



Life with Cancer®

JANUARY 2018

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

Achieving a Healthy Weight in the New Year

● FC, Tue, Jan 9, 10:30am-12:30pm

This class will review strategies/tips on diet choices as well as behavior change to help promote a healthy body weight.

Fighting Cancer with a Fork

● IAH-CCW, Wed, Jan 10, 1-2pm

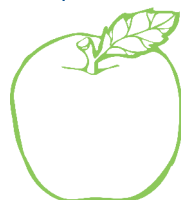
● FO-LWC, Wed, Jan 10, 12-1pm

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.

Nutrition and Breast Cancer

●★ FO-LWC, Wed, Jan 24, 5-6pm

Lauren Fay, RD, CSO, LDN, CNSC who will shed some light on all the claims, online, in the news and from your friends, to make the best decisions for your health. Registration is required.



Mind over Matter

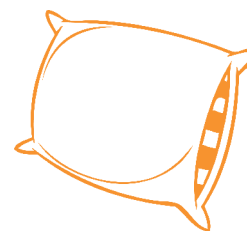
● FC, Wed, Jan 10-Feb 14*, 5:30-7pm

This 5-session (*no class 1/24) skill-based program teaches evidence-based tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Using cognitive, behavioral and relaxation strategies, each of these professionally facilitated sessions build on the previous one. Attendance at all sessions is required. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning. Registration is required. Space is limited.

Need Sleep?

● FC, Mon, Jan 22, 10:30am-12pm

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.



Orientation

● FC, Mon, Jan 22, 6-7pm

● FC, Thu, Jan 11, 11am-12pm

Take a tour of our Family Center and learn about our many programs, classes, groups and services for children and adults. Registration is required. Can't make a scheduled orientation? Call us at 703.698.2534 to arrange a personal session.

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.



Registration is required for all groups and programs

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-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-LWC:** Inova Alexandria Hospital,
Life with Cancer Office,
Suite 1.NE.5.4,
4320 Seminary Road,
Alexandria, VA 22304
- **ILH-RO:** 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

Strategies for Improving Brain Fog

● **FC, Thu, Jan 11-Feb 1, 6-7:30pm**

Understand the cognitive consequences of cancer treatment as well as the impact of co-existing factors and learn strategies to mitigate the impact that can accompany cognitive decline. Please register for all four sessions. Facilitators: Sam Lolak, MD, Drucilla Brethwaite, MSW, LCSW, OSW-C, Molly Boehm, MSW, LSW and Michelle Ferretti, MSW.

Look Good...Feel Better

● **FC, Mon, Jan 15, 5-7pm**

● **ILH-RO, Mon, Jan 15, 12-2pm**

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 required. To register call 1-800-227-2345 to register for LGFB or go to lookgoodfeelbetter.org.



look good
feel better

SUPPORTING WOMEN WITH CANCER

Telling Your Life Story and Leaving a Lasting Legacy

● **FC, Mon, Jan 22, 6:30-8pm**

Oncology Therapist Michelle Bronzo, MA, LPC, CT, will discuss the value of legacy work and concrete ways you can go about creating a lasting legacy for your loved ones.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● **FC, Wednesday, Feb 21-Mar 28*, 5:30-7:30pm**

AND, Required Orientation Class

● **FC, Wed, Feb 2, 5-6pm**

**No class Mar 21*

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 orientation class, February 7, 5-6PM; purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice.

Breast Surgery Pre-Op

●★ **FC, Mon, Jan 8, 5-6:30pm**

●★ **FC, Mon, Jan 15, 10am-11:30am**

●★ **FC, Fri, Jan 26, 12:30-2pm**

●★ **FO-LWC, Wed, Jan 10 and 24, 12:30-2pm**

●★ **IAH, Call 703.504.3019 for appointment**

●★ **ILH-PER, Check the online calendar for dates**

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).



Chemotherapy Class

● **IAH-LWC, by appointment**

Call 703.504.3019 to schedule an appointment with an oncology nurse navigator. Learn 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.

Chemotherapy for Breast Cancer

●★ **FC, Fri, Jan 12, 10-11:30am**

●★ **FC, Mon, Jan 22, 10-11:30am**

An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer, how to prepare for your appointment, an overview on nutrition and exercise, managing side effects and available online resources.

*Want to receive
Life with Cancer
Updates?*

**You will receive timely
information on**

- Program Highlights
- Fundraisers

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**

MOVEMENT

Note: Physician approval for all movement classes is required if you have had surgery within 6 weeks. Physical Participation waivers are also required for all classed beginning in 2018; go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab. Registration is required.

