



Life with Cancer[®]

JUNE 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

TABLE OF CONTENTS:

Information and Education	Pgs 1-3
Movement	Pgs 3-4
Programas en Español	Pg 5
Stress Reduction	Pgs 5-6
Support and Networking	Pgs 6-7
Children, Teens, & Parents	Pg 7



INOVA[®]

Schar Cancer Institute

INFORMATION & EDUCATION

Orientation to Life with Cancer

- FC, Thu, Jun 14, 11am-12pm
- FC, Mon, Jun 25, 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.

A Two-Day Workshop for Professionals: Cognitive Behavioral Therapy for Insomnia

- FC, Fri, Jun 8, 7:30am-6pm
- FC, Sat, Jun 9, 8am-5pm

This two-day workshop is for professionals. Register at bit.ly/2qmVT5k. Send your \$200 donation check to: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 OR make a credit card donation of \$200 at the Life with Cancer online donation page: bit.ly/2IGU8Xb (All contributions are acknowledged in writing for tax purposes).

Understanding Oncology Clinical Trials

- FC, Tue, Jun, 26, 6:30-8pm

Have you got questions about clinical trials?

Stephanie Van Bebber, our Research Program Manager for the Inova Schar Cancer Institute, will focus

on what patients and caregivers want to know by: providing an overview of clinical trials, offering some resources to identify potential trials and sharing information on some of the key trials offered at the ISCI.



Sexual Health for Any Woman Living with Cancer

- FC, Tue, Jun 5, 6:30-8pm

Dr. Jennifer Kasirsky will provide an overview of the impact that cancer has on women's sexual health, regardless of type of cancer, age and relationship status. An open discussion on ways to address and improve common sexual health concerns will follow.

Registration is required for all groups and programs

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.

New at Life with Cancer!

Online Counseling & Consultations

Talk to your therapist, navigator, or registered dietitian from the comfort of home! Life with Cancer is expanding counseling, nurse navigation and registered dietitian consultation services through the use of the Vidyo platform. We hope this new service lessens the burden on patients and families who are unable to physically come in due to illness, weakness, or other difficulties.

Nutrition Services

Life with Cancer is pleased to introduce our very own Registered Dietitian, Lauren Fay, RD, CSO, LD, CNSC. Lauren will do individual consults with clients and present a variety of cancer and nutrition-related programing. Welcome Lauren!

Acupuncture

Beginning in June a naturopathic physician and licensed acupuncturist with the Inova Traditional Chinese Medicine Center will provide community acupuncture at the Life with Cancer Family Center. Community acupuncture is practiced in a group setting using Shoji screens to provide a peaceful, private space for each patient. For more information, turn to page 5.

LOCATION KEY

- 44084 RP: 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- AFC: Arlington Free Clinic, 2921 11th St S, Arlington, VA 22204
- 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-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

INFORMATION AND EDUCATION (CONTINUED)

Breast Cancer Updates from the ASCO Conference

●★ FC, Thu, Jun 21, 6:15-8pm

The American Society of Clinical Oncology is the world's leading professional organization for physicians and oncology professionals caring for people with cancer. Neelima Denduluri, MD, will present the latest breast cancer research findings from the recent ASCO conference. Bring your family and friends. Refreshments provided 6:15-6:30. Registration is required by Tuesday, June 19.

Survivorship Series for Young Women with Breast Cancer



●★ FO-LWC, Thu, Jun 21-Jul 19*, 6-7:30pm

*No class July 5. This 4-part series will provide information and support tailored to address the specific needs of women diagnosed with stage 0-3 breast cancer before age 45. Topics include sex and intimacy, early menopause, late effects of treatment and genetic risks. We are proud to partner with Living Beyond Breast Cancer for this series. Registration is required.

Starving Breast Cancer through Intermittent Fasting

●★ FO-LWC, Tue, Jun 5, 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 of Inova Medical Group will cover the current evidence on fasting in breast cancer and answer your questions. Registration is required.

Diet, Exercise and a Healthy You

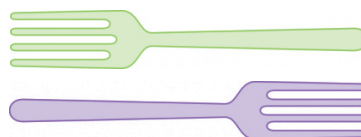
● FC, Tues, June 12, 10:30-11:30am

Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and Fitness Expert, Julie Thorsen, RD will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Registration is required.

