



Life with Cancer®

FEBRUARY 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).

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 (FC)
- Fair Oaks (FO)
- Loudoun (ILH)
- Alexandria, Mt. Vernon, Arlington (IAH)
- ★ Breast Cancer Class

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

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INOVA®

Schar Cancer Institute

INFORMATION & EDUCATION

The Role of Functional Medicine in Cancer Survivorship

● FC, Thu, Feb 22, 6:30-8pm

Functional medicine is an integrative approach which combines conventional and complementary therapies, emphasizing nutrition, exercise and lifestyle adjustments for optimum health, to facilitate healing for acute and chronic conditions. A physician will discuss "The Role of Functional Medicine in Cancer Survivorship." Registration is required.

Palliative Care and Hospice Care: Understanding the Difference

● FC, Mon, Feb 26, 6:30-8pm

Jean-Paul Pinzon, MD will examine this topic and discuss how insurance impacts coverage of these services. Learn about the role of improving symptom management & quality of life for those undergoing treatment at all stages of illness. Registration is required.

San Antonio Breast Cancer Update

●★ FC, Thu, Feb 22, 3-5pm

Join us for a special presentation by Dr. Mary Wilkinson, who will discuss the latest research findings from the recent San Antonio Breast Cancer Conference. Registration is required by Tuesday, February 20.

Sign up for Life with Cancer Updates

You will receive timely information on

Program Highlights and Fundraisers

It's Easy!

1. Go to www.lifewithcancer.org
2. Scroll all the way 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.

Weather Policy

Information about cancellations due to inclement weather or an area emergency can be obtained by calling

703.698.2520

Class cancellations do not always follow local public school closings.

To verify Life with Cancer is open check the Cancellations Page at

lifewithcancer.org



*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)**.

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-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-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

**Registration is required for
all groups and programs**

Starving Breast Cancer through Intermittent Fasting: What's the Evidence?

- ★ FO-LWC, Tue, Feb 27, 4-5pm

Short periods of fasting may improve tolerance of chemotherapy, could improve chemotherapy effectiveness and may reduce risk of recurrence after treatment is complete. Dr. Kathleen Harnden will review the research and answer your questions.

Orientation to the Life with Cancer

- FC, Thu, Feb 8, 11am-12pm
- FC, Mon, Feb 26, 6-7pm

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

Compassion Cultivation

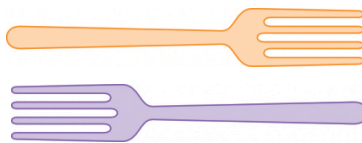
- FC, Wed, Feb 7-Mar 21, 1-2:30pm

Class continues for those already registered.

Fighting Cancer with a Fork

- FO-RO, Tue, Feb 20, 12-1pm

Registered Dietitian, Sara Negron will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.



Fighting Cancer with a Fork

- IAH-CCW, Wed, Feb 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.

Look Good...Feel Better

- FC, Mon, Feb 19, 5-7pm
- FO-LWC, Tue, Feb 13, 11am-1pm
- IAH-LWC, Tue, Feb 6, 6-8pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required. Registration is required. To register call 1-800-227-2345 or go to lookgoodfeelbetter.org.

Breast Surgery Pre-Op Class

- ★ FO-LWC, Wed, Feb 14 & 28, 12:30-2pm
- ★ FC, Mon, Feb 5, 5-6:30pm
- ★ FC, Fri, Feb 16, 10-11:30am
- ★ FC, Mon, Feb 19 10-11:30am
- ★ FC, Wed, Feb 28, 12:30-2pm
- ★ IAH-LWC, Call 703.504.3019 for appointment

A nurse navigator will explain what you need to know before, during and after mastectomy surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Registration is required. Family member/friend may attend without registration.



Breast Surgery Pre-Op Class

- ★ ILH-PER, Tue, Feb 13, 4-5:45pm
- ★ ILH-PER, Thu, Feb 22, 1-2:45pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class is for you. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Family member/friend may attend without registration.

Chemotherapy Class

- ILH-PER, Fri, Feb 2, 12-1:30pm
- IAH-LWC, Call 703.504.3019 for appointment

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, Feb 12, 5-6:30pm
- ★ FC, Fri, Feb 23, 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.

Strategies for Improving Brain Fog

- FC, Thu, Feb 1, 6-7:30pm

Class continues for those already registered. Look for a new class series beginning in 2018.

If this is the first time attending a movement class this year, bring a Physical Participation Waiver to the first class. You'll find the waiver on www.lifewithcancer.org; Look for the Class Forms page under the Class Registration tab.

