



Life with Cancer®

NOVEMBER 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
- Breast Cancer Class

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INFORMATION & EDUCATION

Orientation

● FC, Thu, Nov 9, 11:30am-12:30pm
We encourage those who are new to Inova Life with Cancer to take this class. You will take a tour of our Family Center and learn about the many programs, classes, groups and services for children and adults, offered throughout Northern Virginia. Registration is required. Can't make a scheduled orientation? Call us at 703.206.5433 to arrange a personal session.

Adjuvant Endocrine Therapy for Early Stage Breast Cancer

●● FC, Tue, Nov 7, 5-6pm
Mary Wilkinson, MD, will discuss the role of hormonal therapy in treatment for breast cancer, what studies show regarding its effectiveness, benefits versus risks of side effects, and what you need to know about healthy living during treatment. Registration is required.

Breast Surgery Pre-Op Classes

●● FO-C, Wed, Nov 8 & 15, 12:30-2pm
●● FC, Mon, Nov 6, 5-6:30pm
●● FC, Thu, Nov 16 & 30, 12:30-2pm
●● FC, Mon, Nov 20, 10-11:30am
●● IAH-LWC, Call 703-504-3019 for appt.
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 Classes at Inova Loudoun Hospital

●● ILH-PER, Tue, Nov 7 & 28, 4-5:45pm
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.

Belle Mode Intimates 6th Annual Bras for Hope Fairfax Corner

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 store wide for shoppers, refreshments & fun times and more!

Chemotherapy Class

● IAH-LWC, Call 703-504-3019 for appt.
An oncology nurse navigator will explain what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects, and resources available during treatment and into survivorship. Registration is required.

Chemotherapy for Breast Cancer

●● FC, Mon, Nov 13, 5-6pm
●● FC, Mon, Nov 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. Registration is required.



The Life with Cancer Fall Market Place is Back!

Thursday, November 30, 11am-3pm

Stop by for lunch and to shop for yourself or for holiday gifts. Ten of our favorite businesses will take your orders. Percentage of sales will go to Life with Cancer.

LOCATION KEY

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

Compassion Cultivation

- FC, Tue, Nov 7-21, 2:40-4:10pm
Class continues for those already registered.

Endocrine Therapy and Bone Health

- FO-LWC, Tue, Nov 7, 4-5pm
Dr. Kathleen Harnden will discuss current recommendations for bone health for women on endocrine/hormonal therapy. Registration is required.

Fighting Cancer with a Fork

- FO-LWC, Tue, Nov 21, 12-1pm
A Registered Dietitian will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.



Fighting Cancer with a Fork

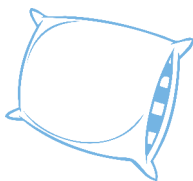
- IAH-CCW, Wed, Nov 8, 1-2pm
Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register with Deb Rowland, RD, 703-504-7923.

Look Good...Feel Better

- FO-LWC, Tue, Nov 14, 11am-1pm
- FC, Mon, Nov 20, 5-7pm
A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required through lookgoodfeelbetter.org, or call 1-800-227-2345.

Need Sleep?

- FC, Mon, Nov 13, 6:30-8pm
Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Learn evidence based tools for getting back to sleep. Registration is required.



Registration is required for all groups and programs

Planning Ahead

- FC, Tue, Nov 7-Dec 12, 6:30-8pm
Have you been putting off some tough end-of-life conversations? No matter where you or your loved ones are in the cancer journey, these conversations are important to have. The series will help get tough conversations going, increase your knowledge of end-of-life issues, dispel fears of the unknown and provide strategies to help ensure that your own or your loved ones' affairs are in order. Topics: 11/7 Telling Your Life Story and Leaving a Lasting Legacy; 11/14 Palliative and Hospice Care: Understanding the Differences; 11/28 Circle of Life: Learning About the Natural Process of Birth and Death; 12/5 Making Healthcare Decisions: Advanced Care and Estate Care Planning; 12/12 Planning a Memorial or Celebratory Service; 12/19 Making Your Funeral Arrangement Wishes Known in Advance. Registration is required.

