couples

- FC, Wed, Oct 11-Nov 1, 6:30-8pm

During this four-week series, you can meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Class size is limited. Please plan on attending all four sessions. Facilitators: Micheline Toussaint, MSW, LCSW, RYT, and Drucilla Brethwaite, MSW, LCSW, OSW-C. For more information contact Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

Therapeutic Journaling

- FC, Thu, Oct 19, 6:30-8:30pm

Therapeutic Journaling can Impact your Brain for Greater Well-being during the Cancer Experience and Survivorship In this two hour workshop Deborah Ross, LPC, CJT, experienced licensed psycho-therapist and co-author of "Your Brain on Ink, Neuroplasticity and The Journal Ladder," will provide experiential opportunities for skill building. Class size is limited. Writing materials will be available, however if you have a special journal, or writing instrument, please bring it with you.

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Survivorship Nutrition/Cooking Demo

- FC, Tue, Oct 31, 10:30am-12:30pm

We'll review the latest evidenced based recommendations for diet and nutrition following cancer treatment, provide ideas and resources on how to adjust your current diet to follow these recommendations, and end with a cooking demo.



Fighting Cancer with a Fork

- IAH-CCW, Wed, Oct 11, 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, Thu, Oct 12, 6-7pm

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

Compassion Cultivation

- FC, Tue, Oct 3-Nov 21, 2:40-4:10PM

Note: Enrollment priority for this class will be given to 1. Those who have completed the Mindfulness-Based Cancer Recovery class and 2. Ability to attend the first class on 10/3. Cancer patients, survivors and their loved ones are invited to learn practices to support one's own health, to increase self-compassion and self-care to reduce stress and anxiety and enhance connections with others. Sam Lolak, MD, psychiatrist/ psycho-oncologist and certified teacher for Compassion Cultivation Training will facilitate this program along with Micheline Toussaint, LCSW, RYT, OSW-C. *Participation requires attendance on 10/3 and regular attendance. Registration is required.*

LOCATION KEY

- 44084 RP: 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- BLP: Burke Lake Park, Burke, VA
- 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
- ISCI: Inova Schar Cancer Institute, 3225 Gallows Road, Fairfax, VA, 22037
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165
- NCC: National Conference Center, 18980 Upper Belmont Place, Leesburg, VA, 20176

Look Good...Feel Better

- FC, Mon, Oct 16, 5-7pm
- IAH-LWC, Tue, Oct 3, 6-8pm
- ILH-R, Mon, Oct 16, 12-2pm

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. Registration is required through lookgood-feelbetter.org, or call 1-800-227-2345.

Chemotherapy Class

- IAH-LWC, Thu, Oct 12 or 24, 10-11:30am
- ILH-PER, Wed, Oct 25, 1-2:30pm

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.

OCTOBER IS BREAST CANCER AWARENESS MONTH

6th Annual Bras for Hope Belle Mode Intimates

Fairfax Corner
Sat, Nov 4, 10am-8pm



Grab your mom, aunt, sister, or a few girlfriends and join us! A portion of the proceeds will be donated to Life with Cancer so it's a perfect time to come out and refresh your bra wardrobe! Check out comfortable, functional, and fashionable post-surgical products from Anita care, Educational info from local breast care practices/healthcare providers, 10% off storewide for shoppers, refreshments & fun times and more!

A Breast Cancer Survivor's Retreat

- NCC, Sat, Oct 28, 11am-2:30pm

Anu Kaur, MS, RDN, will present, "Transforming to Your New Normal: The Power of Self Care." There will be time for massage and make up sessions, bra fittings, wigs, and more. Light lunch. Limited enrollment; advanced registration is required. Sponsored by Life with Cancer and Loudoun Breast Health Network.

Breast Cancer Symposium

- ISCI, Sat, Oct 21, 8:30am-1:30pm

The Inova Schar Cancer Institute is hosting a Breast Cancer Symposium featuring experts in the areas of breast cancer diagnosis and treatment, screening and prevention, genetic testing and management of psychological

issues. The symposium is free of charge. Continental breakfast and Lunch are included. A registration link will soon be posted.