MOVEMENT

Barre Tone

● FC, Thu, Feb 1-22, 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.

Chair-Based Exercise

● FC, Mon, Feb 5-Mar 12, 2-2:45pm

● FC, Wed, Feb 7-Mar 14, 2-2:45pm

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, Feb 5-19, 9:15-10:15am

● 44084 RP, Thu, Feb 1-22, 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, Feb 7-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.

EZ Tai Chi

● FC, Tue, Feb 6-27, 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.



Evening Gentle Yoga

● 44084 RP, Mon, Feb 5-19, 7-8:30pm

● FC, Mon, Feb 5-26, 7-8pm

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.

Functional Fitness

● FO-LWC, Mon, Feb 5-19, 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.

Gentle Yoga

● FC, Thu, Feb 1-22, 1-2pm

● IAH-LWC, Mon, Feb 5-19, 4-5:30pm

Appropriate for all fitness levels. 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

Joyful Belly Dance

● FC, Wed, Feb 7-21, 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, Feb 5-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, Feb 15, 5-6:30pm

● FC, Tue, Feb 27, 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? This monthly class will help you create a program you can easily do on your own. Equipment is provided. Dress comfortably, bring water and a small towel. Registration is required.

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

If this is the first time attending a movement class this year, bring a Physical Participation Waiver to the first class. You'll find the waiver on www.lifewithcancer.org; Look for the Class Forms page under the Class Registration tab.

Move Your Body

● FO-LWC, Wed, Feb 7-21, 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, Feb 7-21, 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, Feb 5 & 12, 6:30-7:30pm

Class continues for those already registered.

Restorative Yoga

● 44084 RP, Fri, Feb 2-23, 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.



Strength, Balance, Stretch

● 44084 RP, Tue, Feb 6-20, 10:30-11:30am

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, Feb 1-22, 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.

Tai Chi

● FC, Tue, Feb 6-27, 10:30am-12pm

Class continues for those already registered.

Total Body Conditioning

● 44084 RP, Thu, Feb 1-22, 10:30-11:30am

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

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



Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Feb 2-23, 1-2:30pm

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. Dress comfortably, bring a light blanket, and water. Registration is required.

Yoga for Breast Cancer

●★ FC, Wed, Feb 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 Sculpt

● FO-LWC, Tue, Feb 6-20, 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, Feb 6-20, 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.

Zumba

● FC, Tue, Feb 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, Feb 2-23, 10:30-11:30am

Appropriate for all fitness levels. This class offers easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Registration is required.

PROGRAMAS EN ESPAÑOL

Latinos Unidos

● ILH-RO, lunes, 12 de febrero, 6-7:30pm

Ahora, también en el condado de Loudoun. Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Escribir al Courtney.Weaver@inova.org para más información.

STRESS REDUCTION

Art Therapy Series: Going Deeper than Words

● FC, Tue, Feb 13-Mar 20, 1-3pm

Discover the power of your creativity, intuition, and resilience through this 6 week art therapy group for those currently in treatment or out of treatment within 2 years. This group provides opportunities for mindfulness, reflection and personal growth while creating with a variety of art media and approaches. Attendance at each session is recommended as each week will build on the week prior. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration is required.

Art Therapy for Long-Term Survivors

● FC, Fri, Feb 2, 1-3:30pm

Note: Registration for this group begins on the first business day of the month. 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 experience 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.

Registration is required for all groups and programs

Healing Through Art Therapy

● FC, Thu, Feb 15, 1-3:30pm

● FO-LWC, Mon, Feb 26, 1-3:30pm

Registration 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. Registration is required. Once registered please call 703.698.2526 to cancel if you cannot attend.

Healing Touch

● 44084 RP, Mon, Feb 12, 6-7pm

● IAH-LWC, Call 703.507.3019 for appointment

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. 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.

Introduction to Qigong

● IAH-LWC, Tue, Feb 6-Mar 13, 3:30-4:30pm

Learn to use the internal tools of your mind, body, and breath to promote wellness. This series will explore how breathing, guided meditation, and gentle movement may impact your emotional and physical well-being, as well as provide the theoretical background for Qigong. For greatest benefit attendance at each session and practice between classes is strongly encouraged. Space is limited. Registration is required.

Knitting & Crocheting Circle

● FC, Tue, Feb 6, 7-8:30pm

● FC, Fri, Feb 16, 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.



Laughter Yoga

● FC, Thu, Feb 22, 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. Sense of humor is not required. Simply follow the instructor and do the exercises. Laughter yoga can be done seated in a chair. Registration is required.



Meditation and Guided Imagery

● FC, Thu, Feb 1-15, 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. Registration is required for each class.