Fighting Cancer with a Fork

● FO-RO, Tue, Jun 19, 12-1pm

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



Myths and Facts about Cancer and Nutrition

● IAH-LWC, Tue, Jun 19, 5:30-7pm

Learn basic information about current nutrition guidelines as well as evidence-based guidelines surrounding particular food practices. Registration is required.

Plant-Based Diet for Cancer Patients and Survivors

● FO-LWC, Tue, Jun 12, 5-6:30pm

A plant based diet is the recommended diet for cancer survivorship. What exactly is a Plant-Based Diet and how does one adjust one's diet to be consistent with these recommendations? Registered Dietitian, Lauren Fay, RD, LDN, CSNC, CSO will explain it all and provide a cooking demonstration. Registration is required.

Survivorship Nutrition

● FC, Tue, Jun 5, 10:30am-12:30pm

Registered Dietitian, Lauren Fay, RD, LDN, CSNC, CSO 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.

Enduring Love and Continuing Bonds in Grief

● FC, Tue, Jun 12, 6:30-8pm

Michelle Bronzo, MA, LPC, CT, will lead a workshop for individuals living with loss based on Dr. Robert A. Neimeyer's premise that grieving does not come to an endpoint: "Closure is for bank accounts, not for love accounts." Topics include myths of the grieving process, how love endures after death, and concrete ways you can establish "continuing bonds." This is an opportunity for participants to evaluate and develop their own continuing bonds practice so they may have a deeper connection with their deceased loved one going forward. Registration is required.

Hereditary Cancer Genetics: Listening to what your DNA has to say

● FC, Thu, Jun 7, 6:30-8pm

Cancer genetic counseling can help an individual determine whether or not they have inherited an increased risk for cancer. Dina Alaeddin, Genetic Counselor with the Cancer Genetics Program Division of Medical Genomics at Inova Translational Medicine Institute, will cover multiple hereditary cancer syndromes, testing options and information about the role cancer genetic counseling and testing plays in personalized medical management, treatment and preventative care. For more information contact Darah Curran, MSW, LCSW 703-206-5435; Darah.Curran@inova.org

Registration is required for all groups and programs

INFORMATION AND EDUCATION (CONTINUED)

Strategies for Building Resilience

● FC, Thu, Jun 14, 6:30-8pm

Explore strategies to build resilience during the cancer journey and survivorship. Facilitator: Darah Curran, MSW, LCSW 703-206-5435; Darah.Curran@inova.org

Making Your Funeral Arrangement Wishes Known in Advance

● FC, Mon, Jun 25, 6:30-8pm

Representatives from Money and King Funeral Home, in Vienna, VA will review what is necessary when making funeral arrangements and the costs involved. Burial options (including for the military), state regulations, probate, social security and much more will also be addressed. Registration is required.

Breast Surgery Pre-Op Class

●★ FC, Mon, Jun 4, 5-6:30pm

●★ FC, Fri, Jun 15, 10-11:30am

●★ FC, Wed, Jun 20, 1-2:30pm

●★ FC, Mon, Jun 25, 10am-11:30am

●★ FO-LWC, Wed, Jun 13 & 27, 12:30-2pm

●★ FO-LWC, Wed, Jun 20, 6-7:30pm

●★ IAH, Call 703-504-3019 for appointment

Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, and more. Family/friends welcome. Registration required.



Breast Surgery Pre-Op Class

●★ ILH-PER, Tue, Jun 12, 4-5:45pm

●★ ILH-PER, Thu, Jun 28, 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. Registration is required (family member may attend without registration).

Chemotherapy Class

● IAH-LWC, call 703-504-3019 for appointment

● ILH-PER, Fri, Jun 1, 12-1:30pm

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 Class for Breast Cancer

●★ FC, call 703-776-8768 for appointment

Look Good...Feel Better

● FC, Mon, Jun 18, 5-7pm

● FO-LWC, Tue, Jun 12, 11am-1pm

● IAH-LWC, Tue, June 5, 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. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required at 1-800-227-2345 or go to lookgoodfeelbetter.org.

MOVEMENT

Barre Tone

● FC, Thu, Jun 7-28, 6:30-7pm

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.



