



Life with Cancer®

DECEMBER

ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

CLASS/GROUP REGISTRATION INFORMATION

- Classes, groups & counseling are FREE
- REGISTRATION IS REQUIRED for all groups & classes. Registration enables us to appropriately plan for materials and staff time.
- If you cannot attend a class/group for which you are registered, CANCEL your registration within 24 hours by calling 703.698.2526; this will allow another person to attend.

CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

TABLE OF CONTENTS:

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



Life with Cancer is Closed ALL Fri, Dec 24&30, and ALL Mon, Dec 26

Weather Policy

In times of bad weather, if you have a class, group or scheduled appointment, please call **703.698.2520** or visit our homepage at **lifewithcancer.org** to verify that Life with Cancer is open. We recommend you verify one hour prior to your class to accommodate any changes in early closures.

INFORMATION & EDUCATION

Orientation to Life with Cancer

●FC, Thu, Dec 8, 11am-12pm

●FC, Thu, Dec 22, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can't make a scheduled orientation? Just call 703.206-LIFE (5433) and arrange a personal tour. Registration is required.

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

●FC, Sat, Dec 3, 8:15am-12pm

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

Fatigue: Too Pooped to Participate?

●FC, Thu, Dec 8, 6:30-8pm

In honor of Fatigue Awareness month, please join us (after having an afternoon

nap) for this informative session with oncology nurse, Barbara Murphy, RN, MN. Registration is required.

Handling the Holidays after the Death of a Loved One

●FC, Tue, Dec 6, 6:30-8pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Registration is required by Mon, Dec 5.

Lung Cancer Group - Dr. Albano

●FC, Wed, Dec 7, 6:30-8pm

Radiologist, Dr. Candy Albano will meet with us an informal discussion about different types of scans, exposure to radiation, the reason for scans, and more. Registration is required by 12/5.

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

Thank you for your support!



Location Key

- 44084 RP: 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- AFC: Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- CC: Christ Church, 7600 Ox Road, Room 250, Fairfax Station, VA 22039
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505
- FO-AUD: Fair Oaks Cancer Center Auditorium, 3580 Joseph Siewick Drive, LL, Fairfax, VA
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-RO: Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- IAH-CCC: Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
- IAH-CCW: Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IAH-LWC: Inova Alexandria Hospital-Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- ICPH: Inova Center for Personalized Medicine, 3225 Gallows Road, Falls Church, VA 22042
- ILH-PER: Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA, 20176
- ILH-R: Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- IMVH-CC: Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Look Good...Feel Better

- FC, Mon, Dec 19, 7-9pm
 - IAH-CCC, Mon, Dec 5, 2-4pm
- A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required.

Registration is required for all groups and programs

Breast Surgery Preparation

- FC, Tue, Dec 20, 12-1:30pm
 - FO-LWC, Wed, Dec 14, 12:30-2pm
 - IAH-CCC, Mon, Dec 5, 12:30-2pm
 - IAH-CCC, Tue, Dec 20, 12:30-2pm
- Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family member/friend may attend. Registration is required.

Breast Surgery Preparation

- ILH-PER, Tue, Dec 6, 4-5:30pm
 - ILH-PER, Thu, Dec 22, 12-1:30pm
- 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. Registration is required; no exceptions. Family member may attend. Contact Christine Stone RN, MSN, OCN at 703-858-8867 or christine.stone@inova.org.

Breast Cancer and Nutrition: What do we really know?

- FC, Wed, Dec 14, 5-6pm
- Join us for an evening with Mary Wilkinson, MD, who will shed some light on how to sort out all the claims online, in the news, and from your friends, to make the best decisions for your health.

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.

Parenting Alone

- FC, Thu, Dec 1-15, 6:30-8:30pm
- Group continues for those already registered.

Pediatric Oncology Holiday Party

ICPH, Sunday, Dec 11, 1-4pm
 DC Candlelighters and Growing Hope invite patients on-treatment or off-treatment two years or less to our annual holiday party. RSVP by Dec. 1 to DCCandlelighters@gmail.com. Validated garage parking provided.

Sign up for Life with Cancer Email News

It's Easy!

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

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*

NUTRITION

Diet, Exercise and a Healthy You!

