



# Life with Cancer<sup>®</sup>

JULY 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

- FC, Fri, Jul 13, 11am-12pm
- FC, Mon, Jul 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. Registration is required.

### Coming Soon!

### Young Adult Survivorship Conference

Saturday, Sept 8, 9am-3:15pm  
Hope Connections/FASEB Conference Center, 9650 Rockville Pike, Bethesda, MD 20814

Join other young adult cancer patients and survivors (aged 18-40ish) for a one-day conference to learn about issues relevant to you, including navigating work, long-term effects, living with uncertainty, sexual health, nutrition, and more. The conference is free to attend, but registration is required: [youngadultcancerdc.org](http://youngadultcancerdc.org)

### Managing Side Effects of Hormonal Therapy

- ★ FC, Mon, Jul 16, 5:30-7pm

Learn about potential side effects of hormone therapy and how to manage them. Topics include: bone health, hot flashes, sexual health & insomnia. Registration is required.

### Pelvic Floor Issues and Treatment for GYN & Breast Cancers

- FO-LWC, Wed, Jul 18, 4:30-5:30pm

Maryam Farsi, senior therapist for the Fair Oaks Rehabilitation Department will discuss pelvic floor muscle anatomy and function related to gynecological and breast cancers, the impact of cancer and cancer treatment on these muscles, sexual function and physical therapy treatment for those issues. Registration is required.

### Sign up for Life with Cancer Updates

You will receive timely information on

Program Highlights and Fundraisers

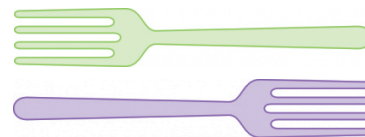
It's Easy!

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.

### Fighting Cancer with a Fork

- FO-RO, Tue, Jul 17, 12-1pm

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



### Gut Health

- FC, Wed, July 11, 4-5pm

Is it time for a gut check? Join Dietitian, Lauren Fay, to learn the latest on what we know about our gastrointestinal microbiome, and how prebiotics and probiotics may impact gut health. Registration is required.

### Plant-Based Diets

- FC, Wed Jul 18, 4-5:30pm

What's all the hype about plant-based diets? Registered Dietitian, Lauren Fay, will review what a 'plant based diet' means, the evidence supporting plant based diets for the prevention of cancer occurrence/recurrence, and how to make changes to your own diet to help incorporate more plants- cooking demo included! Registration is required.

Registration is required for all groups and programs



INOVA<sup>®</sup>

Schar Cancer Institute

## LOCATION KEY

- 44084 RP: 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 [www.lifewithcancer.org](http://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)

### Ask a Dietitian

● FC, Mon Jul 23, 5-6pm

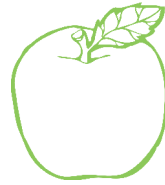
Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Come spend an evening with Registered Dietitian, Lauren Fay, to ask any nutrition related questions you have to receive the evidence based answers and clarify any confusion you may have. Registration is required.



### Mindful Eating

● FC, Mon, July 30, 5-6pm

Join Registered Dietitian, Lauren Fay, to learn about "Mindful Eating" and how this can help improve the quality of your diet and overall relationship with food. Registration is required.



### UPDATED Survivorship Nutrition

● FC, Tue, Jul 31, 5-6pm

Did you know the American Institute for Cancer Research Released their latest recommendations for survivorship nutrition this May? This class, taught by Registered Dietitian Lauren Fay, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decreased risk of cancer recurrence. Includes cooking demonstration! Registration is required.

### Survivorship Series for Young Women with Breast Cancer

●★ FO-LWC, Thu, Jul 12 & 19, 6-7:30pm

Class continues for those already registered, however for possible enrollment in current series; contact Shairna Bluesteen, RN, BSN, OCN, 703.3914575, [Shairna.Bluesteen@inova.org](mailto:Shairna.Bluesteen@inova.org).