2nd Annual Crop for Hope

Sat, Oct 21, 9pm-midnight
Comfort Suites Inn, Chantilly, VA
Another great way to have fun while raising funds for Life with Cancer. Enjoy breakfast buffet, lunch, dinner, t-shirt, goodie bag, games, prizes and lots of scrap booking! For information and registration contact anzphotomemories@gmail.com.

Pink Ribbon Brunch

- FC, Thu, Oct 26, 11am-1pm

Network with others and hear the latest on breast cancer services. Featured speakers include Drs. Costanza Cocilovo, Mary Wilkinson, and others. Light brunch included. RSVP required by 10/23.

Yoga for Breast Cancer

- FC, Wed, Oct 4, 11 & 18, 5:30-6:30pm

No class October 25. 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.

Breast Surgery Pre-Op Class

- FC, Mon, Oct 16 & 30, 10-11:30am
- FC, Thu, Oct 12, 12:30-2pm
- FO-LWC, Wed, Oct 11 & 25, 12:30-2pm
- IAH-LWC, Mon, Oct 2, 12:30-2pm
- IAH-LWC, Tue, Oct 17, 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, Oct 3, 4-5:45pm
- ILH-PER, Thu, Oct 26, 12-1:45pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Family member may attend without registration. Instructor: Christine Stone RN, MSN, OCN. Registration is required; no exceptions.

Registration is required for all groups and programs

Chemotherapy for Breast Cancer

● FC, Mon, Oct 9, 5-6:30pm

● FC, Fri, Oct 27, 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.

Young Women with Breast Cancer

● IAH-CCW, Tue, Oct 10, 6:30-8pm

● FC, Tue, Oct 17, 6:30-8pm

● FO-RO, Wed, Oct 4, 6-7:30pm

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.

Coalesce: An Advanced Breast Cancer Group

● FC, Fri, Oct 6-27, 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.

Coalesce II: An Advanced Breast Cancer Group

● FC, Tue, Oct 10 & 24, 10:30am-12pm

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

Breast Cancer Group, <2 years post-treatment

● FC, Wed, Oct 4, 6:45-8pm

● FO-RO, Wed, Oct 11, 5:30-7pm

● ILH-R, Mon, Oct 23, 5:30-7pm (New Time)

● IAH-LWC, Mon, Oct 16, 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. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

Breast or Gynecological Cancer Group, <3 years post-treatment

● FC, Wed, Oct 18, 5:30-7pm

This group is for women in maintenance therapy or those who have completed treatment *less than 3 years ago*. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group can 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, Oct 12, 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, >3years post-treatment

● FC, Tue, Oct 10, 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. Registration is required.

Registration is required for all groups and programs

Oncology Massage and Body Work

Life with Cancer Family Center

8411 Pennell Street
Fairfax, VA 22031

- \$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.

Life with Cancer Studio

44084 Riverside Pkwy, LL, Suite 400
Leesburg, VA 20176

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

● FC, Mon, Oct 23, 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.

STRESS MANAGEMENT

Music Therapy

● FO-LWC, Fri, Oct 20-

Nov 3, 10-11:30am

This class will help you navigate the challenges of cancer with musically guided stress management techniques, such as guided meditation, relaxation and affirming imagery. We'll also gather for drum circles to release stress, promote relaxation and generate positive energy. Musical ability is not necessary, just a willingness to appreciate music and engage with others.



Zentangle

● 44084 RP, Tue, Oct 10, 1:30-3pm

Join us for an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Zentangle increases focus and creativity, and an increased sense of wellbeing. A new theme is explored in each monthly class. All supplies are provided; if you have attended in the past, please bring your kit. Registration is required.

Mindfulness & Photography: A Nature Walk at Burke Lane

● BLP, Sun, Oct 22, 9-11:30am

Join us for this special event at Burke Lake, which will utilize photography and mindfulness practices to help calm the central nervous system and cultivate appreciation for the natural beauty all around us. No photography experience needed; please bring a camera or phone with photo capabilities. Registration is required for information on meeting place. **Rain date: Sunday, October 29, 9:00-11:30 am.