Mind over Matter

● FC, Wed, Feb 7 & 14, 5:30-7pm

Class continues for those already registered. Watch for new series, beginning soon.

Mindfulness-Based Cancer Recovery Drop-In

● FC, Tue, Feb 6, 11am-12pm

● FC, Thu, Feb 15, 5:30-6:30pm

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.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● 44084 RP, Thu, Feb 8-Mar 15, 2-3:30pm

This is a six week series during which you will learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health

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

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● FC, Wed, Feb 21-Mar 28*, 5:30-7pm

*Note: No class 3/21. 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 February 7, 5-6PM; 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.

Orientation: Mindfulness-Based Cancer Recovery

● FC, Wed, Feb 7, 5:30-7pm

This is a required class for those registering for Mindfulness-Based Cancer Recovery for Patients and Caregivers, Feb 21-Mar 28 (above).

Reiki for Relaxation

● 44084 RP, Thu, Feb 22, 6:45-8pm

● FC, Mon, Feb 12, 6-7pm or 7-8pm

● FC, Wed, Feb 28, 6-7 or 7-8pm

A level three certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Please note: Registration is required and opens on the first business day of the month at 9:15. If you need to cancel your appointment please call 703-698-2534, 24 hours in advance. If you miss two appointments 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, Feb 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. Registration is required.



Registration is required for all groups and programs

Zentangle

● 44084 RP, Tue, Feb 13, 1:30-3pm

Take a mental vacation from cancer and enjoy Zentangle. It's 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.

SUPPORT & NETWORKING

Spirituality Quest

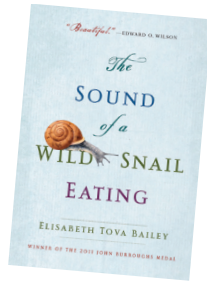
● FC, Tue, Feb 13, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths. As we approach Valentine's Day, come share your thoughts on "Loving Ourselves as We Do Others". Please register.

Book Group: *The Sound of a Wild Snail Eating*

● ILH-RO, Wed, Feb 28, 6:30-8pm

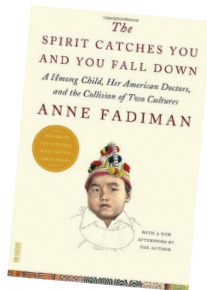
"The Sound of a Wild Snail Eating by Elisabeth Bailey is a remarkable journey of survival and resilience, showing us how a small part of the natural world can illuminate our own human existence, while providing an appreciation of what it means to be fully alive." Registration is required.



Book Group: *The Spirit Catches You and You Fall Down*

● FO-LWC, Wed, Feb 21, 6-7:30pm

This book by Anne Fadiman explores the clash between a small county hospital in California and a refugee family from Laos over the care a Hmong child diagnosed with severe epilepsy. Winner of the National Book Critics Circle Award for Nonfiction, the Los Angeles Times Book Prize for Current Interest, and the Salon Book Award, Anne Fadiman's compassionate account of this cultural impasse is literary journalism at its finest.



Brain Tumor Group

● FC, Wed, Feb 21, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Registration is required.

Breast Cancer Group

●★ FC, Wed, Feb 7, 6:45-8pm

●★ FO-LWC, Wed, Feb 14, 5:30-7pm

●★ IAH-LWC, Mon, Feb 19, 5:30-7pm

●★ ILH-RO, Mon, Feb 26, 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 into survivorship). Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration required.

Breast or Gynecological Cancer Survivorship Group

●★ FC, Wed, Feb 21, 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.

Carcinoid Cancer Group

● FC, Sat, Feb 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, Feb 12, 7-8:30pm

● FO-B, Wed, Feb 14, 5:30-7pm

● ILH-RO, Mon, Feb 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 required 48 hours in advance.



Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Feb 13 & 27, 10:30am-12pm

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

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Feb 2-23, call for time

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

Colorectal Cancer Group

● FC, Tue, Feb 20, 6-7:30pm

● ILH-RO, Wed, Feb 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 required.

Cutaneous Lymphoma Support Group

● FC, Sat, Feb 10, 10am-12pm

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

Good Grief

● FC, Tue, Feb 6-Mar 6, 7:15-9pm

Group continues for those already registered. New eight-week series will begin in the spring.

Gynecologic Cancer Group

● FC, Wed, Feb 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 required.

Head and Neck Cancers Group

● FC, Wed, Feb 14, 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, Feb 19, 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 previous Friday.

Registration is required for all groups and programs

Living with Advanced Disease

●★ FO-LWC, Thu, Feb 8 & 22, 1-2:30pm

Join us as we explore ways to learn to live with any type of 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.