Evening Gentle Yoga

● 44084 RP, Mon, Jan 8-Feb 19, 7-8:30pm

● FC, Mon, Jan 15-29, 7-8:30pm

This class is best for those in active treatment or recovering from surgery. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Please bring a blanket and a small towel. Registration is required.

Gentle Yoga

● FC, Thu, Jan 4-Feb 22, 1-2pm

● IAH-LWC, Mon, Jan 8-Feb 19, 4-5:30pm

Blending gentle movement to increase flexibility and stamina, breath work and guided relaxation to help restore balance and harmony to your body and mind. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration is required.



Let Your Yoga Dance

● FC, Sat, Jan 27, 11am-12:30pm

This is a unique approach to movement, combining the time honored traditions of yoga, movement, breath and user-friendly dance. It's meditation-in-motion, sometimes wild and filled with abandon, sometimes quiet and still. LYD offers techniques that take you beyond the limitations of the body and mind as well as using the joy of movement to tone muscles, build flexibility, endurance and cardiovascular fitness.

Restorative Yoga

● FC, Fri, Jan 5-26, 10:15-11:45am

● 44084 RP, Fri, Jan 5-Feb 23, 12-1:30pm

This class is appropriate for all fitness levels. Using bolsters, blocks and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. Registration is required.

Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Jan 5-Feb 23, 1-2:30pm

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

Registration is required for all groups and programs

Oncology Massage and Body Work

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

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.

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

● FC, Mon, Jan 22, 7-8:30pm

¡Talleres de Bienestar! Talleres educativos con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes, sus seres queridos y cuidadores. Registración obligatoria. Para más información, escribe al alexandra.russo@inova.org.

Yoga for Breast Cancer

●★ FC, Wed, Jan 3, 10, 17 and 31*, 5:30-6:30pm

*Note: This class does not meet on the 4th Wednesday of the month. 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 Sculpt

● FO-LWC, Tue, Jan 2-Feb 20, 1-2pm

Appropriate for intermediate to advanced levels of fitness. Yoga Sculpt combines yoga, light weight training, core work and cardio, for a full body workout. It is designed to help tone and strengthen muscles, and improve balance and overall fitness. Bring a small towel and water. Registration is required.

Yoga for Strength and Flexibility

● 44084-RP Tue, Jan 2-Feb 20, 6-7:30pm

Best for those 6 weeks out from surgery and ready for more active yoga. Bring your yoga practice to a new level as you strengthen your body and improve flexibility. Please bring a blanket and a small towel. Registration is required.

Yoga Therapy

● IAH, Mon, email for appointment

Certified Yoga Therapist, Dawn Curtis, is available for one-on-one Yoga Therapy Session. Cost is \$50 for a one-on-one session. To schedule an appointment, email Yoginidawn@yahoo.com. Cash or check preferred. Credit cards accepted.

Barre Tone

● FC, Thu, Jan 4-Feb 22, 6:30-7:30pm

Jazz up your routine and experience the latest trend in a full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance. Registration is required.

Note: Physician approval for all movement classes is required if you have had surgery within 6 weeks. Physical Participation waivers are also required for all classes beginning in 2018; go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab. Registration is required.

Chair-Based Exercise

● FC, Mon, Jan 22-Mar 12, 2-2:45pm

● FC, Wed, Jan 24-Mar 14, 2-2:45pm

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, Jan 8-Feb 19,

9:15-10:15am

● 44084 RP, Thu, Jan 4-Feb 22,

9:15-10:15am

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.

Cross-Train Challenge

● FC, Wed, Jan 24-Mar 14, 3-3:45pm

Appropriate for medium to experienced fitness levels. If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery. Registration is required.

Functional Fitness

● FO-LWC, Mon, Jan 8-Feb 19, 10-11am

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

Joyful Belly Dance

● FC, Wed, Jan 3-Feb 21, 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.

Keeping Fit

● FC, Mon, Jan 22-Mar 12, 3-4pm

If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! You must be able to get up and down from the floor. Physician approval is required if you have had surgery within 6 weeks. Registration is required.



Men's Fitness Workshop

● FO-LWC, Thu, Jan 18, 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, Jan 3-Feb 21, 3-4pm

Appropriate for medium to advanced levels of fitness. Kick up your energy and fitness levels with a cardio workout designed to increase strength and endurance. Incorporates body weight exercises and a moderately intense pace. Registration is required.