Healing through Art Therapy

● FC, Thu, Oct 19, 1-3:30pm

● FO-LWC, Mon, Oct 23, 1-3:30pm

Registration opens on the first of the month. Experience the power of your creativity through art therapy, relaxation and guided imagery. Experience reflection and personal growth while creating with a variety of art media and approaches. Artistic ability is not required. This group is for those currently in treatment, 2 years post-treatment, caregivers and bereaved within 2 years. Registration is required.



Mind Over Matter

● FC, Wed, Oct 4-18, 1-2:30pm

This 5 week, 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. Registration is required.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● FC, Mon, Oct 2-Nov 6, 1-2:30pm

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 September 18 meeting, 1-2pm (for course overview); purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice.** Registration is required and space is limited.

Mindfulness-Based Cancer Recovery

● 44084 RP, Thu, Oct 5-Nov 9, 6-7:30pm

See description, above. **Requirements for registration: Purchase of the book Mindfulness-Based Cancer Recovery, regular attendance, commitment to assigned reading and home-based practice.**

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Oct 3, 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. 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.

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Oct 19, 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.

Healing Touch

● 44084 RP, Mon, Oct 9, 6-7pm

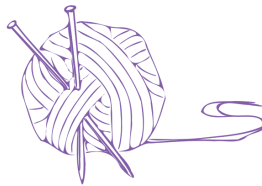
Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space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

Knitting and Crocheting Circle

● FC, Tue, Oct 3, 7-8:30pm

● FC, Fri, Oct 20, 1-2:30pm

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



Laughter Yoga

● FC, Thu, Oct 26, 2-3pm

Laughter Yoga uses “simulated laughter” and yoga-like breathing exercises that can improve oxygen levels, lung capacity, stress reduction and an enhanced feeling of well-being. Laughter yoga can be done seated in a chair. Registration is required.

Meditation and Guided Imagery

● FC, Thu, Oct 5-19, 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. Register separately for each session.

Reiki for Relaxation

● 44084 RP, Thu, Oct 26, 6:45-8pm

● FC, Mon, Oct 9, 6-7pm and 7-8pm

● FC, Wed, Oct 25, 6-7pm and 7-8pm

● FO-LWC, Tue, Oct 17, 6-7pm and 7-8pm

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.

SUPPORT & NETWORKING

Book Group: The Book of Joy: Lasting Happiness in a Changing World

● ILH-ROC, Wed, Oct 25, 6:30-8pm

Nobel Peace Prize Laureates the Dalai Lama and Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships, they are two of the most joyful people on the planet. In this book, they explore the nature of true joy and confront each of the obstacles of Joy, from fear, stress, and anger to grief, illness, and death. They offer eight pillars of joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science, and share their daily joy practices. Registration is required.

Brain Tumor Group

● FC, Wed, Oct 18*, 6-7:30pm

*New meeting day begins this month! 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.

Carcinoid Cancer Group

● FC, Sat, Oct 14, 10am-12pm

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

Registration is required for all groups and programs

Caregiver Connection

- FC, Mon, Oct 9, 7-8:30pm
- FO-C, Wed, Oct 11, 5:30-7pm
- ILH-R, Mon, Oct 9, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Registration is required 48 hours in advance.

Colorectal Cancer Group

- ILH-R, Wed, Oct 11, 6-7:30pm
- FC, Tue, Oct 17, 6-7:30pm

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

Cutaneous Lymphoma Support Group

- FC, Sat, Oct 14, 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. Register at www.clfoundation.org/CLF-DC.

Good Grief

- FC, Tue, Oct 3-Nov 21, 7:15-9pm
- FO-LWC, Mon, Oct 16-Dec 4, 6-8pm

This eight-week series offers an opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years. We'll 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. Advance registration is required and closes after the first meeting.