### Telling Your Life Story and Leaving a Lasting Legacy

● FC, Mon, Jul 23, 6:30-8pm

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

### Look Good...Feel Better

● FC, Mon, Jul 16, 5-7pm

● ILH-RO, Mon, Jul 9, 12-2pm

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



look good  
feel better

SUPPORTING WOMEN WITH CANCER

### Breast Surgery Pre-Op Class

●★ FC, Wed, Jul 9, 4-5:30pm

●★ FC, Wed, Jul 23, 10-11:30am

●★ FC, Wed, Jul 18, 1-2:30pm

●★ FO-LWC, Wed, Jul 11, 25, 12:30-2pm

●★ ILH-PER, Tue, Jul 10, 4-5:45pm

●★ ILH-PER, Thu, Jul 26, 1-2:45pm

●★ IAH-LWC, 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.



### Chemotherapy Class

● IAH-LWC, Call 703.504.3019 for appointment

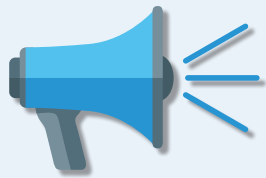
An oncology nurse navigator will explain what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects, and resources available during treatment and into survivorship. Registration is required.

### Chemotherapy for Breast Cancer

●★ FC, Call 703.776-8768 for appointment

An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer: how to prepare for your appointment, tips for managing side effects, and resources available during treatment and into survivorship. Registration is required.

## MOVEMENT



### Important Movement Class Information

- All Movement classes will skip the week of July 2
- A signed Physical Activity Waiver is required for each NEW class you attend in 2018 (go to [lifewithcancer.org](http://lifewithcancer.org) and hover over the "Register for a Class" Tab. Click on the third item down, "Class Forms", then physical-activity-waiver-fill-in)
- Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) are encouraged to consider making a donation of \$5 per class.



### Barre Tone

● FC, Thu, Jul 12-Aug16, 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, Jul 18-Aug 15, 10-11am

No class July 4 or July 11. 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, Jul 9-30, 2-2:45pm

● FC, Wed, Jul 11- Aug 1, 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.



### Cross-Train Challenge

● FC, Wed, Jul 11-Aug 1, 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.

### Evening Gentle Yoga

● FC, Mon, Jul 16-Aug 6, 7-8:30pm

● 44084 RP, Mon, Jul 9-Aug 13, 7-8:30pm

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.



### EZ Tai Chi

● FC, Tue, July 10-Aug 14, 12-1pm

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

### Functional Fitness

● FO-LWC, Mon, Jul 9-Aug 13, 10-11am

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

## PROGRAMAS EN ESPAÑOL

### Aprendiendo Juntos

● FC, lunes, 23 di julio, 7-8pm

¡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](mailto:alexandra.russo@inova.org).

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

● ILH-RO, lunes, 9 di julio, 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).



### Gentle Yoga

● FC, Thu, Jul 12-Aug 16, 1-2pm

● IAH-LWC, Mon, Jul 9-30, 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.

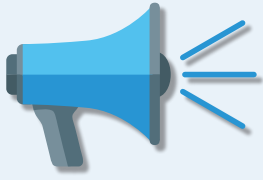
### Joyful Belly Dance

● FC, Wed, Jul 11-Aug 15, 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.

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

## MOVEMENT (CONTINUED)



### Important Movement Class Information

- All Movement classes will skip the week of July 2
- A signed Physical Activity Waiver is required for each NEW class you attend in 2018 (go to [life-withcancer.org](http://life-withcancer.org) and hover over the "Register for a Class" Tab. Click on the third item down, "Class Forms", then physical-activity-waiver-fill-in)
- Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) are encouraged to consider making a donation of \$5 per class.

### Keeping Fit

● FC, Mon, Jul 9-30, 3-4pm

No class in August. 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, Jul 19, 6-7pm

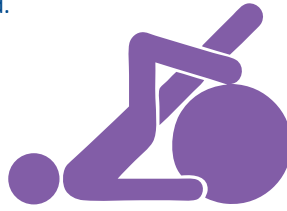
Note: We will not meet in August. Is it time to regain strength, flexibility and balance? Need a program you can complete at home? Our Men's Fitness Workshop will help you create a program you can easily do on your own. Equipment is provided. Dress comfortably and bring water and a small towel. Registration is required.



