



# Life with Cancer®

APRIL 2018

## LIFE WITH CANCER CONNECT

A direct link to your support team  
**703.206.5433**

## 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

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## INFORMATION & EDUCATION

### Orientation to Life with Cancer®

- FC, Thu, Apr 12, 11am-12pm
- FC, Mon, Apr 23, 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.

### Genomics and GI Cancers

- FC, Mon, Apr 16, 6-7:30pm

Timothy Cannon, MD will discuss recent advances in GI cancer genomics, and the role genomics plays in personalized medicine.

### Journey to a Healthier You

- ILH-PER, Thu, Apr 5-19, 6-7:30pm

Come join us for this three part series as we explore the importance of nutrition (April 5th), exercise (April 12th), and stress management (April 19th) in creating and sustaining a healthier you! This series is open to anyone looking to improve overall well-being!

### Making Healthcare Decisions: Advanced Care and Estate Planning

- FC, Mon, Apr 23, 6:30-8pm

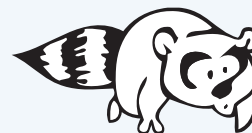
Attorney Craig Anderson, Esq., will discuss the need for estate planning, advance directives, wills or trusts and how you can prepare these documents before they are needed.

*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](http://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.

## SAVE THE DATE!



**8th Annual  
5K Mantua Raccoon Run  
and 1 Mile Fun Walk**

**Saturday, May 12, 2018**

Kick off Mother's Day Weekend with this great family event that raises funds for a great cause.

The Mantua neighborhood is the Inova Fairfax Medical Campus and the Life with Cancer Family Center.

*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)**.



**INOVA®**

Schar Cancer Institute

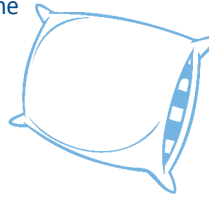
## LOCATION KEY

● 44084 RP:	44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
DC:	Washington Marriott Georgetown, Washington DC
● FC:	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 <a href="http://www.lifewithcancer.org">www.lifewithcancer.org</a>
● 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-E&T 1&2:	Inova Alexandria Hospital Health Education Center, Alexandria, VA 22304
● IAH-HEC 3-5:	Inova Alexandria Hospital Health Education Center, 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

## Need Sleep?

### ● FC, Mon, Apr 9, 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. Contact



Darah Curran, MSW, LCSW, 703-206-5435, [darah.curran@inova.org](mailto:darah.curran@inova.org) for more information.

## Strategies for Improving Brain Fog

### ● FC, Thu, Apr 19-May 10, 10-11am

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. For more information contact Drucilla Brethwaite, MSW, LCSW, OSW-C [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org) 703.698.2538.

## Endocrine Therapy and Bone Health

### ● FO-LWC, Mon, Apr 16, 4-5pm

Dr. Margaret Howard MD will discuss current recommendations for bone health for women on endocrine therapy.

## Breast Cancer and Nutrition

### ● FC, Tue, Apr 17, 5-6pm

Lauren Fay, RD, CSO, LDN, CNSC 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.

## Survivorship Nutrition

### ● FC, Tue, Apr 10, 10:30am-12:15pm

Registered Dietitian, Lauren Fay will review nutritional priorities throughout the course of cancer treatment, as well as strategies to help overcome common treatment related side effects to help optimize nutrition status. Class includes a cooking demonstration. Registration is required.

## Nutrition Myths and Facts

### ● IAH-LWC, Tue, April 17, 5:30-7pm

Learn basic information about current nutrition guidelines and learn evidence-based guidelines surrounding particular food practices.

## Fighting Cancer with a Fork

### ● FO-RO, Tue, Apr 17, 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, Apr 11, 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.