Lung Cancer Group-Special Speaker

● FC, Wed, Feb 7, 6:30-8pm

Andrew Ciupek from the Lung Cancer Alliance will be speaking about clinical trials and new directions in lung cancer treatment. 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, Feb 20, 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. This will be an open discussion group. Light lunch. Registration is required.

Us Too Prostate Cancer Group

● FC, Tue, Feb 13, 7:30-9pm

● LCSC, Tue, Feb 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 Group

● IAH-AUD, Thu, Feb 8, 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! Registration is required.

Woman's Survivorship 3+

●★ FC, Tue, Feb 13, 5-6:30pm

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.

Women's Survivorship Group

●★ ILH-RO, Thu, Feb 8, 6:30-8pm

For women who are in maintenance therapy or have completed treatment for any type of cancer. Many women who have completed

treatment find it difficult to resume life as they knew it prior to cancer. This group can help you gain insight and balance in your life through discussion, problem-solving and other modalities. Registration required.

Young Adult Group

● FC, Thu, Feb 22, 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. Registration is required.

Young Women with Breast Cancer

●★ FC, Tue, Feb 20, 6:30-8pm

●★ FO-LWC, Wed, Feb 7, 6-7:30pm

●★ IAH-LWC, Tue, Feb 13, 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 at FC or IAH-LWC location for the first time, please call 703.698.2522. Registration is required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Tue, Feb 6, 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. To register contact Sarah. Schmidt@inova.org or call 703.776-2403. No online registration.



Curious about Cancer

● FC, Tue, Feb 6-Mar 13, 6-7pm

This 6 week group is for children 5-12 who have a sibling or adult family member with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur when someone in the family has cancer. To register or for more information contact Jean McCaw, MA, ATR-BC, LCPAT Child & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org. No online registration.

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.

Pediatric Oncology Parent Night

● FC, Mon, Feb 26, 6:30-8:30pm

Come hear about the many childhood cancer organizations and resources that benefit the entire family. Learn about Camp Fantastic and Brass Camp, getting a free tablet or IPAD for your homebound child, special wishes, family getaways, help at home, recreational opportunities, conferences, financial assistance, and more! Please register with Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703-531-1515. No online registration.