Cardio-Core

● 44084 RP, Wed, Jun 6-27, 10-11am

Target your core muscles using variations of familiar moves, while increasing cardio endurance by adding interval training exercises. Registration is required.

Chair-Based Exercise

● FC, Mon, Jun 4-25, 2-2:45pm

● FC, Wed, Jun 6-27, 2-2:45pm

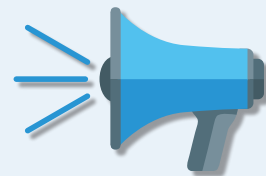
This class is designed for people with limited mobility to increase stamina, aerobic endurance, core strength, flexibility, and balance through the use of resistance equipment and body weight exercises. Registration is required.

Cross-Train Challenge

● FC, Wed, Jun 6-27, 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.

Important Information about Life with Cancer's FITNESS Program



Class participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) are requested to consider a 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). Life with Cancer is committed to you and no one will be turned away from programs/classes due to financial hardship. Registration is required for all classes.

Also, 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 thereby maximizing attendance in all classes. Note: 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. 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.

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)**.

EZ Tai Chi

● FC, Tue, June 5-26, 1-2pm

Class continues for those already registered.

Evening Gentle Yoga

● 44084 RP, Mon, Jun 4-18, 7-8:30pm

● FC, Mon, Jun 4, 18 and 25*, 7-8:30pm

*No class June 11. Blending gentle movement, breathing and relaxation you'll learn movements that stretch, strengthen, relax muscles and increase stamina and flexibility. Please bring a blanket and a small towel. Registration is required.

Functional Fitness

● FO-LWC, Mon, Jun 4-25, 10-11am

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

Gentle Yoga

● FC, Thu, Jun 7-28, 1-2pm

● IAH-LWC, Mon, Jun 4-25, 4-5:30pm

Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. Learn movements that stretch, strengthen and relax muscles. Registration is required.



Joyful Belly Dance

● FC, Wed, Jun 6-27, 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, Jun 4-25, 3-4pm

If you love to dance; this is the class for you! Moving to energizing music, you'll build strength and balance.



Men's Fitness Workshop

● FO-LWC, Thu, Jun, 21, 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? Our Men's Fitness Workshop will help you create a program you can easily do on your own. Equipment is provided. Dress comfortably and bring water and a small towel. Registration is required. Add in resistance equipment and you've got the perfect class! Registration is required.

Move Your Body

● FO-LWC, Wed, Jun 6-27, 10:30-11:30am

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.

Restorative Yoga

● 44084, Fri, June 1-29, 12-1:30pm

● FC, Fri, Jun 8-29, 10:15-11:45am

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, Jun 7-28, 11:30am-12:30pm

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

Tai Chi

● FC, Tue, June 5-26, 10:30am-12pm

Class continues for those already registered.

Total Body Conditioning Monday

● 44084 RP, Mon, Jun 4-25, 10-11am

● 44084 RP, Thu, Jun 7-28, 10-11am

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

Yin Yoga for Those in Treatment

● FO-LWC, Fri, Jun 1-29, 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 Strength and Flexibility

● 44084 RP, Tue, Jun 5-19, 6-7:30pm

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

Yoga Sculpt

● FO-LWC, Tue, Jun 5-26, 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 Gold

● 44084 RP, Fri, Jun 1-29, 10:30-11:30am

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.



Zumba

● FC, Tue, Jun 5-26, 7-8pm

● IAH-HEC 3-5, Wed, Jun 6, 7-8pm

● IAH-E&T 1&2, Wed, Jun 13-27, 7-8pm

See description, above. This class is more energetic than Zumba Gold.

Qigong for Mindful Stress Release

● FO-LWC, Mon, Jun 18-Jul 16, 6:30-7:30pm

Qigong is an ancient Chinese practice combining movement, breath and focused intention. Suitable for all fitness levels, This 4-week class will focus on easy-to-learn movements to help reduce stress, increase vitality, enhance the immune system and bring balance to our lives. Registration is required.

Registration is required for all groups and programs

Oncology Massage and Body Work

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

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

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

PROGRAMAS EN ESPAÑOL

Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes

● ILH-RO, lunes, 11 de junio, 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.