Tools for Couples

- FC, Wed, Nov 1, 6:30-8pm
Class continues for those already registered.

SUPPORT & NETWORKING

Brain Tumor Group

- FC, Wed, Nov 15, 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. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW. Registration is required. Note:

Breast Cancer Groups <2years

- FC, Wed, Nov 1, 6:45-8pm
- ILH-R, Mon, Nov 20, 5:30-7pm
- IAH-LWC, Mon, Nov 20, 5:30-7pm
- FO-RO, Wed, Nov 8, 5:30-7pm
These groups are for women diagnosed with stage 0-3 breast cancer, no more than 2 years out of active treatment (see Women's Survivorship Group for those more than 2 years out of active treatment). Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

Carcinoid Cancer Group

- FC, Sat, Nov 11, 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

● FO-B, Wed, Nov 8, 5:30-7pm

● FC, Mon, Nov 13, 7-8:30pm

● ILH-R, Mon, Nov 13, 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 required 48 hours in advance.

Coalesce: An Advanced Breast Cancer Group

● FC, Fri, Nov 3-17, 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 703.698.2538.



Coalesce II: An Advanced Breast Cancer Group

● FC, Tue, Nov 14 & 28, 10:30am-12pm

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

Colorectal Cancer Connect Group

● ILH-R, Wed, Nov 8, 6-7:30pm

● FC, Tue, Nov 28, 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, Wed, Nov 1, 7-9pm

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

Good Grief

● FO-LWC, Mon, Nov 6-Dec 4, 6-8pm

Group continues for those already registered. No new registrants at this time. To find out about next group, call 703.391.4574.

GYN Cancers Group

● FC, Wed, Nov 15, 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. Facilitator: Rebecca McIntyre, LCSW, OSW-C. Registration is required.

Head and Neck Cancers Group

● FC, Wed, Nov 8, 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.

Leukemia and Lymphoma Support Group

● FC, Mon, Nov 20, 10-11:30am

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. Each month we will focus on a specific topic (e.g. coping with uncertainty, fear of recurrence, etc.) in addition to open discussion. Registration is required by close of business Friday prior to the meeting.

Living with Advanced Disease

● FO-LWC, Thu, Nov 9, 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. Registration required. This group will meet just once in November and December.

Shine a Light on Lung Cancer

● FC, Tue, Nov 14, 6-8:30pm

Join us for an evening filled with updates, information, and hope for our lung cancer community presented by lung cancer experts. This event is for anyone who wants to learn more about lung cancer. Dinner served. Registration is required. To register contact Katie Cosgrove at 703.204.6347 or katherine.cosgrove@inova.org.

Lung Cancer Group

● FC, Wed, Nov 1, 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

● FC, Tue, Nov 21, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn and share the challenges of living with multiple myeloma. November will feature a special guest speaker. Please see website for details. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Spirituality Quest

● FC, Tue, Nov 14, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. "What Are You Bringing to the Table in Gratitude?" In preparation for the holiday of Thanksgiving, please bring an item or thought you would like to bring to the table, and share, in gratitude.

Us Too Prostate Cancer Support Group

● LCSC, Tue, Nov 14, 6-8pm

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

Us Too, Prostate Cancer Support Group

● IAH-AUD, Thu, Nov 9, 6-7:30pm

This monthly group includes a 30-40 minute presentation by a physician or other health professional on an area relevant to prostate cancer, followed by an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! Registration is required. For information call 703.698.2526 or email david.mcginness@inova.org.

Oncology Massage and Body Work

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

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

- \$60 for 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
- Physician approval is required for patients; ask for written permission at your next appointment.
- To schedule an appointment call us at 703.698.2526.
- Arrive 15 minutes early for your first appointment to complete paperwork.
- Please provide 24 hour notice if you need to cancel an appointment.
- After two missed appointments without notification, massage options in the community will be provided.