## MediMap: How Genetic Information Can Inform Your Health

### ● FC, Thu, Apr 12, 6:30-8pm

Grace N. Lawrence, M.A., R.N. Clinical Manager, Inova Genomics Laboratory, Inova Translational Medicine Institute (ITMI) will provide a presentation on MediMap, a pharmacogenomics (also called PGx) test that uses your genetic information to help patients and their doctors understand how individuals may respond to certain medications. PGx combines the science of how medications work (pharmacology) with the science of how genetic differences can influence health (genomics). Please register

## Chemotherapy Class

### ● ILH-PER, Fri, Apr 6, 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, Apr 9, 5-6:30

### ●★ FC, Fri, Apr 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.

## Breast Surgery Pre-Op Class

### ●★ FO-LWC, Wed, Apr 11 and 25, 12:30-2pm

### ●★ FO-LWC, Wed, Apr 18, 6-7:30pm

### ●★ FC, Mon, Apr 2, 5-6:30pm

### ●★ FC, Mon, Apr 16, 10-11:30am

### ●★ FC, Fri, Apr 13, 10-11:30am

### ●★ FC, Wed, Apr 25, 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).

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

## Breast Surgery Pre-Op Class

●★ ILH-PER, Tue, Apr 10, 4-5:45pm

●★ ILH-PER, Thu, Apr 26, 1-2:45pm

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. Registration is required; no exceptions.

## Look Good...Feel Better

● FO-LWC, Tue, Apr 10, 11am-1pm

● FC, Mon, Apr 16, 5-7pm

● IAH-LWC, Tue, Apr 3, 6-8pm

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](http://lookgoodfeelbetter.org), or call 1-800-227-2345.

## MOVEMENT

### Barre Tone

● FC, Thu, Apr 5-26, 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, Apr 2-30, 2-2:45pm

● FC, Wed, Apr 4-25, 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, Thu, Apr 5-26, 9:15-10:15am

Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. Registration is required.

## Cross-Train Challenge

● FC, Wed, Apr 4-25, 3-3:45pm

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.

## Gentle Yoga

● FC, Thu, Apr 5-26, 1-2pm

● IAH-LWC, Mon, Apr 2-23, 4-5:30pm

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.

## Evening Gentle Yoga

● 44084 RP, Mon, Apr 2-23, 7-8:30pm

● FC, Mon, Apr 2-23\*, 7-8:30pm

\*No class April 9. See description, above.

Registration is required.



## Exercise for Breast Cancer Recovery

●★ FC, Thu, Apr 5-26, 11am-12pm

A gentle post-operative therapeutic exercise class designed for individuals within one year after breast cancer treatment. The class focuses on restoring mobility and strength using basic Pilates movement and breathing techniques. Participants must be cleared for exercise by a physician. This program should not be used in lieu of prescribed physical therapy.

## Oncology Massage and Body Work

### Life with Cancer Family Center

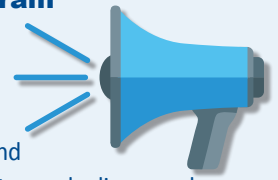
8411 Pennell Street  
Fairfax, VA 22031

- \$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.

### Life with Cancer Studio

44084 Riverside Pkwy, LL, Suite 400  
Leesburg, VA 20176

## Life with Cancer Fitness Program News



In anticipation of expanding our fitness program and increasing access to newly diagnosed patients we are asking that, beginning in March, participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or by using the Donate tab on our website; select the Life with Cancer Fitness Program designation when making your donation. Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship. Registration is required for all classes.

Many but not all classes that were previously offered as a series will now be offered as individual classes. This change will make it possible for participants to pick and choose which class dates suit their schedules and will allow new people to join classes mid series, thereby maximizing attendance in all classes. Our registration system allows registration for just one month at a time; if a class spans two or three months, participants will need to fill in their registration information for each month.

## AS ALWAYS...

Please complete new Physical Activity Waivers for all new fitness classes you attend in 2018. You'll find the waiver at [lifewithcancer.org](http://lifewithcancer.org). Hover over the "Register for a Class" tab then click on the third item down, "Class Forms". The physical-activity-waiver-fill-in is at the bottom of the list.

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

## **EZ Tai Chi**

● **FC, Tue, Apr 3-May 8, 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 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.

## **Functional Fitness**

● **FO-LWC, Mon, Apr 2-23, 10-11am**

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, Apr 4-25, 11am-12pm**

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, Apr 2-30, 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. Registration is required.