●FC, Tue, Dec 13, 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, Dec 14, 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. Registration is required.

FITNESS

Registration is required for all groups and programs

Barre Tone

●FC, Thu, Dec 1-22, 7:15-8:15pm

Class continues for those already registered.

Circuit Training, Loudoun, Thu

●44084 RP, Thu, Dec 1-22, 9-10am

Class continues for those already registered.

Cross-Train Challenge

●FC, Wed, Dec 7, 3-3:45pm

Class continues for those already registered.

Joyful Belly Dance

●FC, Thu, Dec 1-15, 5:30-6:30pm

Class continues for those already registered.

Level I Exercise: Launching into Fitness

●FC, Tue, Dec 6 & 13, 1-1:45pm

Class continues for those already registered. No new registrations.

Level II Exercise: Chair-Based

●FC, Mon, Dec 5 & 12, 2-2:45pm

●FC, Wed, Dec 7, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This class is designed to increase mobility, build strength, flexibility and balance.

Level III Exercise: Keeping Fit

●FC, Mon, Dec 5 & 12, 3-4pm

Class continues for those already registered.

Fitness for Wellness, Level I

●44084 RP, Mon, Dec 5-19, 10:30-11:30am

●44084 RP, Wed, Dec 7-21, 10:30-11:30am

For those who are new to fitness this class will help you to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online to first class. Registration is required.

Fitness for Wellness, Level II

●44084 RP, Thu, Dec 1-22, 10:15-11:15am

●44084 RP, Tue, Dec 6-20, 10:15-11:15am

We’ll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class. Registration is required.

Zumba Gold

●44084 RP, Fri, Dec 2-16, 10:30-11:30pm

Zumba Gold combines fast and slow rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix can help lift your mood and improve your general well-being. This class can be modified for your level of activity. Registration is required.

Zumba

●FC, Tue, Dec 6, 13 and 20, 7-8pm

See description above. Registration is required under Zumba-Bilingual.

YOGA

Evening Gentle Yoga

●44084 RP, Mon, Dec 5-19, 7-8:30pm

●FC, Mon, Dec 5 & 12, 7-8:30pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a blanket. Registration is required.

Yoga for Strength and Flexibility

●44084 RP, Wed, Dec 7-21, 5-6:30pm

Class continues for those already registered.

Yoga Mudras: Gestures to De-Stress

●FC, Thu, Dec 1, 1-2pm

In yogic traditions specific hand positions are used to activate the experience of a desired quality such as peace, patience, or tranquility. Come learn and experience how the power of these gestures can bring a greater sense of peace during the busy holiday season. Registration is required.

Life Force Yoga to Manage Your Mood

●FC, Thu, Dec 8, 1-2pm

Please join us for an informative and experiential time of learning how the body, mind, and emotions are intimately related to our experience of life and how we can consciously influence these aspects of our being and shift our mood. Registration is required.

Gentle Yoga

●FC, Thu, Dec 15 & 22, 1-2pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a blanket. Registration is required.

Restorative Yoga

●FC, Fri, Dec 2-16, 10:15-11:30am

●44084 RP, Fri, Dec 2-16, 11:45am-1:15pm

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 meditation deepen your practice. Please bring a blanket.

Yin Yoga for Patients in Treatment

●FO-LWC, Fri, Dec 2, 1-2pm

Class continues for those already registered.

Yoga for Breast Cancer

●FC, Wed, Dec 7 & 14, 5:30-6:30pm

Breast Cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required. Physician approval is required if you have had surgery within six weeks.

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)**.

PROGRAMAS EN ESPAÑOL

Latinos Unidos

●AFC, miércoles 14 de diciembre, 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.

Zumba

●FC, martes, 6, 13 y 20 de diciembre, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Para más información, llamar a 703-698-2526.

STRESS MANAGEMENT

Registration is required for all groups and programs

Drumming for Well-Being

●FC, Mon, Dec 5 & 19, 10-11am

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. No experience necessary and all instruments are provided. Group facilitated by Jennifer Brothers, MSW. Registration is required.

Healing through Art Therapy

●FC, Thu, Dec 15, 12:30-3pm

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 experience is necessary, just a willingness to explore and be a 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 for this group begins on the 1st of each month. Registration is required. Once registered please call to cancel if you cannot attend so that someone else may attend.

