



Life with Cancer®

JUNE 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

TABLE OF CONTENTS:

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

INFORMATION & EDUCATION

Orientation to Life with Cancer

- FC, Thu, Jun 8, 11:30am-12:30pm
- FC, Thu, Jun 22, 6-7pm

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

Breast Cancer Update: ASCO Conference

- FC, Thu, Jun 22, 6:15-8pm

Neelima Denduluri, MD, will present the latest breast cancer research findings from the recent American Society of Clinical Oncology (ASCO) conference. Family and friends welcomed. Light refreshments provided from 6:15-6:30. Registration is required by Tuesday, June 20.

Treatment Updates in Breast Cancer

- FO-LWC, Tue, Jun 20, 4-5pm

Kathleen Harnden, MD, will present the latest in advancing breast cancer therapy, including updates from the 2016 San Antonio Breast Cancer Symposium and the 2017 American Society of Clinical Oncology Conference. Registration is required.

Diet, Exercise and A Healthy You

- FC, Tue, Jun 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.

Survivorship Nutrition

- FC, Thu, Jun 15, 10:30am-12pm

Registered Dietitian, Lauren Fay, will review the latest evidenced based recommendations for diet and nutrition following cancer treatment, and provide ideas and resources on how to adjust your current diet to follow these recommendations. Cooking demo included. Registration is required.

Fighting Cancer with a Fork

- IAH-CCW, Wed, Jun 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. Please register with Deb Rowland, RD, 703-504-7923. Registration is required.

Flavor Perception in People Affected by Cancer

- Wed, Jun 21, 2-5:45pm

Omni Shoreham Hotel

2500 Calvert St NW, Washington, DC 20008

People living with cancer and cancer survivors will: Learn how cancer and its treatment affect smell and taste; Hear from Dietitians, Chefs and Health Professionals; Discuss your own smell and taste problems; and Join a workshop to improve your sense of smell. Sponsored by the Multinational Association of Supportive Care in Cancer, www.mascc.org.

Head and Neck Cancer Symposium

- FC, Wed, Jun 14, 6:30-8pm

Join us for a free presentation about cancers specific to the throat, larynx, nasal cavity, sinuses and mouth. This interactive and informative event includes two Head and Neck Cancer Experts: Gopal Bajaj, MD, Chairman, Department of Radiation Oncology, Inova Schar Cancer Institute, and John Deeken, MD, Medical Oncology, Inova Schar Cancer Institute. RSVP is required by June 12 at Katherine.Cosgrove@inova.org or 703.204.6347. Registration is required.

Sexual Health

- ILH A-B, Thu, Jun 8, 6-7:30pm

Sexuality and intimacy are one of the highest reported quality of life issues impacted by a cancer diagnosis. Certified Sex Therapist, Sage Bolte, PhD, LCSW, OSW-C, CST, is a leading expert in the field of sexual health and cancer. She will provide a brief overview of the impact that a cancer diagnosis and treatments can have on a person's sexual self and relationships. There will be time for an open dialogue and discussion on ways to improve your sexual health and intimate relationships. This discussion is open to those in active treatment as well as survivors and caregivers. Registration is required.



Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505
- **FO-C&D:** Fair Oaks Cancer Center, Conference Rooms, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **FO-RO** Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **IAH-AUD:** Inova Alexandra Hospital-Auditorium , 4320 Seminary Road, Alexandria, VA, 22304
- **IAH-CCW:** Inova Alexandra Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- **IAH-LWC:** Inova Alexandra Hospital Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- **ILH-A-B:** Inova Loudoun Hospital - Conference Room A-B, 44045 Riverside Parkway, Leesburg, VA
- **ILH-PER:** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA
- **ILH-R:** Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

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.

Look Good...Feel Better

● **FC, Mon, Jun 19, 5-7pm**

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

Breast Surgery Pre-Op Class

● **FC, Mon, June 5, 5-6:30**

● **FC, Mon, June 19, 10am-11:30am**

● **FC, Thu, Jun 15 & 29, 12:30-2pm**

● **FO-LWC, Wed, Jun 14 & 28, 12:30-2pm**

● **IAH-LWC, Mon, Jun 5, 12:30-2pm**

● **IAH-LWC, Tue, Jun 20, 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. Family member/friend may attend. Registration is required (Family members do not need to register).