## **Men's Fitness Workshop**

● **FO-LWC, Thu, Apr 19, 6-7pm**

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 class 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, Apr 4-25, 3-4pm**

Kick up your energy and fitness levels with a cardio workout designed to increase strength and endurance. We'll incorporate body weight exercises and a moderately intense pace. Registration is required.

## **PiYo**

● **FO-LWC, Wed, Apr 4-25, 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.

## **Restorative Yoga**

● **FC, Fri, Apr 6-27, 10:15-11:45pm**

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.

## **Strengthen with Barre and Pilates**

● **FO-LWC, Thu, Apr 5-26, 11:30am-12:30pm**

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

## **Tai Chi**

● **FC, Tue, Apr 3-May 1, 10:30am-12pm**

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness (rather than force and resistance) it has been recognized for thousands of years as both a method of self-cultivation and form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This class will teach basic movements. Registration is required.



## **Total Body Conditioning**

● **44084 RP, Mon, Apr 2-23, 10:30-11:30am**

This energizing workout combines cardio, strengthening, balance and core, all in one workout. Registration is required.

## **Yin Yoga for Those in Treatment**

● **FO-LWC, Fri, Apr 6-27, 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. Please dress comfortably; bring a light blanket and water. Registration is required.

## **Yoga for Strength and Flexibility**

● **44084 RP, Tue, Apr 3-17, 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 Sculpt**

● **FO-LWC, Tue, Apr 3-24, 1-2pm**

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.

## **Zumba!**

● **FC, Tue, Apr 3-24, 7-8pm**

● **IAH-HEC 3-5, Wed, Apr 4, 7-8pm**

● **IAH-E&T 1&2, Wed, Apr 11-25, 7-8pm**

Come party to a fusion of Latin and International music/dance themes that create a dynamic, exciting, easy to do and FUN workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Registration is required.



## **PROGRAMAS EN ESPAÑOL**

### **Aprendiendo Juntos**

● **FC, lunes, 30 de Abril, 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.

### **Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes**

● **ILH-RO, lunes, 9 de Abril, 6-7:30pm**

Conéctese con pacientes, sobrevivientes y seres queridos afectados por los diferentes diagnósticos de cáncer para enfrentar los desafíos del tratamiento y la supervivencia. Regístrese en [www.lifewithcancer.org](http://www.lifewithcancer.org).

## **STRESS REDUCTION**

### **Meditation and Guided Imagery**

● **FC, Thu, Apr 5-19, 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. Register separately for each class. Registration is required.

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

## Reiki for Relaxation

● 44084 RP, Thu, Apr 26, 6:45-8pm

● FC, Mon, Apr 9, 6-7pm or 7-8pm

● FC, Wed, Apr 25, 6-7pm or 7-8pm

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

## Healing Through Art Therapy

● FC, Thu, Apr 19, 1-3:30pm

● FO-LWC, Mon, Apr 23, 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. Please note: FO-LWC is across from the hospital. There is free valet parking. Once registered please call 703.698.2526 to cancel if you cannot attend. Facilitator: Jean McCaw, ATR-BC, LCPAT.

## Healing Touch

● 44084 RP, Mon, Apr 9, 6-7pm

● IAH-LWC, call 703.504.3019 for appointment

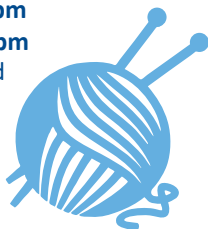
Registration begins on the first business day of the month by 9:15. Returning clients, please sign up every other month to give new clients a chance to experience Healing Touch. Healing touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and 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.

## Knitting & Crocheting Circle

● FC, Tue, Apr 3, 7-8:30pm

● FC, Fri, Apr 20, 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. Facilitator: Carolyn Sam, M.Ed. Registration required.



## Laughter Yoga

● FC, Thu, Apr 26, 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. No need to get on the floor; laughter yoga can be done seated in a chair. Registration is required.



## Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Apr 3, 11am-12pm

● FC, Thu, Apr 19, 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. Contact Rebecca McIntyre at 703.698.2524 or Rebecca.McIntyre@inova.org. Registration is required by the Friday prior to group.