GYN Cancers Group

- FC, Wed, Oct 25, 5:30-7pm

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

Gynecological or Breast Cancer Group, <3 years post-treatment

- FC, Wed, Oct 18, 5:30-7pm

This group is for women in maintenance therapy or those who have completed treatment within the last 3 years. It can help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Registration is required.

Head and Neck Cancers Group

- FC, Wed, Oct 11, 5:30-7pm

This support group is open to any patient, survivor and loved ones impacted by a diagnosis of head and neck cancer. Join us to learn from and connect with one another while discussing the challenges of diagnosis, treatment and survivorship. Registration is required.

Waldenstrom's Support Group

- FC, Sat, Oct 28, 10:30am-12:30pm

Internationally acclaimed physician/researcher, Mary L. McMaster, Division of Cancer Epidemiology and Genetics at the National Cancer Institute will present new results from her research to understand factors that predispose patients to develop WM. Please join us and register at lukleppinger@outlook.com. Provide names of guests, email address, city/state/zip code.

Just for the Guys

- FC, Tue, Sept 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)

Leukemia and Lymphoma Support Group

- FC, Mon, Oct 16, 10-11:30am-12:30pm

New time! New facilitator (Sarah Brooks, LPC)! This support group is open to patients and caregivers, to enhance coping and adjustment. Each month we will focus on a specific topic in addition to open discussion. Registration is required by previous Friday.

Living with Advanced Disease

- FO-LWC, Thu, Oct 12 & 26, 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. Registration required.

Lung Cancer Group

- FC, Wed, Oct 4, 6:30-8pm

This month will feature a discussion on nutrition and myths associated with certain foods and diets. Registration is required.

Multiple Myeloma

- FC, Tue, Oct 17, 11:45am-1:30pm

This month will feature open discussion for patients and families. Learn about and share the challenges of living with multiple

myeloma. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Spirituality Quest: Walking the Labyrinth

- FC, Tue, Oct 10, 10:30am-12pm

Experienced labyrinth facilitator, Judi Cooper, will provide an overview of the ancient historical and spiritual significance of labyrinths and we'll walk the labyrinth together. Patients, survivors, and caregivers are welcome. Registration is required.

Us Too, Prostate Cancer Support Group

- FC, Tue, Oct 10, 7:30-9pm

"What 'Zero' Does for the Prostate Cancer Community" featuring Shawn Supers, Director, Mid-Atlantic Chapter of Zero-The End of Prostate Cancer.

Us Too, Prostate Cancer Support Group

- IAH-AUD, Thu, Oct 12, 6-7:30pm

This monthly group includes a presentation by a physician or other health professional, followed by an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! Registration is required.

Us Too Prostate Cancer Support Group

- LCSC, Tue, Oct 10, 6-8pm

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

Woman's Survivorship, >3 years post-treatment

- FC, Tue, Oct 10, 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. 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, Oct 12, 6:30-8pm

For women in maintenance therapy or who have completed treatment. See description, above.

Registration is required for all groups and programs

Young Adult Group

● FC, Thu, Oct 26, 7:30-9pm

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

HEALTHY LIVING

FITNESS

If this is your first time attending any fitness class 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. Dress comfortably and bring water and a small towel.

Barre Tone

● FC, Thu, Oct 5-26, 6:30-7:30pm

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. All fitness levels welcome. Registration is required.

Building Strength While in Treatment

● FO-LWC, Tue, Oct 3-31, 1:30-2:30pm

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. All fitness levels welcome. Registration is required.

Chair-Based Exercise

● FC, Mon, Oct 2-Nov 13, 2-2:45pm

● FC, Wed, Oct 4-Nov 15, 2-2:45pm

Designed for people with limited mobility. Increase stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. All fitness levels welcome. Registration is required.

Circuit Training

● 44084 RP, Thu, Oct 5-Nov 2, 9:15-10:15am

● 44084 RP, Mon, Oct 2-30, 9:15-10:15am

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

Cross-Train Challenge

● FC, Wed, Oct 4-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.