Registration is required for all groups and programs

Us, Too: Prostate Cancer Group

● FC, Tue, Nov 14, 7:30-9pm

Thanksgiving Table Talk: Starting THE Conversation on End of Life Planning with Marsha Komandt, RN, OCN.

Woman's Survivorship 3+ years

● FC, Tue, Nov 14, 5-6:30pm

This group is for women who completed and cancer 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.

Women's Breast or Gynecological Cancer Survivorship Group, <3years

● FC, Wed, Nov 15, 5:30-7pm

This group is for women in maintenance therapy or those who have completed treatment within the last 3 years. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Registration is required.

Women's Survivorship Group

● ILH-R, Thu, Nov 9, 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. Facilitator: Sabine Gnesdiloff, LCSW, OSW-C.

Young Women with Breast Cancer

● FO-LWC, Wed, Nov 1, 6-7:30

● IAH-CCW, Tue, Nov 14, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to one year completion of active treatment, are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first time call, 703.504.3019. Registration is required.

Young Women with Breast Cancer

● FC, Tue, Nov 21, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to one year completion of active treatment, are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first time call, 703.504.3019. Registration is required.

STRESS MANAGEMENT

Art Therapy for Long-Term Survivors

● FC, Fri, Nov 3, 1-3:30pm

Note: Registration for this group begins on Wednesday, 11/1. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. Artistic ability is not necessary, just a willingness to explore and be a part of a supportive, creative community. Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. Registration is required. Once registered please call to cancel if you cannot attend so someone else may attend. Jean McCaw, ATR-BC, LCPAT.



Healing Through Art Therapy

● FO-LWC, Mon, Nov 27, 1-3:30pm

Note: Registration for this group begins on Wednesday, 11/1. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. 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. Artistic ability is not necessary, just a willingness to explore and be a part of a supportive, creative community. Registration is required. Please note: FO-LWC is across from the hospital with free valet parking. Once registered please call 703.698.2526 to cancel if you cannot attend. Facilitator: Jean McCaw, ATR-BC, LCPAT.

Healing through Art Therapy

● FC, Thu, Nov 16, 1-3:30pm

See description, above.

Healing Touch

● 44084 RP, Mon, Nov 13, 6-7pm

● IAH-LWC, Call 703-504-3019 for appt.

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, Nov 7, 7-8:30pm

● FC, Fri, Nov 17, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us. Work on your own project or one to donate. All supplies will be provided.

Meditation and Guided Imagery

● FC, Thu, Nov 2-30, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breath work and a relaxation technique that leads into a guided meditation. Come to one or all sessions, but please register by the preceding day. Registration is required.

Mindfulness-Based Cancer Recovery for Patients in Maintenance or Post Treatment

● FC, Wed, Nov 8-Dec 20, 1-2:30pm

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 October 19th 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. For more information please contact Rebecca McIntyre at 703-698-2524.

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Nov 7, 11am-12pm

For those that completed the 6-session Mindfulness-Based Cancer Recovery Program this monthly drop-in group is designed to support your practice. Stop by and see former group members, engage in some meditation and guided imagery; and talk about the benefits and challenges of maintaining "mindful-awareness" in your daily life. Registration is required by the Friday prior to group.

Registration is required for all groups and programs

Mindfulness-Based Cancer Recovery

● 44084 RP, Thu, Nov 2 & 9, 6-7:30pm

Class continues for those already registered.

Music Therapy

● FO-LWC, Fri, Nov 3, 10-11:30am

Class continues for those already registered.



Reiki for Relaxation at Fairfax

● FO-LWC, Tue, Nov 21, 6-7pm and 7-8pm

● FC, Mon, Nov 13, 6-7pm and 7-8pm

● 44084 RP, Thu, Nov 16, 6:45-8pm

Registration opens on Wednesday, 11/1.