PiYo

● FO-LWC, Wed, Jan 3-Feb 21, 7-8pm

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

● FO-LWC, Mon, Jan 22-Feb 12, 6:30-7:30pm

Qigong is an ancient Chinese practice combining movement, breath and focused intention. Qigong practices are designed to enhance and balance our qi (energy), with the goal of attaining better physical, mental and emotional health and well-being. This

4 week class will focus on easy-to-learn movements to help reduce stress, increase vitality, enhance the immune system and bring balance to our lives. Registration is required.

Strength, Balance, Stretch

● 44084-RP, Tue, Jan 2-Feb 20,

10:30am-11:30am

Appropriate for beginners and those in treatment. This class is designed to develop muscular strength, balance and flexibility. You'll use a variety of resistance equipment that will challenge every major muscle. Registration is required.

Strengthen with Barre and Pilates

● FO-LWC, Thu, Jan 4-Feb 22,

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.

EZ Tai Chi

● FC, Tue, Jan 9-Feb 27, 1-2pm

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



Tai Chi

● FC, Tue, Jan 9-Feb 27, 10:30am-12pm

This ancient practice embodies China's most profound concepts and principles of health and movement. 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.

Registration is required for all groups and programs

Note: Physician approval for all movement classes is required if you have had surgery within 6 weeks. Physical Participation waivers are also required for all classes beginning in 2018; go to lifewithcancer.org and look for the Class Forms page under the Class Registration tab. Registration is required.

Total Body Conditioning

- 44084-RP Mon, Jan 8-Feb 19, 10:15-11:15am
- 44084-RP Thu, Jan 4-Feb 22, 10:15-11:15am

An energizing workout combining cardio, strengthening, balance and core in one workout. Registration is required.

Zumba Gold

- 44084 RP, Fri, Jan 5-Feb 23, 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! Registration is required.

Zumba

- FC, Tue, Jan 2-30, 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.



STRESS REDUCTION

Healing Touch

- IAH, Call 703.504.3019 for an appointment

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.

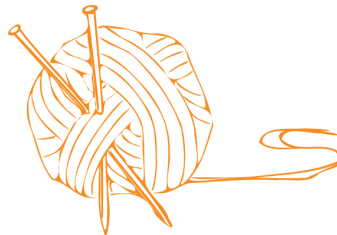
Healing Touch

- 44084 RP, Mon, Jan 8, 6-7pm
- Registration begins on the first business day of the month by 9:15. Returning clients, please sign up every other month to give new clients a chance to experience Healing Touch. See description, above

Knitting & Crocheting Circle

- FC, Tue, Jan 2, 7-8:30pm
- FC, Fri, Jan 19, 1-2:30pm

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



Meditation and Guided Imagery

- FC, Thu, Jan 4-25, 2-3pm
- IAH-LWC, Tue, Jan 9-30, 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 breath work and a relaxation technique that leads into guided imagery. Come to some or all of the sessions; registration is required by the preceding day.

Mindfulness-Based Cancer Recovery Drop-In Group

- FC, Tue, Jan 2, 11am-12pm
- FC, Thu, Jan 18, 5:30-6:30pm

Now offering two groups! 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 preceding Friday.

Certification for Level I Reiki Workshop

- FC, Sat, Jan 6, 9:30am-4pm

During this day long workshop, participants will learn about the evolution and principles of Reiki, be introduced to Mindfulness Meditation, receive an attunement to Reiki energy, learn a self-treatment protocol and

a simple seated chair treatment to use for others. Self-treatments can help ease the anxiety associated with appointments, tests, procedures and other treatments. At the completion of the day, participants will receive their Level I certificate. Facilitators will be several area Reiki masters. Space is limited and registration is necessary by Wednesday, Jan 3. Please bring your lunch.

Reiki for Relaxation

- FC, Mon, Jan 8, 6-7pm, 7-8pm
- FC, Wed, Jan 24, 6-7pm, 7-8pm
- ILH, Thu, Jan 25, 6:45pm-8pm
- FO-LWC, Jan 9, 6-7pm and 7-8pm,

Registration opens on the first business day of the 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.

Writing your Life Stories

- FC, Thu, Jan 18, 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, Jan 9, 1:30-3pm

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, and can increase focus and creativity, and provide artistic satisfaction along with an increased sense of well-being. A new theme is explored in each monthly class. Supplies are provided, but if you have attended this class in the past, please bring your kit. Registration is required.