EZ Tai Chi

● FC, Tue, Oct 3-24, 1-1:30pm

Using the protocols developed in the "Harvard Medical School Guide to Tai Chi", you will learn 5 basic movements that are easy to learn and can be practiced at home. The Harvard protocol does not feature the fluid flowing movements of Yang Style Tai Chi but provides many of the health benefits and may encourage pursuing further studies of the complete form. Registration is required.



Functional Fitness

● FO-LWC, Mon, Oct 2-30, 10-11am

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

Joyful Belly Dance

● FC, Wed, Oct 4-Nov 15, 11am-12pm

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

Keeping Fit

● FC, Mon, Oct 2-Nov 13, 3-4pm

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.

Men's Fitness Workshop

● FO-LWC, Thu, Oct 19, 5-6pm

Is it time to regain strength, flexibility and balance? This workshop will help you create a program you can easily do on your own.

Equipment is provided. Dress comfortably, bring water and a small towel. Registration is required.

Move Your Body

● FO-LWC, Wed, Oct 4-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 at a moderately intense pace. Registration is required.

PiYo

● FO-LWC, Wed, Oct 4-25, 7-8pm

No class 10/13. 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. All fitness levels welcome. Registration is required.

Qigong Workshop

● FC, Mon, Oct 30-Nov 27*, 12-1pm

*No class 11/20. Qigong is an ancient Chinese practice combining movement, breath and focused intention. Practice easy-to-learn and remember qigong forms to reduce stress, increase vitality, and bring balance to our lives. The workshop is suitable for beginners through advanced practitioners. Registration is required.

Strength with Barre and Pilates

● FO-LWC, Thu, Oct 5-Nov 9, 11:30am-12:30pm

You'll combine barre and Pilates movements set to motivating music to create an invigorating workout. All fitness levels welcome. Registration is required.

Strength, Balance, Stretch

● 44084 RP, Tue, Oct 3-31, 10:30-11:30am

This class is designed to develop muscular strength, balance and flexibility. We'll use a variety of resistance equipment that will challenge every major muscle. All fitness levels welcome. Registration is required.

Tai Chi

● FC, Tue, Oct 3-31, 10:30am-12pm

Tai Chi 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. All fitness levels welcome. Registration is required.

Registration is required for all groups and programs

Total Body Conditioning

● 44084 RP, Mon, Oct 2-30, 10:30-11:30am

● 44084 RP, Thu, Oct 5-Nov 2, 10:30-11:30am

An energetic workout combining cardio, strengthening, balance and core in one workout. Appropriate for intermediate fitness levels. Registration is required.

Zumba Gold

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

Zumba Gold is a modified Zumba® class that recreates the original moves we love at a lower-intensity. Learn easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. All fitness levels welcome. Registration is required.

Zumba

● FC, Tue, Oct 3-31, 7-8pm

Learn slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing. All fitness levels welcome. Registration is required.

YOGA

Evening Gentle Yoga

● 44084 RP, Mon, Oct 2, 9, 23, 30*, 7-8:30pm

● FC, Mon, Oct 2, 16 and 30**, 7-8pm

*44084RP location: no class 10/16. **FC location: no class 10/9 and 10/23. 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. All fitness levels welcome. Registration is required.

Gentle Therapeutic Yoga

● IAH-LWC, Mon, Oct 2-Nov 27, 4-5:30pm

No class 11/20. 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 all tailored to meet the needs of the individual. All fitness levels welcome. Registration is required.

Gentle Yoga

● FC, Thu, Oct 5-Nov 16, 1-2pm

Blending gentle movement, breathing and relaxation you'll learn movements to stretch, strengthen and relax muscles and increase stamina. Bring a blanket. All fitness levels welcome. Registration is required.



Restorative Yoga

● 44084 RP, Fri, Oct 6-27, 12-1:30pm

● FC, Fri, Oct 6-27, 10:15-11:45am

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. Bring a blanket. All fitness levels welcome. Registration is required.

Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Oct 6-Nov 3, 1-2:30pm

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. All fitness levels welcome. Registration is required.

Yoga for Strength and Flexibility

● 44084 RP, Tue, Oct 3, 10, and 24*, 6-7:30pm

*No class 10/17. 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. Registration is required.

CHILDREN, TEENS & PARENTS

Pediatric Oncology Parent Night: 8th Annual Halloween Party

● FC, Tue, Oct 24, 6-8:30pm

Attention little spooks and goblins! Come in costume and join us for the 7th Annual Family Halloween Party with food, prizes, crafts, and games. All ages, on and off treatment welcome. RSVP to Cathy Bottrell, LCSW, cathy.bottrell@inova.org, 703531.1515.

Registration is required for all groups and programs

Art Therapy Group for Teens in Treatment

● FC, Tue, Oct 10, 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.

To register for the following groups, please contact Jean McCaw MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org to register or for more information.

Curious About Cancer

● FC, Wed, Sept 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. No online registration.

Touchstone: Grief Support Group for Children 5-12 years old

● FC, Thu, Nov 2-Dec 14*, 6:00-7:30pm

*No group 11/23. This 6 week group is for children ages 5-12 who are grieving the loss of a family member due to cancer. Through age appropriate discussion, art therapy and other meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur as a child is grieving the death of a loved one. This group runs concurrently with Parenting Alone (see listing below). No online registration.

Parenting Alone

● FC, Thu, Nov 2-Dec 14*, 6:00-7:30pm

This 6 week group is for parents of children and teens who are navigating the death of a spouse or partner due to cancer and meets concurrently with the Touchstone Grief Support Group for Children. 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.

If this is your first time attending any fitness class 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. Dress comfortably and bring water and a small towel.