### Move Your Body

● FO-LWC, Wed, Jul 11-Aug 15, 10:30-11:30am

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



### PiYo

● No classes in July & August

### Restorative Yoga

● 44084 RP, Fri, Jul 13-Aug 17, 12-1:30pm

● FC, Fri, Jul 13-Aug 17, 10:15am-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, Jul 12-Aug 16, 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, Jul 10-Aug 7, 6-7pm

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on concepts of 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, Jul 16-Aug 13, 10-11am

● 44084 RP, Thu, Jul 19-Aug 16, 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, Jul 13-Aug 17, 1-2:30pm

Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues

of the body allowing increases in range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.

### Yoga Sculpt

● FO-LWC, Tue, Jul 10-24, 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, Jul 10-Aug 14, 7-8pm

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

● IAH-HEC 3-5, Wed, Jul 18, Aug 1, 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.



### Zumba Gold

● 44084 RP, Fri, Jul 13-Aug 10, 10:30-11:30am

It's Zumba, but at a slower pace! Registration is required.

### Qigong for Mindful Stress Release

● FO-LWC, Mon, Jul 7-16, 6:30-7:30pm

Qigong is an ancient Chinese practice combining movement, breath and focused intention. Qigong practices are designed to enhance and balance our body's energy, or life force, with the goal of attaining better physical, mental and emotional health and well-being. This class focuses on easy-to-learn movements to help reduce stress, increase vitality, enhance the immune system and bring balance to our lives.

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



## STRESS REDUCTION

### Healing through Art Therapy

● FC, Thu, Jul 19, 1-3:30pm

● FO-LWC, Mon, Jul 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. 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.



### Healing Touch

● 44084 RP, Mon, Jul 9, 6-7pm

● IAH-LWC, Call 703.504.3019 for appointment

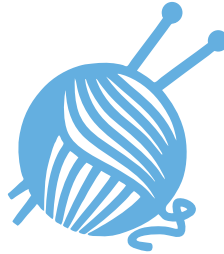
Registration begins on the first business day of the month by 9:15am. Returning clients, please sign up every other month to give new clients a chance to experience Healing Touch. Healing touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, 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, Jul 6, 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. Registration required.



### Meditation and Guided Imagery

● FC, Thu, Jul 5-Aug 9, 26, 2-3pm

● IAH-LWC, Tue, Jul 10-31, 9:30-10:30am

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breath work and a relaxation technique that leads into a guided meditation. Registration is required.

### Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Thu, Jul 19, 5:30-6:30pm

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

### Reiki for Relaxation

● 44084 RP, Thu, Jul 26, 6:45-8pm

● FC, Mon, Jul 9, 6-7, 7-8pm

● FC, Wed, Jul 25, 6-7, 7-8 pm

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.

### Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Jul 19, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving 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.



### Zentangle

● 44084 RP, Tue, Jul 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.



**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

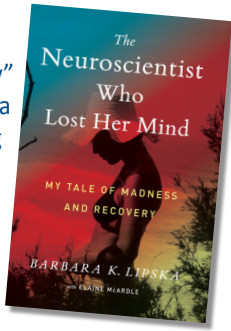
- \$60 for 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
- Physician approval is required for patients; ask for written permission at your next appointment.
- To schedule an appointment call us at 703.698.2526.
- Arrive 15 minutes 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.

## SUPPORT & NETWORKING

### Book Group

● **FO-LWC, Wed, Jul 18, 6-7pm**

“The Neuroscientist Who Lost Her Mind: A Memoir of Madness and Recovery” by Barbara Lipska. Barbara Lipska describes surviving cancer that spread to her brain. This powerful memoir recounts her ordeal and explains its unforgettable lessons about the brain and the mind. Registration is required.



### Brain Tumor Group

● **FC, Wed, July 11, 6-7:30**

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

### Breast Cancer Group

●★ **FC, No meeting in July**

●★ **FO-LWC, Wed, July 11, 5:30-7pm**

●★ **IAH-LWC, Mon, Jul 16, 5:30-7pm**

●★ **ILH-RO, Mon, Jul 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 Gyn Cancer Survivorship Group

●★ **FC, Wed, Jul 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 other modalities. Registration is required.

### Carcinoid Cancer Group

● **FC, Sat, Jul 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. Contact [mitchmberger@msn.com](mailto:mitchmberger@msn.com) for more information.

### Caregiver Connection

● **FC, Mon, Jul 9, 7-8:30pm**

● **FO-B, Wed, Jul 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. Registration required 48 hours in advance.