This ancient practice involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Registration is required. Once registered please call if you need to cancel so that someone else may attend. If two appointments are missed without prior notice we may need to refer you to Reiki practitioners in the community.

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Nov 16, 2:30-4pm

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

Zentangle

● 44084 RP, Tue, Nov 14, 1:30-3pm

Take a mental vacation from cancer and enjoy the experience of Zentangle—an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The experience of doing Zentangle increases focus and creativity, and provides artistic satisfaction along with an increased sense of wellbeing. A new theme is explored in each monthly class. All supplies are provided, but if you have attended this class in the past, please bring your kit. Registration is required.



HEALTHY LIVING

FITNESS

Note: Fitness classes will NOT be held during the week of Thanksgiving. Physician approval is required if you have had surgery within 6 weeks. If you register for a class you have not taken previously in 2017, bring Physical Participation waiver to first class (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Registration is required.

Barre Tone

● FC, Thu, Nov 16-Dec 14*, 6:30-7:30pm

* No class Thanksgiving week. 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, Nov 14-Dec 12*, 1:30-2:30pm

*No class Thanksgiving week. Appropriate for all fitness levels. Learn how to build strength and increase energy with gentle, low intensity and low impact resistance exercises. With emphasis on increasing overall strength, endurance and range of motion, this class will help you cope with the physical issues associated with your treatment. Equipment is provided. Dress comfortably and bring water and a small towel. Registration is required.

Chair-Based Exercise

● FC, Mon, Nov 6-Dec 11*, 2-2:45pm

● FC, Wed, Nov 1-Dec 13*, 2-2:45pm

* No class Thanksgiving week. Appropriate for all fitness levels of fitness. Designed for people with limited mobility, you'll increase your stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. Registration is required.

Circuit Training

● 44084 RP, Mon, Nov 13-Dec 11*,

9:15-10:15am

● 44084 RP, Thu, Nov 2, 9:15-10:15am

● 44084 RP, Thu, Nov 16-Dec 14*,

9:15-10:15am

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

Cross-Train Challenge

● FC, Wed, Nov 1-Dec 13*, 3-3:45pm

* No class Thanksgiving week. 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, Nov 7 & 14, 1-1:45pm

Class continues for those already registered.

Functional Fitness

● FO-LWC, Mon, Nov 13-Dec 11*, 10-11am

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

Joyful Belly Dance

● FC, Wed, Nov 1-15, 11am-12pm

Appropriate for all fitness levels. 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. Belly dance is an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

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

Keeping Fit

● **FC, Mon, Nov 6-Dec 11*, 3-4pm**

*No class Thanksgiving week. Appropriate for all fitness levels. If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! You must be able to get up and down from the floor. Registration is required.

Men's Fitness Workshop

● **FC, Tue, Nov 14, 5-6:30pm**

Is it time to regain strength, flexibility and balance? Need a program you can complete at home with those weights hanging out in the back of your closet? Our Men's Only Fitness Workshop will help you create a program you can easily do on your own. Equipment is provided. Dress comfortably and bring water and a small towel. Registration is required.

Move Your Body

● **FO-LWC, Wed, Nov 1, 3-4pm**

● **FO-LWC, Wed, Nov 15-Dec 13*, 3-4**

* No Class Thanksgiving week. Appropriate for medium to advanced levels of fitness. Kick up your energy and fitness levels with a cardio workout designed to increase strength and endurance. Incorporates body weight exercises and a moderately intense pace. Registration is required.

PiYo

● **FO-LWC, Wed, Nov 8-Dec 13*, 7-8pm**

*No class Thanksgiving week. Appropriate for all fitness levels. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It's all about energy, power, and using your body to sculpt your body. Registration is required.