Latinos Unidos

● AFC, Miércoles, 13 de junio, 6:30-8pm

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, positividad y amistad. Llamar a David McGinness al 703-698-2529 para mas informacion.

STRESS REDUCTION

Meditation and Guided Imagery

● FC, Thu, Jun 7-21, 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.

Reiki for Relaxation

● 44084 RP, Thu, Jun 28, 6:45-8pm

● FC, Mon, Jun 11, 6-7 or 7-8pm

● FC, Wed, Jun 27, 6-7 or 7-8pm

Registration opens on the first business day of each month by 9:15. Returning clients, please register for one appointment monthly. 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.

Healing through Art Therapy

● FC, Thu, Jun 21, 1-3:30pm

● FO-LWC, Mon, Jun 25, 1-3:30pm

Registration opens on the first of the month by 9:15.

Experience the power of your creativity through art therapy, relaxation and guided imagery.

This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No art experience is necessary, just a willingness to explore and be part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Please note: FO-LWC is across from the hospital and has free valet parking. Registration is required.



Once registered please call 703.698.2526 to cancel if you cannot attend. Facilitator: Jean McCaw, ATR-BC, LCPAT.

Healing Touch

● 44084 RP, Mon, Jun 11, 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, Fri, Jun 1 & 15, 1-2:30pm

Now meeting on the 1st and 3rd Fridays. 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, Jun 28, 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, Jun 5, 11am-12pm

● FC, Thu, Jun 14, 5:30-6:30pm

For those that completed the 6-session Mindfulness-Based Cancer Recovery Program, this drop-in group is designed to support your practice. 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

● FO-LWC, Mon, Jun 4-18, 2-3:30pm

Class continues for those already registered. For information on next class series, contact Maureen Broderick at 703-391-4180.

Community Acupuncture at Life with Cancer



Tuesdays
4:30-5:30pm
Life with Cancer
8411 Pennell Street
Fairfax, VA 22031

Beginning in June, 2018 a naturopathic physician and licensed acupuncturist with the Inova Traditional Chinese Medicine Center will provide acupuncture at the Life with Cancer Family Center.

The fee for this service is \$50 per session; credit cards are accepted. Health insurance is not accepted, but we can provide you with documentation needed to submit the fees for reimbursement. Wear loose clothing and bring a blanket.

To schedule your appointment go to: bit.ly/2Gg2b0y and select LWC in the upper left hand corner for the location.

You may also call 571.665.6700.

Mindfulness-Based Cancer Recovery

● IAH-LWC, Thu, Jun 7-28, 2-3:30pm

Class continues for those already registered. For information on next class series, contact Michelle Ferretti, 703-504-7921 or michelle.ferretti@inova.org

Two **NEW!** Classes

Outdoor Mindfulness Exploration

● Thu, Jun, 7, 14 and 21, 9-10:30am

Enjoy the outdoors and explore ways to practice mindfulness in nature. This outing will help you calm the central nervous system, feel more relaxed, and cultivate appreciation for the natural beauty all around us. During the series we will explore different outdoor settings in Loudoun County: June 7, Algonkian Park; June 14, Broadlands Nature Preserve; June 21; Ball's Bluff Battlefield. Dress comfortably and prepared to walk. Registrants will be contacted before the event for specific locations. Registration is required.

Walking the Labyrinth

● FC, Fri, Jun 29, 10-11:30am

A labyrinth is an ancient symbol that relates to wholeness and represents a journey to our own center and back out again into the world. Walking the labyrinth has long been used as a tool for meditation and quiets the mind, opens the heart, grounds the body and can be helpful in creating balance. Learn about different ways to walk the labyrinth and, through meditation, prepare to walk this symbolic pathway as a guide to the sacredness of who you are. No knowledge or experience is necessary, just a willingness to explore this calming and centering process. Facilitator: Jean McCaw MA, LCPAT, ATR-BC. Registration is required.

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Jun 21, 2:30-4pm

This writing group is for those who previously completed the 4 week series, and gives you the opportunity to 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 classmates' feedback will enhance your efforts. Facilitator: Lynn Magrum, MSN, CANP, AOCN.

Zentangle-Grids

● 44084 RP, Tue, Jun 12, 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

Book Group: The Alchemist by Paulo Coelho

● ILH-RO, Wed, Jun 27, 6:30-8pm

"Paulo Coelho's masterpiece tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different—and far more satisfying—than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts, of recognizing opportunity and learning to read the omens strewn along life's path, and, most importantly, to follow our dreams."