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
2 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 12:30pm Breast Surgery Pre-Op (IAH-LWC) 1pm Mindfulness-Based...Patients & Caregivers (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Therapeutic Yoga (IAH-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)	3 10:30am Tai Chi (FC) 10:30am Strength, Balance, Stretch (44084 RP) 11am Mindfulness-Based...Drop-In Group (FC) 1pm EZ Tai Chi (FC) 1:30pm Building Strength (FO-LWC) 2:40pm Compassion Cultivation (FC) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Look Good...Feel Better (IAH-LWC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Just for the Guys (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba, FC, Oct 3-31 (FC) 7:15pm Good Grief (FC)	4 11am Joyful Belly Dance (FC) 1pm Mind Over Matter (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge(FC) 5:30pm Yoga for Breast Cancer (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6pm Curious About Cancer (FC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm PiYo (FO-LWC)	5 9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strength with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Mindfulness-Based Cancer Recovery (44084 RP) 6:30pm Barre Tone (FC)	6 Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC)
9 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 1pm Mindfulness-Based...Patients and Caregivers (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Therapeutic Yoga (IAH-LWC) 5pm Chemotherapy for Breast Cancer (FC) 6pm Reiki for Relaxation (FC) 6pm Healing Touch (44084 RP) 6:30pm Caregiver Connection (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)	10 10:30am Coalesce II (FC) 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 10:30am Spirituality Quest (FC) 1pm EZ Tai Chi (FC) 1:30pm Zentangle (44084 RP) 1:30pm Building Strength (FO-LWC) 2:40pm Compassion Cultivation (FC) 5pm Woman's Survivorship 3+ (FC) 5:30pm Art Therapy Group for Teens in Treatment (FC) 6pm Us Too (LCSC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Just for the Guys (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Us Too (FC)	11 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Mind Over Matter (FC) 1pm Fighting Cancer w/ Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-C) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Colorectal Cancer Group (ILH-R) 6pm Curious About Cancer (FC) 6:30pm Tools for Couples (FC) 7pm PiYo (FO-LWC)	12 9:15am Circuit Training (44084 RP) 10am Chemotherapy Class (IAH-LWC) 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 Class (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Myths and Facts (FC) 6pm Us Too (IAH-AUD) 6pm Mindfulness-Based Cancer Recovery (44084 RP) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Barre Tone (FC)	13 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)
16 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op Class (FC) 10am Leukemia and Lymphoma (FC) 10:30am Total Body Conditioning (44084 RP) 12pm Look Good...Feel Better (ILH-R) 1pm Mindfulness-Based...Patients and Caregivers (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Therapeutic Yoga (IAH-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Good Grief, October (FO-LWC) 7pm Evening Gentle Yoga (FC)	17 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 11:45am Multiple Myeloma: Open Discussion (FC) 12:30pm Breast Surgery Pre-Op (IAH-LWC) 1pm EZ Tai Chi (FC) 1:30pm Building Strength (FO-LWC) 2:40pm Compassion Cultivation (FC) 6pm Colorectal Cancer Connect Group (FC) 6pm Reiki for Relaxation (FO-LWC) 6:30pm Young Women with Breast Cancer (FC) 6:30pm Just for the Guys (FC) 7pm Reiki for Relaxation at Fair Oaks (FO-LWC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	18 11am Joyful Belly Dance (FC) 1pm Mind Over Matter (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Women's Breast or Gyn Group (FC) 6pm Brain Tumor Group (FC) 6pm Curious about Cancer (FC) 6:30pm Tools for Couples (FC) 7pm PiYo (FO-LWC)	19 9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strength with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories Monthly Drop-In (FC) 5pm Men's Fitness Workshop (FO-LWC) 6pm Mindfulness-Based Cancer Recovery (44084 RP) 6:30pm Barre Tone (FC) 6:30pm Therapeutic Journaling (FC)	20 Coalesce (FC) 10am Music Therapy (FO-LWC) 10:15am Restorative Yoga (FC) 12pm Restorative Yoga (44084 RP) 1pm Knitting and Crocheting Circle (FC) 1pm Yin Yoga (FO-LWC)
23 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning(44084 RP) 1pm Mindfulness-Based...Patients & Caregivers (FC) 1pm Healing Through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Therapeutic Yoga (IAH-LWC) 5:30pm Breast Cancer Group at Loudoun (ILH-R) 6pm Good Grief, October (FO-LWC) 6pm Pediatric Oncology Parent Night 7pm Aprendiendo Juntos (FC) 7pm Evening Gentle Yoga (44084 RP)	24 10am Chemotherapy Class (IAH-LWC) 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 10:30am Coalesce II (FC) 1pm EZ Tai Chi (FC) 1:30pm Building Strength (FO-LWC) 2:40pm Compassion Cultivation (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Just for the Guys (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	25 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Chemotherapy Class (ILH-PER) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5:30pm GYN Cancers Group (FC) 6pm Curious About Cancer (FC) 6pm Reiki for Relaxation (FC) 6:30pm Book Group (ILH-RO) 6:30pm Tools for Couples (FC) 7pm PiYo (FO-LWC) 7pm Reiki for Relaxation (FC)	26 9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11am Pink Ribbon Brunch (FC) 11:30am Strength with Barre and Pilates (FO-LWC) 12pm Breast Surgery (ILH-PER) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Laughter Yoga (FC) 6pm Mindfulness-Based Cancer Recovery (44084 RP) 6pm Orientation (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	21 8:30am Breast Cancer Symposium (ISCI)
30 9:15am Circuit Training (44084 RP) 10am Breast Surgery Pre-Op (FC) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 12pm Qigong Workshop (FC) 1pm Mindfulness-Based...Patients and Caregivers (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Therapeutic Yoga (IAH-LWC) 6pm Good Grief (FO-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	31 10:30am Tai Chi (FC) 10:30am Strength, Balance, Stretch (44084 RP) 1:30pm Building Strength...(FO-LWC) 2:40pm Compassion Cultivation (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)			22 9am Mindfulness & Photography (BLP)
				23 Coalesce (FC) 10am Music Therapy (FO-LWC) 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)
				24 10:30am Waldenstrom's Support Group (FC) 11am Breast Cancer Survivor's Retreat (NCC)
				29