## Mindfulness-Based Cancer Recovery for Patients and Caregivers

● FC, Wed, Apr 4, 5:30-6pm

Class continues for those already registered.

## Mindfulness-Based Cancer Recovery

● FC, Tue, Mar 20-Apr 24, 3-4:30pm

Class continues for those already registered.

## Writing your Life Stories

● FC, Tue, Apr 3-May 1\*, 2:30-4pm

\*No class April 24. This 4-week series will give you an opportunity to begin or continue writing about the significant events in your life as a legacy for your family, expression of feelings about an experience or to process an event. No writing experience needed. Writing exercises will help get you started and classmate's feedback will enhance your efforts.

## Zentangle

● 44084 RP, Tue, Apr 10, 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.

## Zentangle: A Special Event!

● 44084 RP, Tue, Apr 24, 1-3pm

Open your mind and heart to a new perspective by creating a one-of-a-kind Zentangle® labyrinth. Starting with a traditional labyrinth concept, we will use Tangles® to tailor a finger labyrinth for you to use as a meditation and relaxation tool. Each participant will take a labyrinth home. This is a special session; since focus will be on the meditative aspects of Zentangle, please try to arrive a few minutes early to get set up. Class size is limited and registration is required. Materials will be provided, but please bring you Zentangle kits if you have one.



## Book Group: "The Bright Hour: A Memoir of Living and Dying"

● ILH, Wed, Apr 25, 6:30-8pm

Nina Riggs was just thirty-seven years old when she received the devastating news that her cancer was terminal. This is an exquisite memoir about how to live - and love - every day with "death in the room," from poet Nina Riggs, mother of two young sons and the direct descendant of Ralph Waldo Emerson.

## SUPPORT & NETWORKING

### Colorectal Cancer

● FC, Tue, Apr 17, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Michelle Bronzo, MA. LPC, CT, and Amy Siegel, RN, BSN.

### Colorectal Cancer

● ILH-RO, Wed, Apr 11, 6-7:30pm

See description, above. Facilitator: Mary Kay Mecca, RN, BSN. Registration is required.

### Brain Tumor

● FC, Wed, Apr 18, 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 David McGinness, LCSW. Registration is required.

### Breast Cancer

●★ FC, Wed, Apr 4, 6:45-8pm

●★ FO-LWC, Wed, Apr 11, 5:30-7pm

●★ IAH-LWC, Mon, Apr 16, 5:30-7pm

●★ ILH-RO, Mon, Apr 23, 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.

## Breast or Gynecological Cancer Survivorship

●★ FC, Wed, Apr 18, 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. Facilitators: Oncology Therapist, Alexandra Russo, LCSW and Oncology Nurse Navigator, Becca Dipatri, RN, BSN, OCN. Registration is required.

## Carcinoid Cancer

● FC, Sat, Apr 14, 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](mailto:mitchmberger@msn.com).

## Caregiver Connection

● FC, Mon, Apr 9, 7-8:30pm

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. Facilitator: Molly Boehm, MSW, LSW. Registration required 48 hours in advance.

## Caregiver Connection

● FO-B, Wed, Apr 11, 5:30-7pm

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. Facilitator: Karen Archer. Registration required 48 hours in advance.



## Caregiver Connection

● ILH-RO, Mon, Apr 9, 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. Facilitator: Elise Schneider, MSW, LCSW. Registration required 48 hours in advance.

## Coalesce II: Advanced Breast Cancer

●★ FC, Tue, Apr 10 & 24, 10:30am-12pm

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

## Coalesce: Advanced Breast Cancer

●★ FC, Fri, Apr 13-27, 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.

## Cutaneous Lymphoma

● FC, Sat, Apr 14, 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>

## Gynecologic Cancers

● FC, Wed, Apr 25, 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 required.

## Good Grief

● FC, Tue, Apr 17-Jun 5, 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. No new members after April 17. Group facilitated by Sarah Brooks, LPC. Registration is required. For information contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org)

## Good Grief

● ILH-RO, Tue, Apr 3-May 15, 6-8pm

This seven-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. We will 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 April 3rd.