Brain Tumor Group

● FC, Wed, Jun 20, 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 Group

●★ FC, Wed, Jun 6, 6:45-8pm

This group is for women diagnosed with stage 0-3 breast cancer and 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. Facilitator: Laura Kaminski, RN, BSN, OCN. Registration required.

Breast Cancer Group

●★ FO-LWC, Wed, Jun 13, 5:30-7pm

See description, above. Facilitators: Gale Towery, RN, BSN, OCN, CBCN and Maureen Broderick, MSW, LCSW. Registration is required.

Breast Cancer Group

●★ IAH-LWC, Mon, Jun 18, 5:30-7pm

See description, above. Facilitators: Michelle Ferretti, MSW and Gerry Higgins, MSN, RN-BC, CPON. Registration is required.

Breast Cancer Group

●★ ILH-RO, Mon, Jun 25, 5:30-7pm

See description, above. Facilitators: Christine Stone RN 703-858-8867 and Elise Schneider LCSW 703-858-8619. Registration is required.

Breast or Gynecological Cancer Survivorship Group

●★ FC, Wed, Jun 20, 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 other modalities. Facilitators: Oncology Therapist, Alexandra Russo, LCSW and Oncology Nurse Navigator, Becca Dipatri, RN, BSN, OCN. Registration is required.

Carcinoid Cancer Group

● FC, Sat, Jun 9, 10am-12pm

Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with neuroendocrine tumors. For more information email mitchmberger@msn.com.

Caregiver Connection

● FC, Mon, Jun 11, 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, Jun 13, 5:30-7pm

See description, above. Facilitators: Karen Archer, MSW, LCSW and Shairna Bluestein, RN, OCN. Registration required 48 hours in advance.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Jun 1-29, call 703-698-2522

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.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Jun 12 & 26, 10:30am-12pm

Meet with women of all ages to share life's joys and sorrows. Contact Micheline Toussaint, LCSW, RYT for more information, micheline.toussaint@inova.org or 703.698.2521. Registration is required.

Colorectal Cancer Support Group, Early Stage

● FC, Thu, Jun 14, 6-7:30pm

This group is for people impacted by a stage 0-3 colorectal cancer diagnosis. Connect with patients, survivors, and loved ones to discuss the changes that treatment and survivorship can bring. Facilitators: Michelle Bronzo, MA, LPC, CT and Mary Kay Mecca, RN, BSN, OCN. Registration is required.

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Jun 19, 6-7:30pm

This group is for any patient living with metastatic colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Facilitators: Michelle Bronzo, MA, LPC, CT, and Amy Siegel, RN, BSN. Registration is required.

Gynecologic Cancer Group

● FC, Wed, Jun 27, 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. Facilitators: Rebecca McIntyre, LCSW, OSW-C, and Laura Kaminski, RN, BSN, OCN. Registration required.

Good Grief

● FC, Tue, Jun 5, 7:15-9pm

Group continues for those already registered. For information on next 8-week session contact Darah Curran, LCSW, OSW-C, 703.2035435 or Darah.Curran@Inova.org Registration required.

Head and Neck Cancers Group

● FC, Wed, Jun 13, 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. Facilitators: Oncology Therapist Alexandra Russo, MSW, LCSW, and Oncology Nurse Navigator Gerry Higgins, MSN, RN-BC, OCN. Registration is required.

Just for the Guys Support Group Monthly Group

● IAH-LWC, Thu, Jun 21, 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. Registration is required.

Leukemia and Lymphoma Support Group

● FC, Mon, Jun 18, 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, Jun 14, 1-2:30pm

Note: We'll meet just once June-Aug. Men and women are invited to explore and learn ways 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

● FC, Wed, Jun 6, 6:30-8pm

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

Multiple Myeloma

● FC, Tue, Jun 19, 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. 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.

Women's Survivorship Group

●★ ILH-RO, Thu, Jun 14, 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.