Breast Surgery Pre-Op Class

● **ILH-PER, Tue, Jun 6, 4-5:45pm**

● **ILH-PER, Thu, Jun 22, 12-1:45pm**

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Family member may attend. Registration is required; no exceptions.

HEALTHY LIVING

For All Fitness Classes: Bring Physical Participation Waiver to each class you are attending for the first time in 2017 (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required for all classes.

Barre Tone

● **FC, Thu, Jun 1-Jul 27*, 6:30-7:30pm**

*No class on July 6. 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, Jun 6-Jul 25*, 1:30-2:30pm**

*No class July 4. 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. Dress comfortably and bring water and a small towel. Registration is required.

Chair-Based Exercise

● **FC, Mon, Jun 5, 2-2:45pm**

● **FC, Wed, Jun 7, 2-2:45pm**

Class continues for those already registered.

Cross-Train Challenge

● **FC, Wed, Jun 7, 3-3:45pm**

Class continues for those already registered.

Evening Gentle Yoga

● **FC, Mon, Jun 5, 19 and 26*, 7-8:30pm**

● **44084 RP, Mon, Jun 5-26, 7-8:30pm**

*No class June 12. Appropriate for all fitness levels, this class blends 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.

Functional Fitness

● **FO-LWC, Mon, Jun 5-Jul 17*, 10-11am**

*No class July 3. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. Registration is required.

Functional Circuit Training

● **44084 RP, Thu, Jun 1-Jul 20*, 9-10am**

*No class July 6. Appropriate for medium to advanced fitness levels. Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. Registration is required.

Gentle Yoga

● **FC, Thu, Jun 1-22, 1-2pm**

Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. If this is your first time attending in 2017, bring Physical Participation waiver to first class (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required.

Keeping Fit

●FC, Mon, Jun 5, 3-4pm

Class continues for those already registered.

Move Your Body

●FO-LWC, Wed, Jun 7-Jul 26*, 3-4pm

*No class July 5. 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. This class incorporates body weight exercises and a moderately intense pace. Registration is required.

PiYo

●FO-LWC, Wed, Jun 7-Jul 19*, 7-8pm

*No class July 5. 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.

Restorative Yoga

●44084 RP, Fri, Jun 2-30, 11:45am-1:15pm

●FC, Fri, Jun 2-23*, 10:15-11:30am

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

Strength, Balance, Stretch

●44084 RP, Mon, Jun 5-Jul 17*, 9-10am

●44084 RP, Thu, Jun 1-Jul 13**, 11:30am-12:30pm

*No class July 3. **No Class July 6. 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.

Strengthen with Barre and Pilates

●FO-LWC, Thu, Jun 1-Jul 20*, 11:30am-12:30pm

*No class July 6. Appropriate for all fitness levels. You'll combine barre and pilates movements set to motivating music to create an invigorating workout. Registration is required.

Tai Chi

●FC, Tue, Jun 6-Jul 25*, 5:30-6:30pm

*No class July 4. 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.

For All Fitness Classes: Bring Physical Participation Waiver to each class you are attending for the first time in 2017 (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Physician approval is required if you have had surgery within 6 weeks. Registration is required for all classes.

Total Body Conditioning

●44084 RP, Mon, Jun 5-Jul 17*, 10:15-11:15am

●44084 RP, Thu, Jun 1-Jul 20**, 10:15-11:15am

●44084 RP, Tue, Jun 6-Jul 18***, 6:30-7:30pm

No class July 3*. **No class July 6. ***No Class July 4. Appropriate for all fitness levels. An energetic workout that combines cardio, strengthening, balance and core in one workout. Registration is required.

Zumba

●FC, Tue, Jun 6-27, 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, Jun 2, 16 & 30, 10:30-11:30am

Appropriate for all fitness levels. Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Please bring a signed waiver to the first class. Registration is required.

Yin Yoga for Patients in Treatment

●FO-LWC, Fri, Jun 9-Jul 28*, 1-2:30pm

*No class July 7. Appropriate for all levels, this class incorporates gentle movement and supported positions. Yin Yoga targets the deepest tissues of the body allowing increased range of motion and promoting optimal health and vitality. Please dress comfortably; bring a light blanket and water. Registration is required.

Yoga for Breast Cancer

●FC, Wed, Jun 7-21, 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.