Registration is required for all groups and programs

SUPPORT & NETWORKING

Breast Cancer Group

- ★ FC, Wed, Jan 3, 6:45-8pm
- ★ FO-RO, Wed, Jan 10, 5:30-7pm
- ★ IAH-LWC, Mon, Jan 15, 5:30-7pm
- ★ ILH-RO, Mon, Jan 22, 5:30-7pm

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

Young Women with Breast Cancer

- ★ FC, Tue, Jan 16, 6:30-8pm
- ★ FO-LWC, Wed, Jan 3, 6-7:30pm
- ★ IAH-LWC, Tue, Jan 9, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer from diagnosis up to one year after completing active treatment are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Registration is required. If attending for the first time, please call 703.698.2522.

Breast or Gynecological Cancer Survivorship Group

- ★ FC, Wed, Jan 17, 5:30-7pm

For women in maintenance therapy or completed treatment within the last 3 years: Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group is designed to help you gain insight and

balance in your life through discussion, problem-solving and various other modalities. Registration is required.

Coalesce: An Advanced Breast Cancer Group

- ★ FC, Fri, Jan 5-26, 00pm

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

Coalesce II: An Advanced Breast Cancer Group

- ★ FC, Tue, Jan 9 & 23, 10:30am-12pm

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

Woman's Survivorship 3+

- ★ FC, Tue, Jan 9, 5-6:30pm
- ★ ILH-RO, Thu, Jan 11, 6:30-8pm

This group is for women who completed treatment for any kind of cancer more than 3 years ago. Many women who have completed treatment find that they can experience challenges well into survivorship. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Registration is required.

Carcinoid Cancer Group

- ★ FC, Sat, Jan 13, 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, Jan 8, 7-8:30pm
- FO-LWC, Wed, Jan 10, 5:30-7pm
- ILH-RO, Mon, Jan 8, 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.



Colorectal Cancer Group

- ILH-RO, Wed, Jan 10, 6-7:30pm
- FC, Tue, Jan 16, 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

- FC, Wed, Jan 3, 7-9pm

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

Good Grief

- FC, Tue, Jan 16-Mar 6, 7:15-9pm

This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Registration is required; no new enrollment after 1/16.

Gynecologic Cancers Group

- FC, Wed, Jan 24, 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 required.

Registration is required for all groups and programs

*Feeling 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)**.

Head and Neck Group

● FC, Wed, Jan 10, 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.

Living with Advanced Disease

● FO-LWC, Wed, 10 and 24, 1-2:30

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. Facilitators: Gale Towery, RN, BSN, OCN, CBCN and Karen Archer, MSW. Registration required.

Leukemia and Lymphoma Group

● FC, Mon, Jan 15, 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 of the preceding Friday.

Lung Cancer Group

● FC, Wed, Jan 3, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Multiple Myeloma: Robin Tuohy

● FC, Tue, Jan 16, 11:45am-1pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. In January, Robin Tuohy, IMF Senior Director Support Groups and her husband Michael will discuss long-term survivorship, IMF resources and an update on the Black Swan initiative. Light lunch. Registration is required.

Registration is required for all groups and programs

Spirituality Quest: A New Year with New Beginnings, New Epiphanies

● FC, Tue, Jan 9, 10:30am-noon

Join us on the second Tuesday of the month as we explore our spiritual paths. Jenn Fay, RScP will present January's topic: Using the Spiritual Practice of Visioning to Reveal Your Highest and Best Intentions for 2018".



Us Too

● LCSC, Tue, Jan 9, 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 Group

● IAH-AUD, Thu, Jan 11, 6-8pm

This monthly group includes a presentation by a physician or other health professional followed by an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! Facilitator: David McGinness, 703.698.2526 or david.mcginness@inova.org. Registration is required.

Us Too, Prostate Cancer Group

● FC, Tue, Jan 9, 7:30-9pm

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

Young Adult Group

● FC, Jan 25, 7:30-9:15pm

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. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

CHILDREN, TEENS & PARENTS

Kid and Sib Day

● FC, Mon, Jan 15, 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.

Art Therapy Group for Teens in Treatment

● FC, Tue, Jan 9, 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. Registration is required with Sarah. Schmidt@inova.org or call 703.776.2403.



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.