Registration is required for all groups and programs

Spirituality Quest-Art/Collage Workshop

● FC, Tue, Jun 12, 10am-12pm*

*Earlier starting time this month. Nora Bertognotti will guide us through an art/collage workshop, "Exploring and Energizing One's Intentions with Spirituality". Join us on the second Tuesday of the month as we explore our spiritual paths. Facilitator: Marsha Komandt, RN, BSN, OCN.

Us Too, Prostate Cancer Group

● IAH-AUD, Thu, Jun 14, 6-7:30pm

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

Us Too Prostate Cancer Support Group

● LCSC, Tue, Jun 12, 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

● FC, Tue, Jun 12, 7:30-9pm

June's group features a panel discussion with Radiation Oncologist, Dr. Samir Kanani, Medical Oncologist, Dr. Jeanny Aragon-Ching, and Urologist, Dr. Edmond Paquette (Urologist). Registration is required.

Woman's Survivorship 3+

●★ FC, Tue, Jun 12, 5-6:30pm

This group is for women who completed treatment, for ANY type of cancer 3 or more 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. Facilitated by Oncology Therapist, Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

Young Adult Group

● FC, Thu, Jun 28, 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 Molly Boehm, JD, MSW, LSW. Registration is required.

Young Women with Breast Cancer

●★ FC, Tue, Jun 19, 6:30-8pm

●★ IAH-CCW, Tue, Jun 12, 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

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.

environment to gather information and learn how to best navigate survivorship. Registration is required. If attending for the first time, please call facilitator, Shara Sosa, MSW, LCSW, 703.698.2522. Registration is required.

Young Women with Breast Cancer

●★ FO-LWC, Wed, Jun 6, 6-7:30pm

See description, above. If attending for the first time, please call facilitator, Maureen Broderick, 703.391.418. Registration is required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Tue, June 12, 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.

Parenting Alone

● FC, Wed, Jun 6-20, 6-7:15pm

Group continues for those already registered. For information about the next 6-week series, contact Jean McCaw, MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org.

Touchstone-Grief Support Group for Children

● FC, Wed, Jun 6-20, 6-7:15pm

Group continues for those already registered. For information about the next 6-week series, contact Jean McCaw, MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org.