Yoga for Strength and Flexibility

●44084 RP, Wed, Jun 14 & 28, 5-6:30pm

This class meets every other week between March and June. Best for those 6 weeks out from surgery and ready for more active yoga. Bring your yoga practice to a new level as you strengthen your body and improve flexibility. Bring a blanket. Registration is required.

STRESS MANAGEMENT

Healing through Art Therapy

●FC, Thu, Jun 15, 1-3:30pm

●FO-LWC, Mon, Jun 26, 1-3:30pm

Registration is required and 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. Please note: FO location is across from the hospital; free valet parking is available. Once registered please call 703.698.2526 to cancel if you cannot attend.

Healing Touch

●44084 RP, Mon, Jun 12, 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.

Healing Touch

●IAH-LWC

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket, and pillow. To register, call 703-504-3019.

Knitting and Crocheting Circle

●FC, Tue, Jun 6, 7-8:30pm

●FC, Fri, Jun 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. Facilitator: Carolyn Sam, M.Ed. Registration is required.

Laughter Yoga

●FC, Thu, Jun 29, 2-3pm

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

Meditation and Guided Imagery

●FC, Thu, Jun 1-22, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breath work and a relaxation technique that leads into a guided meditation. Separate registration is required for each class.

Mindfulness-Based Cancer Recovery-For Maintenance or Recently Completed Treatment

●FC, Tue, July 11-Aug 15, 1-2:30pm

It's not too early to register now! 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 June 27th meeting (for course overview); purchase Mindfulness-Based Cancer Recovery book; regular attendance; assigned reading and commitment to home-based practice. Registration is required and space is limited. Register for orientation class, below.

Mandatory Orientation for Mindfulness-Based Cancer Recovery Class 7/11-8/15

●FC, Tue, Jun 27, 1-2pm

This meeting is a required orientation meeting for the July 11-August 15 Mindfulness-Based Cancer Recovery class for patients in maintenance or recently completed treatment; see above. Registration is required.

Mindfulness-Based Cancer Recovery Drop-In Group

●FC, Tue, Jun 6, 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 703.698.2524 or Rebecca.McIntyre@inova.org. Registration is required by the previous Friday.

Reiki for Relaxation

●44084 RP, Thu, Jun 22, 6:45-8pm

●FC, Mon, Jun 12, 6-7pm and 7-8pm

●FC, Wed, Jun 28, 6-7pm and 7-8pm

●FO-LWC, Tue, Jun 13, 6-7pm

Registration is required and 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, Drop-In Group

●FC, Thu, Jun 15, 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. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Registration is required.

Zentangle

●44084 RP, Tue, Jun 13, 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 process of doing Zentangle increases focus and creativity, and provides artistic satisfaction along with an increased sense of well-being. 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

Brain Tumor Group

●FC, Tue, Jun 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. Please register.

Breast Cancer Group

●FC, Wed, Jun 7, 6:45-8pm

●ILH-R, Mon, Jun 26, 6-7:30pm

●IAH-LWC, Mon, Jun 19, 5:30-7pm

●FO-RO, Wed, Jun 14, 5:30-7pm

This group is for women diagnosed with stage 0-3 breast cancer and no more than 2 years out of active treatment (see Women's Survivorship Group for those more than 2 years out of active treatment). Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

Carcinoid Cancer Group

●FC, Sat, Jun 10, 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, Jun 12, 7-8:30pm

●FO-D, Wed, Jun 14, 5:30-7pm

●ILH-R, Mon, Jun 12, 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.

Coalesce

●FC, Friday, June 2-30, Call for time

Meet weekly with women of all ages to share life's joys and sorrows. To register for this group, call facilitator, Shara Sosa, 703.698.2522. No online registration.

Coalesce II

●FC, Tue, June 13 & 27, 7-8:30pm

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

Colorectal Cancer Connect Group

●FC, Tue, Jun 20, 6-7:30pm

●ILH-R, Wed, Jun 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. Registration is required.

Cutaneous Lymphoma Support Group

●FC, Sat, Jun 10, 10am-12pm

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

Good Grief

●FC, Tue, Jun 6-20, 7:15-9pm

Group continues for those already registered. For information on the next group series, contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or Drucilla.Brethwaite@inova.org.

GYN Cancers Group

●FC, Wed, Jun 28, 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.

Head and Neck Cancer Symposium

●FC, Wed, Jun 14, 6:30-8pm

See front page for details. Registration is required.

Leukemia and Lymphoma Support Group

●FC, Mon, Jun 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.