## Head and Neck Cancer Symposium: Special Event

● FC, Wed, April 11\*, 6-8pm

In recognition of Head and Neck Cancer Awareness Month we are offering a free presentation featuring a panel of specialists. The panel will address many of the concerns faced by those impacted by a head and neck cancer diagnosis as they complete treatment and live into survivorship. There will be time for Q&A following our panel presentation. \*This event will be in place of our regularly scheduled April support

group. Patients, caregivers and loved ones are encouraged to attend. Registration is required.

## Just for the Guys, Monthly

● IAH-LWC, Thu, Apr 19, 6-7:30pm

This monthly group supports men with any cancer, in treatment or within 3 years post-treatment. This will be an open-discussion group that addresses the challenges of being a man diagnosed with cancer. For more information contact David McGinness at [david.mcginness@inova.org](mailto:david.mcginness@inova.org)

## Just for the Guys: 4-Week Series

● FC, Tue, Apr 3-May 8, 6:30-8pm

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. In this six-week series we will explore these themes and learn tools for coping. Join us in a place where you will be among brothers who truly understand. Note: this group is for men with cancer not caregivers of others with cancer. Registration required.



## Lung Cancer

● FC, Wed, Apr 4, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Carrie Friedman, RN, BSN, OCN and David McGinness, MSW, LCSW, OSW-C.

## Leukemia and Lymphoma

● FC, Mon, Apr 16, 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. Facilitator: Sarah Brooks, LCSW and Oncology Nurse Navigator, Lynn Magrum, MSN, CANP. Registration is required by previous Friday.

## Living with Advanced Disease

●★ FO-LWC, Thu, Apr 12 & 26, 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. Please call 703.391.3691 for more information. Registration required.

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

## Lungevity Foundation's HOPE Summit

**District of Columbia, Apr 27-29**

HOPE Summit is an inspiring three-day conference for anyone who has received a lung cancer diagnosis, caregivers, advocates, and medical professionals. Hear from medical experts and connect with others affected by lung cancer. Visit [lungevity.org/dchope](http://lungevity.org/dchope) to learn more. Free registration is available with code: GRANT18.



### Multiple Myeloma

● FC, Tue, Apr 17, 11am-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. April will be an open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register.

### Spirituality Quest

● FC, Tue, Apr 10, 10:30am-12pm

Join us monthly on the second Tuesday as we explore our spiritual paths. Topic for discussion: "April Showers: How Do the Showers in Your Life Bring New Growth to Your Spiritual Life?" Please register 24 hours in advance. Facilitator: Marsha Komandt, RN, BSN, OCN.

### Us Too Prostate Cancer

● FC, Tue, April 10, 7:30-9PM

Dr. Donald "Skip" Trump, CEO and Executive Director of the Inova Schar Cancer Institute will present, "Status of Clinical Trials for Prostate Cancer". Registration is required.

### Us Too Prostate Cancer

● IAH-AUD, Tue, Apr 12, 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](mailto:david.mcginness@inova.org). Registration is required.

### Us Too Prostate Cancer

● LCSC, Tue, Apr 10, 6-8pm

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

### Waldenstrom's Macroglobulinemia

● FC, Sat, Apr 21, 10:30am

Check in begins at 10am

World-renowned researcher, Dr. Zachary Hunter, from Bing Center for WM at Dana-Farber Cancer Institute/Harvard Medical School,

member of the Laboratory team of Dr. Steven Treon, and instrumental in discovering MYD88 and CXCR4 mutations will address the topic: Latest Findings in Research at the Bing Center for WM. Registration required: Contact [lukleppinger@outlook.com](mailto:lukleppinger@outlook.com) and provide name, email, city, state, and zip code.

### Woman's Survivorship 3+

●★ FC, Tue, Apr 10, 5-6:30pm

This group is for women who completed treatment, for any type 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. Facilitator: Oncology Therapist, Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

### Women's Survivorship

●★ ILH-RO, Thu, Apr 12, 6-7:30pm

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, Apr 26, 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. Registration required.