Intro to Qi Gong

●IAH-LWC, Tue, Dec 6 & 13, 3:30-4:30pm

Class continues for those already registered.

Knitting and Crocheting Circle

●FC, Tue, Dec 6, 7-8:30pm

●FC, Fri, Dec 16, 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.

Making Sense of Your Story

●FC, Wed, Dec 14, 12:30-2:30pm

Group continues for those already registered.

Meditation and Guided Imagery

●FC, Thu, Dec 1-22, 2-3pm

●FC, Wed, Dec 7 & 21, 3-4pm

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 breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day. Registration is required.

Reiki

●FO-LWC, Tue, Dec 13, 6-7pm and 7-8pm

●FC, Mon, Dec 12, 6-7pm and 7pm-8pm

●44084 RP, Thu, Dec 15, 6:45-8pm

Using this ancient practice, a master-level practitioner will position their hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Registration opens on the first business day of the month at 9:15. Registration is required. Once registered please call to cancel if you cannot attend so that someone else may attend. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community.

Writing Your Life Stories

●FC, Thu, Dec 15, 2:30-4pm

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

Zentangle

●44084 RP, Tue, Dec 13, 1:30-3pm

Zentangle is a meditative art form using seemingly complicated patterns and repetitive strokes to create something beautiful and unique. You need NO special talents, just an open mind and a willingness to explore a new dimension of yourself. Supplies provided, but if you have attended this class before, please bring your basic kit. Registration is required.

SUPPORT & NETWORKING

Brain Tumor Group

●FC, Tue, Dec 13, 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 Adult Group

●FC, Thu, Dec 22, 7:30-9pm

Join us for a Young Adult Holiday Gathering! For further details, RSVP to sage.bolte@inova.org. Registration is required.

Young Women with Breast Cancer

●FC, Tue, Dec 20, 6:30-8pm

●IAH-CCW, Tue, Dec 13, 6:30-8pm

Groups for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Registration is required. If attending for the first time call Shara Sosa, LCSW, OSW-C, 703.698.2522.

Breast Cancer Groups

●FC, Wed, Dec 7, 5:30-7pm

●FO-RO, Wed, Dec 14, 5:30-7pm

●IAH-CCW, Mon, Dec 19, 5:30-7pm

●ILH-R, Mon, TBD, 5-6:30pm

●IMVH-CC, Wed, Dec 14, 6-7:30pm

These groups are for women newly diagnosed with stage 0-3 breast cancer, and are no more than 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

Carcinoid Cancer Support Group

●FC, Sat, Dec 10, 11:30am-2pm

December's meeting will be held at a different time and will include a pot-luck. Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Caregiver Connection

●FO-LWC, Wed, Dec 14, 5:30-7pm

●FC, Mon, Dec 12, 7-8:30pm

●ILH-R, Mon, Dec 12, 6:30-8pm

Caregiving for someone with cancer has many challenges and often there is limited time for oneself. Connecting with others in similar situations provides an opportunity to share information and relieve some of the physical and emotional stress that comes when assuming a caregiving role. Registration is required.

Coalesce: An Advanced Breast Cancer Group

●FC, Fri, Dec 2-16, call for time

Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522. Registration is required.

Coalesce II: An Advanced Breast Cancer Group

●FC, Tue, Dec 13, 10:30am-12pm

Meet weekly with women of all ages to share life's joys and sorrows. Facilitator: Micheline Toussaint, LCSW, RYT. Registration is required.

Colorectal Cancer Group

●FC, Wed, Dec 14, 6:30-8pm

●ILH-R, Wed, Dec 14*, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Amy Siegel, RN, BSN, and Catherine Intartaglia, MSW. Registration is required. *Meeting on 2nd Wednesday in December.

Cutaneous Lymphoma Support Group

●FC, Sat, Dec 10, 10am-12pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

Good Grief

●FO-LWC, Thu, Dec 1, 6-8pm

Group continues for those already registered.

Good Grief

Coming in January 2017

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.

GYN Cancers Group

●FC, Wed, Dec 14, 5:30-7pm

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

Head and Neck Cancers Group

●FC, Wed, Dec 14, 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 Support Group

●FC, Mon, Dec 19, 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.