Living with Advanced Disease

●FO-LWC, Thu, Jun 8, 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. This group will meet once monthly in June, July and August. Registration required.

Lung Cancer Group

●FC, Wed, Jun 7, 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: Open Discussion

●FC, Tue, Jun 20, 11:45am-1:30pm

This monthly meeting is for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. June will be an open discussion group. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Spirituality Quest

●FC, Tue, Jun 13, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. For June, we will use writing and art-based activities for "Discovering Spiritual Meaning in the Cancer Experience and Carrying that Wisdom Forward" with guest presenter, Jennifer Brothers, MSW. Registration is required.

Us Too Prostate Cancer Support Group

●LCSC, Tue, Jun 13, 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

●FC, Tue, Jun 13, 7:30-9pm

This month's meeting will feature a physician panel discussion with Radiation Oncologist, Dr. Samir Kanani, Medical Oncologist, Dr. Daniel Chong, and Urologist, Dr. Edmond Paquett. Registration is required.

Us Too, Prostate Cancer Support Group

●IAH-AUD, Thu, Jun 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 an opportunity to share and learn with other survivors both in and out of treatment. Registration is required.

Women's Survivorship Group

●FC, Wed, Jun 21, 5:30-7pm

●ILH-R, Thu, Jun 8, 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.

Young Adult Group

●FC, Thu, Jun 22, 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.

Young Women with Breast Cancer

●FC, Tue, Jun 20, 6:30-8pm

●IAH-CCW, Tue, Jun 13, 6:30-8pm

Women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first time call, 703.698.2522. Registration is required.

CHILDREN, TEENS, PARENTS

Art Therapy Group for Teens in Treatment

●FC, Tue, Jun 13, 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 that are also impacted by cancer. Registration is required. To register contact Sarah. Schmidt@inova.org or call 703.776-2403. No online registration.

Curious about Cancer

●FC, Wed, Jun 7, 5:30-6:30pm

Group continues for those already registered. For information on the next group, contact Jean.McCaw@inova.org or call 703.698.2537.

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.