Qigong for Mindful Stress Release

● **FC, Mon, Nov 6-27*, 12-1pm**

* No class Thanksgiving week. Qigong is an ancient Chinese practice combining movement, breath and focused intention. This class will focus on easy-to-learn and remember qigong forms to help reduce stress, increase vitality, and bring balance to our lives as we navigate our way in this wacky wonderful world. The workshop is suitable for beginners through advanced practitioners. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required.

Strength, Balance, Stretch

● **44084 RP, Tue, Nov 14-Dec 12*, 10:30-11:30am**

* No class Thanksgiving week. 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. If this is your first time attending this class in 2017, please bring a signed physical activity waiver (found on the Class Forms page under the Class Registration tab). Registration is required.

Strengthen with Barre and Pilates

● **FO-LWC, Thu, Nov 2 & 9,**

11:30am-12:30pm

● **FO-LWC, Thu, Nov 30-Dec 14,**

11:30am-12:30pm

Appropriate for all fitness levels. You'll combine barre and pilates movements set to motivating music to create an invigorating workout. Registration is required.

Tai Chi

● **FC, Tue, Nov 7 & 14, 10:30am-12pm**

Class continues for those already registered.

Total Body Conditioning

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

● **44084 RP, Mon, Nov 13-Dec 11*, 10:30-11:30am**

● **44084 RP, Thu, Nov 16-Dec 14*, 10:30-11:30am**

* No class Thanksgiving week. Appropriate for intermediate fitness levels. An energetic workout combining cardio, strengthening, balance and core in one workout. Registration is required.

Zumba Gold

● **44084 RP, Fri, Nov 10-Dec 15*, 10:30-11:30am**

*No class Thanksgiving week. Appropriate for all fitness levels. Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Registration is required.

Zumba

● **FC, Tue, Nov 7-28*, 7-8pm**

*No class Thanksgiving week. 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.

*Sign up for
Life with Cancer
Updates*

You will receive timely information on

- Program Highlights
- Fundraisers
- Weather Closings

It's Easy!

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

Registration is required for all groups and programs

*Feeling a little overwhelmed?
Life with Cancer can help...*

A **Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

A **Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

YOGA

Note: Yoga classes will NOT be held during the week of Thanksgiving. Physician approval is required if you have had surgery within 6 weeks. If you register for a class you have not taken previously in 2017, bring Physical Participation waiver to first class (go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab). Registration is required.

Evening Gentle Yoga

● FC, Mon, Nov 6 & 27*, 7-8:30pm

● 44084 RP, Mon, Nov 6-Dec 11*, 6-7:30pm

* No class Thanksgiving week. 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.

Therapeutic Gentle Yoga

● IAH-LWC, Mon, Nov 6-27*, 4-5:30pm

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

Gentle Yoga

● FC, Thu, Nov 2 & 16, 1-2pm

● FC, Thu, Nov 30-Dec 14, 1-2pm

This class is appropriate for all fitness levels. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration is required.

Weather Policy

In times of bad weather, if you have a class, group or scheduled appointment, please call

703.698.2520

to verify Life with Cancer is open or check the Cancellations Page at

lifewithcancer.org

We recommend you verify one hour prior to your class to accommodate any changes in early closures.

Restorative Yoga

● FC, Fri, Nov 3-17, 10:15-11:45am

● 44084 RP, Fri, Nov 10-Dec 15*, 12-1:30pm

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

Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Nov 3, 1-2:30pm

● FO-LWC, Fri, Nov 17-Dec 15*1-2:30pm

*No class Thanksgiving week. Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.

Yoga for Breast Cancer

● FC, Wed, Nov 1-29*, 5:30-6:30pm

*No class Thanksgiving week. 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, Tue, Nov 7-Dec 12*, 6-7:30pm

*No class Thanksgiving week. 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. Please bring a blanket and a small towel. Registration is required.