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p>1</p> <p>Coalesce (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 12pm Chemotherapy Class (ILH-PER) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC)</p> <p>2</p> <p>3</p>
<p>4</p> <p>10am Functional Fitness (FO-LWC) 10am Total Body (44084 RP) 2pm MBCR/Patients and Caregivers (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>5</p> <p>10:30am Survivorship Nutrition (FC) 10:30am Tai Chi (FC) 11am MBCR Drop-In (FC) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 4pm Starving Breast Cancer (FO-LWC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Look Good...Feel Better (IAH-LWC) 6:30pm Sexual Health (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p>6</p> <p>10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 1pm Meaning-Centered Group Psychotherapy (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 6pm Touchstone-for Children (FC) 6pm Parenting Alone (FC) 6pm Young Women w/Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm Zumba! (IAH-HEC 3-5)</p>	<p>7</p> <p>9 am Outdoor Mindfulness Exploration 10am Total Body (44084 RP) 11:30am Strengthen w/Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2pm MBCR (IAH-LWC) 6:30pm Barre Tone (FC) 6:30pm Hereditary Cancer Genetics (FC)</p>	<p>8</p> <p>Coalesce (FC) 7:30am Workshop for Professionals (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>9</p> <p>8am Workshop for Professionals (FC) 10am Carcinoid Cancer Group (FC)</p> <p>10</p>
<p>11</p> <p>10am Functional Fitness (FO-LWC) 10am Total Body (44084 RP) 2pm MBCR/Patients and Caregivers (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 6pm Reiki for Relaxation (FC) 6pm Grupo de Apoyo (ILH-RO) 6pm Healing Touch (44084 RP) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC)</p>	<p>12</p> <p>10am Spirituality Quest (FC) 10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 10:30am Diet, Exercise and a Healthy You (FC) 11am Look Good...Feel Better (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 1:30pm Zentangle (44084 RP) 4pm Breast Surgery Pre-Op (ILH-PER) 5pm Woman's Survivorship 3+ (FC) 5pm Plant-Based Diet (FO-LWC) 5:30pm Art Therapy Group for Teens (FC) 6pm ILH Us Too Prostate Cancer Group (LCSC) 6pm Yoga for Strength and Flexibility (44084 RP) 6:30pm Enduring Love (FC) 6:30pm Young Women w/Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:30pm Us Too Prostate Cancer Group (FC)</p>	<p>13</p> <p>10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Meaning-Centered Group Psychotherapy (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Breast Cancer Group (FO-LWC) 5:30pm Caregiver Connection (FO-B) 5:30pm Head and Neck Cancers Group (FC) 6pm Parenting Alone (FC) 6pm Touchstone-for Children (FC) 6:30pm Latinos Unidos (AFC) 7pm Zumba! (IAH-E&T 1&2)</p>	<p>14</p> <p>9am Outdoor Mindfulness Exploration 10am Total Body (44084 RP) 11am Orientation (FC) 11:30am Strengthen w/Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living w/Advanced Disease (FO-LWC) 2pm MBCR (IAH-LWC) 2pm Meditation and Guided Imagery (FC) 5:30pm MBCR Drop-In (FC) 6pm Prostate Cancer Group (IAH-AUD) 6pm Colorectal Cancer, Early Stage (FC) 6pm Women's Survivorship Group (ILH-RO) 6:30pm Barre Tone (FC) 6:30pm Strategies for Building Resilience (FC)</p>	<p>15</p> <p>Coalesce (FC) 10am Breast Surgery Pre-Op (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC)</p> <p>16</p> <p>17</p>
<p>18</p> <p>10am Functional Fitness (FO-LWC) 10am Leukemia and Lymphoma (FC) 10pm Total Body (44084 RP) 2pm Chair-Based Exercise (FC) 2pm MBCR/Patients and Caregivers (FO-LWC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 6:30pm Qigong (FO-LWC) 7pm Evening Gentle Yoga(44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>19</p> <p>10:30am Tai Chi (FC) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer w/a Fork (FO-RO) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 5:30pm Myths and Facts (IAH-LWC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Colorectal Cancer Support, Advanced Stage (FC) 6:30pm Young Women w/Breast Cancer (FC) 7pm Zumba (FC)</p>	<p>20</p> <p>10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 1pm Meaning-Centered Group Psychotherapy (FC) 1pm Breast Surgery Pre-Op (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Breast or GYN Survivorship Group (FC) 6pm Breast Surgery Pre-Op (FO-LWC) 6pm Touchstone-for Children (FC) 6pm Parenting Alone (FC) 6pm Brain Tumor Group (FC) 7pm Zumba! (IAH-E&T 1&2)</p>	<p>21</p> <p>9am Outdoor Mindfulness Exploration 10am Total Body (44084 RP) 11:30am Strengthen w/Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm MBCR (IAH-LWC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories Drop-In (FC) 6pm Survivorship Series (FO-LWC) 6pm Just for the Guys (IAH-LWC) 6pm Men's Fitness Workshop (FO-LWC) 6:15pm Breast Cancer Update (ASCO) (FC) 6:30pm Barre Tone (FC)</p>	<p>22</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>23</p> <p>24</p>
<p>25</p> <p>10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op (FC) 10am Total Body (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 Breast Cancer Group (ILH-RO) 6pm Orientation (FC) 6:30pm Making Your Funeral (FC) 6:30pm Qigong (FO-LWC) 7pm Evening Gentle Yoga (FC)</p>	<p>26</p> <p>10:30am Coalesce II (FC) 10:30am Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1pm EZ Tai Chi (FC) 6:30pm Oncology Clinical Trials (FC) 7pm Zumba (FC)</p>	<p>27</p> <p>10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Meaning-Centered Group Psychotherapy (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Gyn Cancer Group (FC) 6pm Reiki for Relaxation (FC) 6:30pm Book Group (ILH-RO) 7pm Reiki for relaxation (FC) 7pm Zumba! (IAH-E&T 1&2)</p>	<p>28</p> <p>10am Total Body (44084 RP) 11:30am Strengthen w/Barre and Pilates (FO-LWC) 1pm Breast Surgery Pre-Op (ILH-PER) 1pm Gentle Yoga (FC) 2pm Laughter Yoga (FC) 2pm MBCR (IAH-LWC) 6pm Survivorship Series (FO-LWC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)</p>	<p>29</p> <p>Coalesce (FC) 10am Walking the Labyrinth (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>30</p>