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

JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			<p>1 9am Functional Circuit Training (44084 RP)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>11:30am Strengthen with Barre and Pilates (FO-LWC)</p> <p>11:30am Strength, Balance, Stretch (44084 RP)</p> <p>1pm Gentle Yoga (FC)</p> <p>2pm Meditation and Guided Imagery (FC)</p> <p>6:30pm Barre Tone (FC)</p>	<p>2 Coalesce (FC)</p> <p>10:15am Restorative Yoga (FC)</p> <p>10:30am Zumba Gold (44084 RP)</p> <p>11:45am Restorative Yoga (44084 RP)</p> <p>3</p> <p>4</p>
<p>5</p> <p>9am Strength, Balance, Stretch (44084 RP)</p> <p>10am Functional Fitness (FO-LWC)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>12:30pm Breast Surgery Pre-Op Class (IAH-LWC)</p> <p>2pm Chair-Based Exercise (FC)</p> <p>3pm Keeping Fit (FC)</p> <p>5pm Breast Surgery Pre-Op Class (FC)</p> <p>7pm Evening Gentle Yoga (FC)</p> <p>7pm Evening Gentle Yoga (44084 RP)</p>	<p>6</p> <p>11am Mindfulness-Based Drop-In Group (FC)</p> <p>1:30pm Building Strength While In Treatment (FO-LWC)</p> <p>4pm Breast Surgery Pre-Op Class (ILH-PER)</p> <p>5:30pm Tai Chi (FC)</p> <p>7pm Zumba (FC)</p> <p>7pm Knitting and Crocheting Circle (FC)</p> <p>7:15pm Good Grief (FC)</p>	<p>7</p> <p>2pm Chair-Based Exercise (FC)</p> <p>3pm Cross-Train Challenge (FC)</p> <p>3pm Move Your Body (FO-LWC)</p> <p>5:30pm Curious about Cancer (FC)</p> <p>5:30pm Yoga for Breast Cancer (FC)</p> <p>6:30pm Lung Cancer Group (FC)</p> <p>6:45pm Breast Cancer Group (FC)</p> <p>7pm PiYo (FO-LWC)</p>	<p>8 9am Functional Circuit Training (44084 RP)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>11:30am Orientation (FC)</p> <p>11:30am Strengthen with Barre and Pilates (FO-LWC)</p> <p>11:30am Strength, Balance, Stretch (44084 RP)</p> <p>1pm Gentle Yoga (FC)</p> <p>1pm Living with Advanced Disease (FO-LWC)</p> <p>2pm Meditation and Guided Imagery (FC)</p> <p>6pm Sexual Health (ILH A-B)</p> <p>6pm Us Too, Prostate Cancer Group (IAH-AUD)</p> <p>6:30pm Women's Survivorship Group (ILH-R)</p> <p>6:30pm Barre Tone (FC)</p>	<p>9</p> <p>Coalesce (FC)</p> <p>11:45am Restorative Yoga (44084 RP)</p> <p>1pm Yin Yoga for Patients in Treatment (FO-LWC)</p> <p>10</p> <p>10am Cutaneous Lymphoma Group (FC)</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>11</p>
<p>12</p> <p>9am Strength, Balance, Stretch (44084 RP)</p> <p>10am Functional Fitness (FO-LWC)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>6pm Reiki for Relaxation at Fairfax (FC)</p> <p>6pm Healing Touch (44084 RP)</p> <p>6:30pm Caregiver Connection (ILH-R)</p> <p>7pm Caregiver Connection (FC)</p> <p>7pm Reiki for Relaxation (FC)</p> <p>7pm Evening Gentle Yoga (44084 RP)</p>	<p>13 10:30am Diet, Exercise and A Healthy You (FC)</p> <p>10:30am Spirituality Quest (FC)</p> <p>10:30am Coalesce II (FC)</p> <p>1:30pm Zentangle (44084 RP)</p> <p>1:30pm Building Strength... (FO-LWC)</p> <p>5:30pm Art Therapy for Teens in Treatment (FC)</p> <p>5:30pm Tai Chi (FC)</p> <p>6pm Us Too Prostate Cancer Group (LCSC)</p> <p>6pm Brain Tumor Group (FC)</p> <p>6pm Reiki for Relaxation (FO-LWC)</p> <p>6:30pm Young Women with Breast Cancer (IAH-CCW)</p> <p>6:30pm Total Body Conditioning (44084 RP)</p> <p>7pm Zumba (FC)</p> <p>7:15pm Good Grief (FC)</p> <p>7:30pm Us Too, Prostate Cancer (FC)</p>	<p>14</p> <p>12:30pm Breast Surgery Pre-Op Class (FO-LWC)</p> <p>1pm Fighting Cancer with a Fork (IAH-CCW)</p> <p>3pm Move Your Body (FO-LWC)</p> <p>5pm Yoga for Strength and Flexibility (44084 RP)</p> <p>5:30pm Yoga for Breast Cancer (FC)</p> <p>5:30pm Caregiver Connection (FO-D)</p> <p>5:30pm Breast Cancer Group (FO-RO)</p> <p>6pm Colorectal Cancer Connect Group (ILH-R)</p> <p>6:30pm Head and Neck Cancer Symposium (FC)</p> <p>7pm PiYo (FO-LWC)</p>	<p>15</p> <p>9am Functional Circuit Training (44084 