### Coalesce: An Advanced Breast Cancer Group

●★ **FC, Fri, Jul 6-27, 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; contact Shara Sosa, 703.698.2522 or [Shara.Sosa@inova.org](mailto:Shara.Sosa@inova.org).

### Coalesce II: An Advanced Breast Cancer Group

●★ **FC, Tue, Jul 10, 24, 10:30am-12pm**

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

### Colorectal Cancer Support Group, Advanced Stage

● **FC, Tue, Jul 17, 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. Registration is required.

### Colorectal Cancer Support Group, Early Stage

● **FC, Thu, Jul 12, 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. Registration is required.

### Good Grief

● **FC, Coming in September**

The next eight-week Good Grief group will begin in September 2018. This 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. For information contact Darah Curran, MSW, LCSW, OSW-C [darah.curran@inova.org](mailto:darah.curran@inova.org) or 703.206.5435.

### Gynecologic Cancer Group

● **FC, Wed, Jul 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. Registration required.

### Head and Neck Cancers Group

● **FC, Wed, Jul 11, 5:30-7pm**

We will not meet in August. This support group is open to any patient, survivor and loved ones impacted by a diagnosis of head and neck cancer. Join us to learn from and connect with one another while discussing the challenges of diagnosis, treatment and survivorship. Registration is required.

### Just for the Guys Support Group

● **IAH-LWC, No meeting in July**

*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)**.

## SUPPORT & NETWORKING (CONTINUED)

### Leukemia and Lymphoma Support Group

● FC, Mon, Jul 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. Registration is required by previous Friday.

### Living with Advanced Disease

● FO-LWC, Thu, Jul 12, 1-2:30pm

We'll meet only once in July-August. 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

● No meeting in July

### Multiple Myeloma

● FC, Tue, Jul 17, 11:45-1:30pm

Our July meeting will feature special guest speaker, Scott Friedly, Regional Account Executive with Takeda Oncology, who will present information on medical coverage including: commercial, Medicare including what supplemental plans are, Medicare Part D, Medicare Advantage plans, and patient resources that you may find with manufacturers. Light lunch; registration is required.

### Spirituality Quest — Santa Claus is Coming to Town

● FC, Tue, Jul 10, 10:30am-12pm

John Buckreis has had the pleasure of being Merrifield Garden Center's very own Santa for the past 50 years. He will join us to share his thoughts on the spiritual significance of the essence of Santa Claus and what it has meant to him and many others whose lives he has touched. Registration is required.



### Us Too, Prostate Cancer Group

● FC, Tue, Jul 10, 7:30-9pm

● IAH-AUD, Thu, Jul 12, 6-7:30pm

● LCSC, Tue, Jul 10, 6-8pm

This group offers an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! Registration is required.

### Women's Survivorship Group

● ILH-RO, Thu, July 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.

### Woman's Survivorship 3+

● FC, Tue, Jul 10, 6-7:30pm

Please note our new time beginning in July. 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. Registration is required.

### Young Adult Group

● FC, Thu, Jul 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. Registration is required.

### Young Women with Breast Cancer

●★ FC, Tue, Jul 17, 6:30-8pm\*

●★ FO-LWC, No meeting in July

●★ IAH-CCW, Tue, Jul 10, 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. Registration required.

## CHILDREN, TEENS & PARENTS

### Art Therapy Group for Teens in Treatment

● FC, Tue, Jul 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.