29th Annual Virginia Run Turkey Trot

Sign up now and get a great start to your Thanksgiving Day! All proceeds benefit Inova Schar Cancer Institute's Life with Cancer organization. Be sure to bring the whole family!

Thursday, November 23, 2017 • 8:00 am
15355 Weatherburn Court
Centreville, VA 20120

- 5K Run and 2K Walk
- USATF Certified 5K Course
- Join a team or register as an individual participant
- 5K is limited to 4,000 runners

Register at VRTurkeyTrot.com

CHILDREN, TEENS & PARENTS

Life with Cancer Programs and Services for Children, Teens and Parents

- Individual and family counseling for children, teens, and parents
- Art therapy, play therapy, sand tray therapy
- Guidance in how to talk with your child or teen about cancer
- SCCIP-ND: a three-session program intervention which provides techniques to help parents/caregivers cope more effectively when they have a child diagnosed with cancer
- Support in navigating the end of treatment and survivorship
- Grief support
- Information and referral to services in the community

For more information or to schedule an appointment please contact Jean McCaw, MA, ATR-BC, LCPAT, Child and Adolescent Program Coordinator. 703.698.2537 or jean.mccaw@inova.org.

Art Therapy Group for Teens in Treatment

● FC, Tue, Nov 14, 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.

Kid and Sib Day

● FC, Tue, Nov 7, 10am-2pm

Children ages 5-12 with cancer and their brothers and sisters, ages 5-12 are invited for a day of connection with peers, art therapy, yoga and other meaningful activities. Lunch will be provided. To register or for more information contact Jean McCaw, ATR-BC, LCPAT, 703-698-2537 or jean.mccaw@inova.org.

Pediatric Oncology Parent Night

● FC, Tue, Nov 28, 6-8:30pm

This month's topic is, "Optimizing Nutrition During Treatment", We will review nutritional priorities throughout the course of cancer treatment, as well as provide strategies to help overcome common treatment related side effects. Activity group for children and pizza for all! RSVP to Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703.531.1515 regarding the number of adults and children attending.