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1	2 10:30am Strength, Balance, Stretch (44084 RP) 11am Mindfulness-Based...Drop-In (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Yoga for Strength (44084-RP) 7pm Zumba (FC) 7pm Knitting & Crocheting Circle (FC)	3 11am Joyful Belly Dance (FC) 5pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm PiYo (FO-LWC) 7pm Cutaneous Lymphoma (FC)	4 9:15am Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6:30pm Barre Tone (FC)	5 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 6 9:30pm Level I Reiki Workshop (FC) 7
8 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 4pm Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op (FC) 6pm Reiki for Relaxation (FC) 6pm Healing Touch (44084 RP) 6:30pm Caregiver Connection (ILH-RO) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC)	9 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 10:30am Spirituality Quest (FC) 10:30am Achieving a Healthy Weight (FC) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FO) 1:30pm Zentangle (44084 RP) 3pm Meditation and Guided Imagery (IAH-LWC) 5pm Woman's Survivorship 3+ (FC) 5:30pm Art Therapy Group for Teens in Treatment (FC) 6pm Reiki (FO-LWC) 6pm Us Too (LWSC) 6pm Yoga for Strength (44084-RP) 6:30pm Young Women with Breast Cancer (IAH-LWC) 7pm Reiki (FO-LWC) 7pm Zumba (FC) 7:30pm Us Too Prostate Cancer Group (FC)	10 11am Joyful Belly Dance (FC) 1pm Fighting Cancer with a Fork (IAH-CCW) 12pm Fighting Cancer with a Fork (FO-RO) 12:30pm Breast Surgery Pre-Op (FO-LWC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Mind Over Matter (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Breast Cancer Group (FO-RO) 6pm Colorectal Cancer Group (ILH-RO) 7pm PiYo (FO-LWC)	11 9:15am Circuit Training (44084 RP) 10:15 am Total Body (44084-RP) 11am Orientation (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Us Too, Prostate Cancer Group (IAH-AUD) 6pm Strategies for Improving Brain Fog (FC) 6:30pm Women's Survivorship Group (ILH-RO) 6:30pm Barre Tone (FC)	12 Coalesce (FC) 10am Chemotherapy for Breast Cancer (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 12pm Restorative Yoga (44084 RP) Treatment (FO-LWC) 13 10am Carcinoid Cancer Group (FC) 14
15 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10am Leukemia and Lymphoma (FC) 10am Kid and Sib Day (FC) 10am Breast Surgery Pre-Op (FC) 10:15am Total Body Conditioning (44084 RP) 12pm Look Good...Feel Better (ILH-RO) 4pm Gentle Yoga (IAH-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)	16 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 11:45am Multiple Myeloma (FC) 1pm Yoga Sculpt (FO-LWC) 3pm Meditation and Guided Imagery (IAH-LWC) 6pm Colorectal Cancer (FC) 6pm Yoga for Strength (44084-RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	17 11am Joyful Belly Dance (FC) 3pm Move Your Body (FO-LWC) 5:30pm Mind Over Matter (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Breast or Gynecological Group (FC) 7pm PiYo (FO-LWC)	18 9:15am Circuit Training (44084 RP) 10:15 am Total Body (44084-RP) 11:30am Strengthen with Barre (FO-LWC) 12pm Breast Surgery Pre-Op (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life...Drop-In (FC) 5pm Men's Fitness Workshop (FO-LWC) 5:30pm Mindfulness-Based...Drop-In (FC) 6:30pm Barre Tone (FC) 6pm Strategies for Improving Brain Fog (FC)	19 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC) 20 21
22 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10am Chemotherapy for Breast Cancer (FC) 10:15am Total Body Conditioning (44084 RP) 10:30am Need Sleep? (FC) 2pm Chair-Based Exercise, Monday Jan (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5:30pm Breast Cancer Group (ILH-RO) 6pm Orientation, Monday PM (FC) 6:30pm Telling Your Life Story and Leaving a Lasting Legacy (FC) 6:30pm Qigong for Mindful Stress Release (FO-LWC) 7pm Aprendiendo Juntos (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	23 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 3pm Meditation and Guided Imagery (IAH-LWC) 6pm Yoga for Strength (44084-RP) 7pm Zumba (FC) 7:15pm Good Grief (FC)	24 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Living with Advanced Disease (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5pm Breast Cancer and Nutrition (FO-LWC) 5:30pm GYN Cancers Group (FC) 6pm Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC) 7pm PiYo (FO-LWC)	25 9:15am Circuit Training (44084 RP) 10:15 am Total Body (44084-RP) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Brain Fog (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki (44084-RP) 7:30pm Young Adult Group (FC)	26 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 12:30pm Breast Surgery Pre-Op (FC) 1pm Yin Yoga (FO-LWC) 27 11am Let Your Yoga Dance (FC) 28
29 9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 6:30pm Qigong (FO-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	30 10:30am Strength, Balance, Stretch (44084 RP) 10:30am Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 3pm Meditation and Guided Imagery (IAH-LWC) 6pm Yoga for Strength (44084-RP) 7pm Zumba (FC) 7:15pm Good Grief (FC)	31 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Mind Over Matter (FC) 5:30pm Yoga for Breast Cancer (FC) 7pm PiYo (FO-LWC)		