Living with Advanced Disease

●FO-LWC, Thu, Dec 8 & 22, 1-2:30pm

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Join others who can support you on this road. Please call 703.391.3758 for more information. Registration is required.

Living with Advanced Disease

●ILH-R, Mon, TBD, 6:30-8pm

Men and women are invited to join us as we explore and learn ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Registration is required. Facilitators: Christine Stone, RN, MSN, OCN and Elise Schneider, MSW, LCSW.

Melanoma Update- Dr. Evan Lipson

●FC, Thu, Dec 1, 6:30-8pm

Evan J. Lipson, MD, a melanoma research specialist and Trish Brothers, BSN, RN OCN, from Johns Hopkins Kimmel Cancer Center will present: "Melanoma Update 2016". Sponsored by the Ashley Fister Cole Foundation with light refreshments provided. CME certified for healthcare professionals. Registration is required.

Mindfulness-Based Cancer Recovery Monthly Group

●FC, Tue, Dec 6, 11am-12pm

For those that completed the 6-session Mindfulness-Based Cancer Recovery Program this monthly 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.

Multiple Myeloma

●FC, Tue, Dec 20, 11:45am-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will feature an open discussion group. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored

with Leukemia & Lymphoma Society. Light lunch, so please register!

Spirituality Quest

●FC, Tue, Dec 13, 10:30am-12pm

"Coming to the Table with Thanksgiving" is our theme for December as we gather for fellowship, food and to share your inspirational holiday stories of thanksgiving and gratitude. Registration is required.

Registration is required for all groups and programs

Living with Cancer and Chronic Illness

●CC, Tue, Dec 27, 7-8:30pm

This is a faith-based group sponsored by Christ Church. Caregivers and survivors are welcome. Share the challenges, blessings, medical insights, and life experiences and draw faith, hope, and strength knowing there are others dealing with similar circumstances, willing to stand beside you and willing to pray for you as we walk through this life one day at a time. For more information go to <http://christchurchva.org/groups>.

Us Too Prostate Cancer Support Group

●IAH-CCC, Thu, Dec 8, 6-7:30pm

This monthly group will include a 20-30 minute presentation by a physician or other health professional on an area relevant to prostate cancer, followed by fellowship- an opportunity to share and learn with other survivors both in and out of treatment. Registration is required.

Us Too Prostate Cancer Support Group

●LCSC, Tue, Dec 13, 6-8pm

Join other men who have been diagnosed with prostate cancer. These meetings provide an opportunity to network with others, gain valuable resources and listen to professional speakers as arranged by the group. Registration is required.

Us Too Prostate Cancer Support Group

●FC, Tue, Dec 13, 7:30-9pm

Is Your PSA Starting to Rise? What should you do? Registration is required.

Woman's Survivorship Group

●ILH-R, Thu, Dec 8, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer. Registration is required.