### 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).*





# JULY 2018

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRI/SAT/SUN   |
|--|--|---|--|---|
|  |  |   |  | 1   |
| 2  | 3  | 4   | 5  | 6<br>Coalesce (FC)<br>1pm Knitting & Crocheting Circle (FC)   |
|  |  |   |  | 7   |
|  |  |   |  | 8   |
| 9<br>10am Functional Fitness (FO-LWC)<br>12pm Look Good...Feel Better (ILH-RO)<br>2pm Chair-Based Exercise (FC)<br>3pm Keeping Fit (FC)<br>4pm Gentle Yoga (IAH-LWC)<br>4pm Breast Surgery Pre-Op Class (FC)<br>6pm Reiki for Relaxation (FC)<br>6pm Grupo de Apoyo (ILH-RO)<br>6pm Healing Touch (44084 RP)<br>6:30pm Qigong for Mindful Stress Release (FO-LWC)<br>7pm Caregiver Connection (FC)<br>7pm Reiki for Relaxation (FC)<br>7pm Evening Gentle Yoga (44084 RP)                                  | 10<br>9:30am Meditation & Guided Imagery (IAH-LWC)<br>10:30am Spirituality Quest (FC)<br>10:30am Coalesce II (FC)<br>12pm EZ Tai Chi (FC)<br>1pm Yoga Sculpt (FO-LWC)<br>1:30pm Zentangle (44084 RP)<br>4pm Breast Surgery Pre-Op Class (ILH-PER)<br>5:30pm Art Therapy for Teens (FC)<br>6pm Us Too Prostate Cancer (LSCS)<br>6pm Tai Chi (FC)<br>6pm Woman's Survivorship 3+ (FC)<br>6:30pm Young Women with Breast Cancer (IAH-CCW)<br>7pm Zumba (FC)<br>7:30pm Us Too Prostate Cancer (FC) | 11<br>10:30am Move Your Body (FO-LWC)<br>11am Joyful Belly Dance (FC)<br>12:30pm Breast Surgery Pre-Op (FO-LWC)<br>2pm Chair-Based Exercise (FC)<br>3pm Cross-Train Challenge (FC)<br>4pm Gut Health (FC)<br>5:30pm Breast Cancer (FO-LWC)<br>5:30pm Caregiver Connection (FO-B)<br>5:30pm Head and Neck Cancers (FC)<br>7pm Zumba! (IAH-E&T 1&2)                                       | 12<br>11:30am Strengthen with Barre & Pilates (FO-LWC)<br>1pm Gentle Yoga (FC)<br>1pm Living with Advanced Disease (FO-LWC)<br>2pm Meditation & Guided Imagery (FC)<br>6pm Survivorship Series (FO-LWC)<br>6pm Us Too, Prostate Cancer (IAH-AUD)<br>6pm Colorectal Cancer Support, Early Stage (FC)<br>6pm Women's Survivorship (ILH-RO)<br>6:30pm Barre Tone (FC)   | 13<br>Coalesce (FC)<br>10:15am Restorative Yoga (FC)<br>10:30am Zumba Gold (44084 RP)<br>11am Orientation (FC)<br>12pm Restorative Yoga (44084 RP)<br>1pm Yin Yoga (FO-LWC)                 |
|  |  |   |  | 14<br>10am Carcinoid Cancer (FC)  |
|  |  |   |  | 15  |
| 16<br>10am Total Body Conditioning (44084 RP)<br>10am Functional Fitness (FO-LWC)<br>10am Leukemia and Lymphoma (FC)<br>2pm Chair-Based Exercise (FC)<br>2pm Cancer Recovery (FO-LWC)<br>3pm Keeping Fit (FC)<br>4pm Gentle Yoga (IAH-LWC)<br>5pm Look Good...Feel Better (FC)<br>5:30pm Breast Cancer Group (IAH-LWC)<br>5:30pm Managing Side Effects of Hormonal Therapy (FC)<br>6:30pm Qigong for Mindful Stress Release (FO-LWC)<br>7pm Evening Gentle Yoga (44084 RP)<br>7pm Evening Gentle Yoga (FC) | 17<br>9:30am Meditation & Guided Imagery (IAH-LWC)<br>11:45pm Multiple Myeloma (FC)<br>12pm Fighting Cancer w/ Fork (FO-RO)<br>12pm EZ Tai Chi (FC)<br>1pm Yoga Sculpt (FO-LWC)<br>6pm Tai Chi (FC)<br>6pm Colorectal Cancer, Advanced Stage (FC)<br>6:30pm Young