### Young Women with Breast Cancer

●★ FO-LWLC, Wed, Apr 4, 6-7:30pm

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. Facilitators: Maureen Broderick, LCSW and Adrienne Bacchus, MEd, MSW, LSW. If attending for the first time, call Maureen Broderick 703-391-4180. Registration required.

### Young Women with Breast Cancer

●★ FC, Tue, Apr 17, 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. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN. Registration required.

### Young Women with Breast Cancer

●★ IAH-LWC, Tue, Apr 10, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to two years 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, 703.698.2538. Facilitators: Shara Sosa, LCSW, OSW-C, and Carrie Friedman, RN, BS, OCN. Registration required.

## 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](mailto:jean.mccaw@inova.org).*

### Art Therapy Group for Teens in Treatment

● FC, Tue, Apr 10, 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.

### Pediatric Oncology Bingo Night

● FC, Tue, Apr 24, 6:30-8:30pm

Join us for the 4th annual Candlelighter's Family Bingo Night. Everyone's a winner. Prizes galore. For on and off treatment families; all ages welcome. Dinner provided. Please Register with [dccandlelighters@gmail.com](mailto:dccandlelighters@gmail.com) or Cathy Bottrell, LCSW at [cathy.bottrell@inova.org](mailto:cathy.bottrell@inova.org) or 703-531-1515.

# APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
2 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) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)	3 10:30am Tai Chi (FC) 11am Mindfulness-Based Drop-In Group (FC) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 2:30pm Writing your Life Stories-4 weeks (FC) 3pm Mindfulness-Based Cancer Recovery (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Good Grief (ILH-RO) 6pm Look Good...Feel Better (IAH-LWC) 6:30pm Just for the Guys (FC) 7pm Zumba (FC) 7pm Knitting & Crocheting Circle (FC)	4 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body(FO-LWC) 3pm Cross-Train Challenge (FC) 5pm Mindfulness-Based...Patients and Caregivers (FC) 6pm FO Young Women with Breast Cancer Wed (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm FC Breast Cancer Group (FC) 7pm PiYo (FO-LWC) 7pm Zumba! (IAH-HEC 3-5)	5 9:15am Circuit Training (44084 RP) 10:15pm Restorative Yoga (FC) 11am Exercise for Breast Cancer Recovery (FC) 11:30am Strengthen w/Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Journey to a Healthier You (ILH-PER ) 6:30pm Barre Tone (FC)	6 Coalesce (FC) 12pm Chemotherapy Class (ILH-PER) 1pm Yin Yoga for Those in Treatment (FO-LWC)
9 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 10:30am Need Sleep? (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op (FC) 5pm Chemotherapy for Breast Cancer (FC) 6pm Reiki for Relaxation (FC) 6pm Healing Touch (44084 RP) 6pm Grupo de Apoyo (ILH-RO) 6:30pm Caregiver Connection (ILH-RO) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC)	10 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 10:30am Spirituality Quest (FC) 10:30am Survivorship Nutrition (FC) 11am Look Good...Feel Better (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 1:30pm Zentangle (44084 RP) 2:30pm Writing your Life Stories-4 weeks (FC) 3pm Mindfulness-Based Cancer Recovery (FC) 4pm Breast Surgery Pre-Op (ILH-PER ) 5pm Woman's Survivorship 3+ (FC) 5:30pm Art Therapy Group for Teens (FC) 6pm Good Grief (ILH-RO) 6:30pm Just for the Guys (FC) 6pm ILH Us Too Prostate Cancer Group (LCSC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Young Women with Breast Cancer (IAH-LWC) 7pm Zumba (FC) 7:30pm Us Too Prostate Cancer Group (IAH)	11 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5:30pm FO Breast Cancer Group (FO-LWC) 5:30pm Caregiver Connection (FO-B) 6pm Colorectal Cancer Group (ILH-RO) 7pm PiYo (FO-LWC) 7pm Zumba! (IAH-E&T 1&2)	12 9:15am Circuit Training (44084 RP) 11am Orientation (FC) 11am Exercise for Breast Cancer Recovery (FC) 11:30am Strengthen w/Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6pm IAH Us Too Prostate Cancer Group (IAH-AUD) 6pm Journey to a Healthier You (ILH-PER ) 6:30pm Women's Survivorship Group (ILH-RO) 6:30pm Barre Tone (FC) 6:30pm MediMap (FC)	13 Coalesce(FC) 10am Breast Surgery Pre-Op (FC) 10:15pm Restorative Yoga (FC) 1pm Yin Yoga for Those in Treatment (FO-LWC)
16 10am Leukemia and Lymphoma Support Group (FC) 10am Breast Surgery Pre-Op (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) 4pm Endocrine Therapy and Bone Health (FO-LWC) 5:30pm IAH Breast Cancer Group Mon (IAH-LWC) 6pm Genomics and GI Cancers (FC) 6pm Look Good...Feel Better (FC) 7pm Evening Gentle Yoga(44084 RP) 7pm Evening Gentle Yoga(FC)	17 10:30am Tai Chi (FC) 11am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-RO) 1pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 2:30pm Writing your Life Stories – 4 weeks (FC) 3pm Mindfulness-Based (FC) 5pm Breast Cancer and Nutrition (FC) 5:30pm Nutrition Myths and Facts (IAH-LWC) 6pm Good Grief (ILH-RO) 6pm Colorectal Cancer (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Just for the Guys (FC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	18 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5:30pm Breast or Gynecological Cancer Survivorship Group 6pm Breast Surgery Pre-Op at Fair Oaks (FO-LWC) 6pm Brain Tumor Group Family Center (FC) 7pm Zumba! IAH (IAH-E&T 1&2) 7pm PiYo (FO-LWC)	19 9:15am Circuit Training Thursday (44084 RP) 10am Brain Fog (FC) 11am Exercise for Breast Cancer Recovery (FC) 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) 5:30pm Mindfulness-Based...Drop-In Group (FC) 6pm Journey to a Healthier You (ILH-PER ) 6pm Men's Fitness Workshop (FO-LWC) 6pm Just for the Guys Support Group (IAH-LWC) 6:30pm Barre Tone (FC)	20 Coalesce (FC) 10:15pm Restorative Yoga (FC) 1pm Yin Yoga for Those in Treatment (FO-LWC) 1pm Knitting & Crocheting Circle Fri (FC)
23 10am Functional Fitness (FO-LWC) 10:30am Total Body Conditioning (44084 RP) 1pm Healing Through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5:30pm ILH Breast Cancer Group Mon (ILH-RO) 6pm Orientation (FC) 6:30pm Making Healthcare Decisions (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	24 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 1pm Zentangle Event! (44084 RP) 1pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 3pm Mindfulness-Based Cancer Recovery (FC) 6pm Good Grief (ILH-RO) 6:30pm Just for the Guys (FC) 6:30pm Pediatric Oncology Bingo Night (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	25 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 12:30pm Breast Surgery Pre-Op (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Gynecologic Cancer Group (FC) 6pm Reiki for Relaxation (FC) 6:30pm Book Group: "The Bright Hour: A Memoir of Living and Dying" (ILH) 7pm Reiki for relaxation (FC) 7pm Zumba! (IAH-E&T 1&2) 7pm PiYo (FO-LWC)	26 9:15am Circuit Training Thursday (44084 RP) 10am Brain Fog (FC) 11am Exercise for Breast Cancer Recovery (FC) 11:30am Strengthen w/Barre and Pilates (FO-LWC) 1pm Living with Advanced Disease (FO-LWC) 1pm Breast Surgery Pre-Op (ILH-PER ) 1pm Gentle Yoga (FC) 2pm Laughter Yoga (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	21 10:30am Waldenstrom's Group (FC)
30 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 7pm Aprendiendo Juntos (FC)				22 27 28 29 Coalesce (FC) 8am HOPE Summit (DC) 10am Chemotherapy for Breast Cancer (FC) 10:15pm Restorative Yoga (FC) 1pm Yin Yoga for Those in Treatment (FO-LWC) 8am HOPE Summit (DC) 9am HOPE Summit (DC)