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			<p>1</p> <p>9am Circuit Training(44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 1pm Gentle Yoga: Yoga Mudras (FC) 2pm Meditation and Guided Imagery (FC) 5:30pm Joyful Belly Dance (FC) 6pm Surviving Cancer Competently... (FC) 6pm Good Grief (FO-LWC) 6:30pm Parenting Alone (FC) 6:30pm Melanoma Group (FC) 7:15pm Barre Tone (FC)</p>	<p>2</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 11:45am Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 10:30pm Zumba Gold (44084 RP)</p> <p>3</p> <p>8:15am Care for the Caregiver (FC)</p> <p>4</p>
<p>5</p> <p>10am Drumming for Well-Being (FC) 10:30am Fitness for Wellness (44084 RP) 12:30pm Breast Surgery Preparation (IAH-CCC) 2pm Look Good...Feel Better (IAH-CCC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>6</p> <p>10:15am Fitness for Wellness, Level II (44084 RP) 11am Mindfulness-Based Cancer Recovery Monthly (FC) 1pm Launching into Fitness (FC) 3:30pm Intro to Qi Gong (IAH-LWC) 4pm Breast Surgery Preparation (ILH-PER) 6:30pm Handling the Holidays (FC) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC)</p>	<p>7</p> <p>10:30am Fitness for Wellness (44084 RP) 2pm Chair-Based Exercise(FC) 3pm Meditation and Guided Imagery (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength & Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Breast Cancer Support Group (FC) 6:30pm Lung Cancer Group(FC)</p>	<p>8</p> <p>9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 11am Orientation (FC) 1pm Life Force Yoga to Manage Your Mood (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 5:30pm Joyful Belly Dance (FC) 6pm Prostate Cancer Support Group (IAH-CCC) 6:30pm Parenting Alone (FC) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Fatigue: Too Pooped to Participate? (FC) 7:15pm Barre Tone (FC)</p>	<p>9</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 11:45am Restorative Yoga (44084 RP) 10:30pm Zumba Gold (44084 RP)</p> <p>10</p> <p>10am Cutaneous Lymphoma Support Group (FC) 11:30am Carcinoid Cancer Support Group (FC)</p> <p>11</p> <p>1pm Pediatric Oncology Holiday Party (ICPH)</p>
<p>12</p> <p>9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 11am Orientation (FC) 1pm Life Force Yoga to Manage Your Mood (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 5:30pm Joyful Belly Dance (FC) 6pm Prostate Cancer Support Group (IAH-CCC) 6:30pm Parenting Alone (FC) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Fatigue: Too Pooped to Participate? (FC) 7:15pm Barre Tone (FC)</p>	<p>13</p> <p>10:15am Fitness for Wellness, Lv II(44084 RP) 10:30am Diet, Exercise and a Healthy You! (FC) 10:30am Coalesce II (FC) 10:30am Spirituality Quest (FC) 1pm Launching into Fitness(FC) 1:30pm Zentangle (44084 RP) 3:30pm Intro to Qi Gong (IAH-LWC) 6pm Reiki (FO-LWC) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Support Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7pm Reiki (FO-LWC) 7:30pm Us Too Prostate Cancer Support Group (FC)</p>	<p>14</p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12:30pm Making Sense... (FC) 12:30pm Breast Surgery Preparation (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 5pm Breast Cancer and Nutrition (FC) 5pm Yoga for Strength & Flexibility (44084 RP) 5:30pm GYN Cancers Group, Fairfax, (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 5:30pm Yoga for Breast Cancer(FC) 6pm Colorectal Cancer Connect Group(ILH-R) 6pm Breast Cancer Group (IMVH-CC) 6:30pm Colorectal Cancer Support Group (FC) 6:30pm Latinos Unidos (AFC)</p>	<p>15</p> <p>9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 12:30pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC) 5:30pm Joyful Belly Dance (FC) 6:30pm Parenting Alone (FC) 6:45pm Reiki (44084 RP) 7:15pm Barre Tone (FC)</p>	<p>16</p> <p>Coalesce(FC) 10:15am Restorative Yoga (FC) 11:45am Restorative Yoga(44084 RP) 1pm Knitting and Crocheting Circle (FC) 10:30pm Zumba Gold(44084 RP)</p> <p>17</p> <p>18</p>
<p>19</p> <p>10am Drumming for Well-Being (FC) 10:30am Fitness for Wellness(44084 RP) 1pm Leukemia and Lymphoma Support Group (FC) 5:30pm Breast Cancer Group (IAH-CCW) 7pm Evening Gentle Yoga (44084 RP) 7pm Look Good...Feel Better (FC)</p>	<p>20</p> <p>10:15am Fitness for Wellness, Level II (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Breast Surgery Preparation (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12:30pm Breast Surgery Preparation (IAH-CCC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC)</p>	<p>21</p> <p>10:30am Fitness for Wellness (44084 RP) 3pm Meditation and Guided Imagery(FC) 5pm Yoga for Strength & Flexibility (44084 RP)</p>	<p>22</p> <p>9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Lv II (44084 RP) 12pm Breast Surgery Preparation (ILH-PER) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6pm Orientation (FC) 7:15pm Barre Tone (FC) 7:30pm Young Adult Group (FC)</p>	<p>23</p> <p>Life with Cancer Closed</p> <p>24</p> <p>Happy Holidays!</p> <p>25</p>
<p>26</p> <p>Life with Cancer is Closed</p>	<p>27</p> <p>7pm Living with Cancer... (CC)</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>Life with Cancer Closed</p> <p>31</p>