Women w/ Breast Cancer (FC)<br>7pm Zumba (FC)  | 18<br>10am Cardio-Core (44084 RP)<br>10:30am Move Your Body (FO-LWC)<br>11am Joyful Belly Dance (FC)<br>1pm Breast Surgery Pre-Op Class (FC)<br>2pm Chair-Based Exercise (FC)<br>3pm Cross-Train Challenge (FC)<br>4pm Plant-Based Diets (FC)<br>4:30pm Pelvic Floor Issues (FO-LWC)<br>5:30pm Breast or Gyn Cancer Survivorship<br>6pm Book Group (FO-LWC)<br>7pm Zumba! (IAH-HEC 3-5) | 19<br>10am Total Body Conditioning (44084 RP)<br>11:30am Strengthen with Barre and Pilates (FO-LWC)<br>1pm Gentle Yoga (FC)<br>1pm Healing through Art Therapy (FC)<br>2pm Meditation & Guided Imagery (FC)<br>2:30pm Writing Your Life Stories (FC)<br>5:30pm Mindfulness-Based Cancer Recovery Drop-In Group (FC)<br>6pm Men's Fitness Workshop (FO-LWC)<br>6pm Survivorship Series (FO-LWC)<br>6:30pm Barre Tone (FC) | 20<br>Coalesce (FC)<br>10:15am Restorative Yoga (FC)<br>10:30am Zumba Gold (44084 RP)<br>12pm Restorative Yoga (44084 RP)<br>1pm Yin Yoga (FO-LWC)<br>1pm Knitting & Crocheting Circle (FC) |
|  |  |   |  | 21  |
|  |  |   |  | 22  |
| 23<br>10am Breast Surgery Pre-Op Class (FC)<br>10am Functional Fitness (FO-LWC)<br>10am Total Body Conditioning (44084 RP)<br>1pm Healing through Art Therapy (FO-LWC)<br>2pm Chair-Based Exercise (FC)<br>3pm Keeping Fit (FC)<br>4pm Gentle Yoga (IAH-LWC)<br>5pm Ask a Dietitian! (FC)<br>5:30pm Breast Cancer (ILH-RO)<br>6pm Orientation (FC)<br>6:30pm Telling Your Life Story (FC)<br>7pm Evening Gentle Yoga (44084 RP)<br>7pm Evening Gentle Yoga (FC)<br>7pm Aprendiendo Juntos (FC)             | 24<br>9:30am Meditation & Guided Imagery (IAH-LWC)<br>10:30am Coalesce II (FC)<br>12pm EZ Tai Chi (FC)<br>1pm Yoga Sculpt (FO-LWC)<br>6pm Tai Chi (FC)<br>7pm Zumba (FC)   | 25<br>10am Cardio-Core (44084 RP)<br>10:30am Move Your Body (FO-LWC)<br>11am Joyful Belly Dance (FC)<br>12:30pm Breast Surgery Pre-Op (FO-LWC)<br>2pm Chair-Based Exercise (FC)<br>3pm Cross-Train Challenge (FC)<br>5:30pm Gynecologic Cancer (FC)<br>6pm Reiki for Relaxation (FC)<br>7pm Reiki for relaxation (FC)<br>7pm Zumba! (IAH-E&T 1&2)                                       | 26<br>10am Total Body Conditioning (44084 RP)<br>11:30am Strengthen w/ Barre & Pilates (FO-LWC)<br>1pm Gentle Yoga (FC)<br>1pm Breast Surgery Pre-Op (ILH-PER)<br>2pm Meditation & Guided Imagery (FC)<br>6:30pm Barre Tone (FC)<br>6:45pm Reiki for Relaxation (44084 RP)<br>7:30pm Young Adult (FC)  | 27<br>Coalesce (FC)<br>10:15am Restorative Yoga (FC)<br>10:30am Zumba Gold (44084 RP)<br>12pm Restorative Yoga (44084 RP)<br>1pm Yin Yoga (FO-LWC)  |
|  |  |   |  | 28  |
|  |  |   |  | 29  |
| 30<br>10am Total Body Conditioning (44084 RP)<br>10am Functional Fitness (FO-LWC)<br>2pm Chair-Based Exercise (FC)<br>3pm Keeping Fit (FC)<br>4pm Gentle Yoga (IAH-LWC)<br>5pm Mindful Eating (FC)<br>7pm Evening Gentle Yoga (FC)<br>7pm Evening Gentle Yoga (44084 RP)   | 31<br>9:30am Meditation & Guided Imagery (IAH-LWC)<br>12pm EZ Tai Chi (FC)<br>5pm Updated Survivorship Nutrition (FC)<br>6pm Tai Chi (FC)<br>7pm Zumba(FC)   |   |  |   |