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		<p>1</p> <p>11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6:00pm Young Women w/Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:30pm Tools for Couples (FC) 6:45pm Breast Cancer Group (FC) 7pm Cutaneous Lymphoma Support Group (FC)</p>	<p>2</p> <p>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)</p>	<p>3</p> <p>Coalesce (FC) 10am Music Therapy (FO-LWC) 10:15am Restorative Yoga (FC) 1pm Yin Yoga: Patients in Treatment (FO-LWC) 1pm Yin Yoga: Restorative (FC) 1pm Art Therapy-Long-Term Survivors (FC)</p> <p>4</p> <p>5</p>
<p>6</p> <p>Belle Mode Intimates Fundraising Event 12pm Qigong Workshop (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Therapeutic Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op Class (FC) 6pm Good Grief (FO-LWC) 6pm Evening Gentle Yoga (44084-RP) 7pm Evening Gentle Yoga (FC)</p>	<p>7</p> <p>10am Kid and Sib Day (FC) 10:30am Tai Chi (FC) 11am Mindfulness-Based Drop-In (FC) 1pm EZ Tai Chi (FC) 2:40pm Compassion Cultivation (FC) 4pm Breast Surgery Pre-Op (ILH-PER) 4pm Endocrine Therapy and Bone Health (FO-LWC) 5pm Adjuvant Endocrine Therapy (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Planning Ahead (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba (FC)</p>	<p>8</p> <p>11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-C) 1pm Fighting Cancer with a Fork (IAH-CCW) 1pm Mindfulness-Based: Maintenance/Post Treatment (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Breast Cancer Group (FO-R0) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Head and Neck Cancers Group (FC) 6pm Colorectal Cancer Connect Group (ILH-R) 7pm PLYo (FO-LWC)</p>	<p>9</p> <p>11:30am Orientation (FC) 11:30am Strength with Barre and Pilates (FO-LWC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6pm Us Too, Prostate Cancer (IAH-AUD) 6pm Mindfulness-Based Cancer Recovery (44084 RP) 6:30pm Women's Survivorship Group (ILH-R)</p>	<p>10</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP)</p> <p>11</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>12</p>
<p>13</p> <p>9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 12pm Qigong Workshop (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Therapeutic Gentle Yoga (IAH-LWC) 5pm Chemotherapy for Breast Cancer (FC) 6pm Good Grief (FO-LWC) 6pm Healing Touch (44084 RP) 6pm Reiki for Relaxation (FC) 6pm Evening Gentle Yoga (44084 RP) 6:30pm Need Sleep? (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC)</p>	<p>14</p> <p>10:30am Strength, Balance, Stretch (44084 RP) 10:30am Spirituality Quest (FC) 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 11am Look Good...Feel Better (FO-LWC) 1pm EZ Tai Chi (FC) 1:30pm Building Strength (FO-LWC) 1:30pm Zentangle (44084 RP) 2:40pm Compassion Cultivation (FC) 5pm Men's Fitness Workshop (FC) 5pm Woman's Survivorship 3+ (FC) 5:30pm Art Therapy Group-Teens (FC) 6pm Shine a Light on Lung Cancer (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Us Too Prostate Cancer (LCSC) 6:30pm Young Women w/Breast Cancer (IAH-CCW) 6:30pm Planning Ahead (FC) 7pm Zumba (FC) 7:30pm Us, Too: Prostate Cancer Group (FC)</p>	<p>15</p> <p>11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-C) 1pm Mindfulness-Based: Maintenance or Post Treatment (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Women's Breast or Gynecological Survivorship (FC) 5:30pm GYN Cancers Group (FC) 6pm Brain Tumor Group (FC) 7pm PLYo Group (FO-LWC)</p>	<p>16</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 12:30pm Breast Surgery Pre-Op Class (FC) 1pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories Monthly Drop-In (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP)</p>	<p>17</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Knitting and Crocheting Circle (FC) 1pm Yin Yoga (FO)</p> <p>18</p> <p>19</p>
<p>20</p> <p>10am Breast Cancer Pre-Op (FC) 10am Breast Surgery Pre-Op (FC) 10am Leukemia and Lymphoma (FC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (ILH-R) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Good Grief (FO-LWC)</p>	<p>21</p> <p>11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-LWC) 11:45am Multiple Myeloma (FC) 2:40pm Compassion Cultivation (FC) 6pm Reiki for Relaxation (FO-LWC) 6:30pm Planning Ahead (FC) 6:30pm Young Women with Breast Cancer (FC) 7pm Reiki for Relaxation (FO-LWC)</p>	<p>22</p>	<p>23</p> <p>Virginia Run Turkey Trot! LWC is closed.</p>	<p>24</p> <p>25</p> <p>26</p>
<p>27</p> <p>9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10am Chemotherapy for Breast Cancer (FC) 10:30am Total Body Conditioning (44084 RP) 12pm Qigong Workshop (FC) 1pm Healing Through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Therapeutic Gentle Yoga (IAH-LWC) 6pm Good Grief (FO-LWC) 6pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>28</p> <p>10:30am Coalesce II (FC) 10:30am Strength, Balance, Stretch (44084 RP) 12pm Breast Surgery Pre-Op (ILH-PER) 1:30pm Building Strength While in Treatment (FO-LWC) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Pediatric Oncology Parent Night (FC) 6pm Colorectal Cancer Connect Group (FC) 6:30pm Planning Ahead (FC) 7pm Zumba (FC)</p>	<p>29</p> <p>1pm Mindfulness-Based...Maintenance or Post Treatment (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (F-LWC) 5:30pm Yoga for Breast Cancer (FC) 7pm PLYo (FO-LWC)</p>	<p>30</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 12:30pm Breast Surgery Pre-Op Class (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6:30pm Barre Tone (FC)</p>	