RP)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>10:30am Survivorship Nutrition (FC)</p> <p>11:30am Strengthen with Barre and Pilates (FO-LWC)</p> <p>11:30am Strength, Balance, Stretch (44084 RP)</p> <p>12:30pm Breast Surgery Pre-Op Class (FC)</p> <p>1pm Healing through Art Therapy (FC)</p> <p>1pm Gentle Yoga (FC)</p> <p>2pm Meditation and Guided Imagery (FC)</p> <p>2:30pm Writing Your Life Stories (FC)</p> <p>6:30pm Barre Tone (FC)</p>	<p>16 Coalesce (FC)</p> <p>10:15am Restorative Yoga (FC)</p> <p>10:30am Zumba Gold (44084 RP)</p> <p>11:45am Restorative Yoga (44084 RP)</p> <p>1pm Yin Yoga for Patients in Treatment (FO-LWC)</p> <p>1pm Knitting and Crocheting Circle (FC)</p> <p>17</p> <p>18</p>
<p>19</p> <p>9am Strength, Balance, Stretch (44084 RP)</p> <p>10am Breast Surgery Pre-Op Class (FC)</p> <p>10am Functional Fitness (FO-LWC)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>1pm Leukemia and Lymphoma Group (FC)</p> <p>5pm Look Good...Feel Better (FC)</p> <p>5:30pm Breast Cancer Group (IAH-LWC)</p> <p>7pm Evening Gentle Yoga (FC)</p> <p>7pm Evening Gentle Yoga (44084 RP)</p>	<p>20</p> <p>11:45am Multiple Myeloma (FC)</p> <p>12:30pm Breast Surgery Pre-Op Class (IAH-LWC)</p> <p>1:30pm Building Strength While In Treatment (FO-LWC)</p> <p>4pm Treatment Updates in Breast Cancer (FO-LWC)</p> <p>5:30pm Tai Chi (FC)</p> <p>6pm Colorectal Cancer Connect Group (FC)</p> <p>6:30pm Young Women with Breast Cancer (FC)</p> <p>6:30pm Total Body Conditioning (44084 RP)</p> <p>7pm Zumba (FC)</p> <p>7:15pm Good Grief (FC)</p>	<p>21</p> <p>2pm Flavor Perception... (Omni Shorham)</p> <p>3pm Move Your Body (FO-LWC)</p> <p>5:30pm Yoga for Breast Cancer (FC)</p> <p>5:30pm Women's Survivorship Group (FC)</p> <p>7pm PiYo (FO-LWC)</p>	<p>22 9am Functional Circuit Training (44084 RP)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>11:30am Strength, Balance, Stretch (44084 RP)</p> <p>11:30am Strengthen with Barre and Pilates (FO-LWC)</p> <p>12pm Breast Surgery Pre-Op Class (ILH-PER)</p> <p>1pm Living with Advanced Disease (FO-LWC)</p> <p>1pm Gentle Yoga (FC)</p> <p>2pm Meditation and Guided Imagery (FC)</p> <p>6pm Orientation (FC)</p> <p>6:15pm Breast Cancer Update (FC)</p> <p>6:30pm Barre Tone (FC)</p> <p>7:30pm Young Adult Group (FC)</p> <p>6:45pm Reiki for Relaxation (44084 RP)</p>	<p>23</p> <p>Coalesce (FC)</p> <p>10:15am Restorative Yoga (FC)</p> <p>11:45am Restorative Yoga (44084 RP)</p> <p>1pm Yin Yoga for Patients in Treatment (FO-LWC)</p> <p>24</p> <p>25</p>
<p>26</p> <p>9am Strength, Balance, Stretch (44084 RP)</p> <p>10am Kid and Sib Day (FC)</p> <p>10am Functional Fitness (FO-LWC)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>1pm Healing Through Art Therapy (FO-LWC)</p> <p>6pm Breast Cancer Group (ILH-R)</p> <p>7pm Evening Gentle Yoga (FC)</p> <p>7pm Evening Gentle Yoga (44084 RP)</p>	<p>27</p> <p>10:30am Coalesce II (FC)</p> <p>1pm Orientation: Mindfulness-Based ... (FC)</p> <p>1:30pm Building Strength While In Treatment (FO-LWC)</p> <p>5:30pm Tai Chi (FC)</p> <p>6:30pm Total Body Conditioning (44084 RP)</p> <p>7pm Zumba (FC)</p>	<p>28</p> <p>12:30pm Breast Surgery Pre-Op Class (FO-LWC)</p> <p>3pm Move Your Body (FO-LWC)</p> <p>5pm Yoga for Strength and Flexibility (44084 RP)</p> <p>5:30pm GYN Cancers Group (FC)</p> <p>6pm Reiki for Relaxation (FC)</p> <p>7pm PiYo (FO-LWC)</p> <p>7pm Reiki for Relaxation (FC)</p>	<p>29</p> <p>9am Functional Circuit Training (44084 RP)</p> <p>10:15am Total Body Conditioning (44084 RP)</p> <p>11:30am Strengthen with Barre and Pilates (FO-LWC)</p> <p>11:30am Strength, Balance, Stretch (44084 RP)</p> <p>12:30pm Breast Surgery Pre-Op Class (FC)</p> <p>2pm Laughter Yoga (FC)</p> <p>6:30pm Barre Tone (FC)</p>	<p>30</p> <p>Coalesce (FC)</p> <p>10:30am Zumba Gold (44084 RP)</p> <p>11:45am Restorative Yoga (44084 RP)</p> <p>1pm Yin Yoga for Patients in Treatment (FO-LWC)</p>