Registration is required for all groups and programs

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			<p>1</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Strategies for Improving Brain Fog (FC) 6:30pm Barre Tone (FC)</p>	<p>2</p> <p>Coalesce: An Advanced Breast Ca (FC) 10:30am Zumba Gold (44084 RP) 12pm Chemotherapy (ILH-PER) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 1pm Ari Therapy for Long-Term Survivors (FC)</p> <p>3</p> <p>4</p>
<p>5</p> <p>9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op (FC) 6:30pm Qigong for Mindful Stress Release (FO-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>6</p> <p>10:30am Tai Chi (FC) 10:30am Strength Balance Stretch (44084 RP) 11am Mindfulness-Based...Drop-In (FC) 1pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 3:30pm Introduction to Qigong (IAH-LWC) 5:30pm Art Therapy for Teens (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Curious about Ca (FC) 6pm Look Good...Feel Better (IAH-LWC) 7pm Zumba Family Center (FC) 7pm Knitting & Crocheting Circle (FC) 7:15pm Good Grief (FC)</p>	<p>7</p> <p>11am Joyful Belly Dance (FC) 1pm Compassion Cultivation (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 Ca (FC) 5:30pm Orientation: Mindfulness-Based (FC) 6pm Young Women w/ Breast Ca (FO-LWC) 6:30pm Lung Ca (FC) 6:45pm Breast Ca (FC) 7pm PiYo (FO-LWC)</p>	<p>8</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11am Orientation (FC) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Living w/ Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Mindfulness-Based Ca Recovery (44084 RP) 2pm Meditation and Guided Imagery(FC) 6pm Us Too Prostate Ca (IAH-AUD) 6:30pm Barre Tone (FC) 6:30pm Women's Survivorship (ILH-RO)</p>	<p>9</p> <p>Coalesce: An Advanced Breast Ca (FC) 10:30am Zumba Gold ILH (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC)</p> <p>10</p> <p>10am Carcinoid Ca (FC) 10am Cutaneous Lymphoma Support (FC)</p> <p>11</p>
<p>12</p> <p>9:15am Circuit Training (44084 RP) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Chemotherapy for Breast Ca (FC) 6pm Healing Touch (44084 RP) 6pm Latinos Unidos (ILH-RO) 6pm Reiki for Relaxation (FC) 6:30pm Qigong for Mindful Stress Release (FO-LWC) 6:30pm Caregiver Connection (ILH-RO) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)</p>	<p>13</p> <p>10:30am Spirituality Quest (FC) 10:30am Coalesce II (FC) 10:30am Strength Balance Stretch (44084 RP) 10:30am Tai Chi (FC) 11am Look Good...Feel Better (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 1pm Art Therapy Series: Going Deeper (FC) 1pm EZ Tai Chi (FC) 1:30pm Zentangle (44084 RP) 3:30pm Introduction to Qigong (IAH-LWC) 4pm Breast Surgery Pre-Op (ILH-PER) 5pm Woman's Survivorship 3+ (FC) 6pm Us Too Prostate Ca Support (LCSC) 6pm Curious about Ca (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Young Women w/ Breast Ca (IAH-LWC) 7pm Zumba Family Center (FC) 7:15pm Good Grief (FC) 7:30pm Us Too Prostate Ca (FC)</p>	<p>14</p> <p>11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Compassion Cultivation (FC) 1pm Fighting Ca w/ a Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Ca (FC) 5:30pm Mind Over Matter (FC) 5:30pm Head and Neck Ca (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Breast Ca (FO-LWC) 6pm Colorectal Ca (ILH-RO) 7pm PiYo (FO-LWC)</p>	<p>15</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Meditation and Guided Imagery (FC) 2pm Mindfulness-Based Ca Recovery (44084 RP) 2:30pm Writing Your Life Stories (FC) 5pm Men's Fitness Workshop (FO-LWC) 5:30pm Mindfulness-Based...Drop-In (FC) 6:30pm Barre Tone (FC)</p>	<p>16</p> <p>Coalesce (FC) 10am Breast Surgery Pre-Op (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC)</p> <p>17</p> <p>18</p>
<p>19</p> <p>9:15am Circuit Training (44084 RP) 10am Breast Surgery Pre-Op (FC) 10am Leukemia and Lymphoma (FC) 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Ca (IAH-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)</p>	<p>20</p> <p>10:30am Strength Balance Stretch (44084 RP) 10:30am Tai Chi (FC) 11:45am Multiple Myeloma (FC) 12pm Fighting Ca w/ a Fork (FO-RO) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 1pm Art Therapy Series: Going Deeper (FC) 3:30pm Introduction to Qigong (IAH-LWC) 6pm Curious about Ca (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Young Women w/ Breast Ca (FC) 6pm Colorectal Ca FC Tues (FC) 7pm Zumba Family Center (FC) 7:15pm Good (FC)</p>	<p>21</p> <p>11am Joyful Belly Dance (FC) 1pm Compassion Cultivation (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Mindfulness-Based Ca Recovery (FC) 5:30pm Yoga for Breast Ca (FC) 5:30pm Breast or Gynecological Ca Survivorship (FC) 6pm Brain Tumor (FC) 6pm Book Group: The Spirit Catches You (FO-LWC) 7pm PiYo (FO-LWC)</p>	<p>22</p> <p>9:15am Circuit Training (44084 RP) 10:30am Total Body Conditioning (44084 RP) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Breast Surgery Pre-Op (ILH-PER) 1pm Living w/ Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Mindfulness-Based Ca Recovery (44084 RP) 2pm Laughter Yoga (FC) 3pm San Antonio Update (FC) 6:30pm Barre Tone (FC) 6:30pm Functional Medicine (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult (FC)</p>	<p>23</p> <p>Coalesce (FC) 10am Chemotherapy for Breast Ca (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>24</p> <p>25</p>
<p>26</p> <p>1pm Healing Through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5:30pm Breast Ca (ILH-RO) 6pm Orientation (FC) 6:30pm Palliative Care and Hospice Care (FC) 6:30pm Pediatric Oncology Parent Night (FC) 7pm Evening Gentle Yoga (FC)</p>	<p>27</p> <p>10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 1pm EZ Tai Chi (FC) 1pm Art Therapy Series: Going Deeper (FC) 3:30pm Introduction to Qigong (IAH-LWC) 4pm Starving Breast Ca (FO-LWC) 5pm Men's Fitness Workshop (FC) 6pm Curious about Ca (FC) 7pm Zumba Family Center (FC) 7:15pm Good Grief (FC)</p>	<p>28</p> <p>12:30pm Breast Surgery Pre-Op (FO-LWC) 12:30pm Breast Surgery Pre-Op (FC) 1pm Compassion Cultivation (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Gynecologic Ca (FC) 5:30pm Mindfulness-Based Ca Recovery (FC) 6pm Reiki for Relaxation (FC) 6:30pm Book Group (ILH-RO) 7pm Reiki for Relaxation (FC)</p>		