



Life with Cancer®

AUGUST 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 1-2
Movement	Pgs 3-4
Programas en Español	Pg 3
Stress Reduction	Pgs 4-5
Support and Networking	Pgs 5-7
Children, Teens, & Parents	Pg 7



INOVA®

Schar Cancer Institute

INFORMATION & EDUCATION

Orientation to Life with Cancer

- FC, Fri, Aug 10, 11am-12pm
- FC, Mon, Aug 27, 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!
Register Now!*

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

Palliative and Hospice Care: Understanding the Difference

- FC, Mon, Aug 27, 6:30-8pm

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



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

The Role of Endocrine Therapy in Early Stage Breast Cancer

- FO-LWC, Mon, Aug 13, 4-5pm

Margaret Howard, MD will discuss the role of hormonal therapy in treatment for breast cancer, what studies show regarding its effectiveness, benefits versus risks of side effects, and what you need to know about healthy living during treatment.

Ask a Dietitian

- FC, Mon, Aug 20, 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 to receive evidence based answers and clarify any confusion you may have. Registration is required.



Cognitive Behavioral Interventions for Anxiety

- 44084 RP, Thu, Sept 6, 13 and 20, 1-2:30pm

Worries and anxiety are a normal reaction to a cancer diagnosis, but they can ruin our sleep, appetite and emotional health. Learn tools to lower anxiety, correct unhealthy thought patterns, and improve mood based on Cognitive Behavioral Therapy.

LOCATION KEY

- 44084 RP: 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 www.lifewithcancer.org
- FO-B: Fair Oaks Cancer Center, Conference Rooms, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- FO-RO: Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- IAH-AUD: Inova Alexandria Hospital, Auditorium, 4320 Seminary Road, Alexandria, VA 22304
- IAH-CCW: Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA 22304
- IAH-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)

Fighting Cancer with a Fork

- FO-RO, Tue, Aug 21, 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, Aug 8, 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 our gut health. Registration is required.

Mindful Eating

- FC, Mon, Aug 27, 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.



Plant-Based Diets

- FC, Wed, Aug 22, 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.

UPDATED Survivorship Nutrition

- FC, Wed, Aug 29, 5-6:30pm

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.

Registration is required for all groups and programs

Look Good...Feel Better

- FC, Mon, Aug 20, 5-7pm
- FO-LWC, Tue, Aug 14, 11am-1pm
- IAH-LWC, Tue, Aug 7, 6-8pm

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



Breast Surgery Pre-Op Class

- ★ FC, Wed, Aug 1, 4-5:30pm
- ★ FC, Mon, Aug 6, 5-6:30pm
- ★ FC, Wed, Aug 22, 2-3:30pm
- ★ FC, Mon, Aug 27, 10-11:30am
- ★ FO-LWC, Wed, Aug 8 & 29, 12:30-2pm
- ★ IAH-LWC, Call 703.504.3019 for an appointment
- ★ ILH-PER, Tue, Aug 14, 4-5:45pm
- ★ ILH-PER, Thu, Aug 23, 1-2:45pm

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.

Chemotherapy for Breast Cancer

- FC, Call 703.776.8768 for an appointment

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.

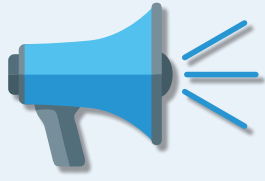
Chemotherapy Class

- IAH-LWC, Call 703.504.3019 for an appointment

- ILH-PER, Fri, Aug 3, 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.

MOVEMENT



Important Information for All Movement Classes

- Registration is required
- All Movement classes will skip the week of July 2
- A signed Physical Activity Waiver is required for each previously unattended class in 2018 (go to 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

Chair-Based Exercise

- FC, Wed, 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, 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

- 44084 RP, Mon, Aug 20 & 27, 7-8:30pm

It's best for those in active treatment or recovering from surgery. 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.



Evening Gentle Yoga

- FC, Mon, Aug 6, 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.

Functional Fitness

- FO-LWC, Mon, Aug 6 & 13, 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, Aug 2-16, 1-2pm
- IAH-LWC, Mon, Aug 6 & 13, 4-5:30pm

This class is appropriate for all fitness levels. 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, Aug 1-15, 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

PROGRAMAS EN ESPAÑOL

Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes

- ILH-RO, lunes, 13 de Agosto, 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.

Restorative Yoga

- FC, Fri, Aug 3-17, 10:15-11:45am

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

Strengthen with Barre and Pilates

- FO-LWC, Thu, Aug 2-16, 11:30am-12:30pm

No class July 5. You'll combine barre and pilates movements set to motivating music to create an invigorating workout. Registration is required.



Tai Chi

- FC, Tue, Aug 7, 6-7pm

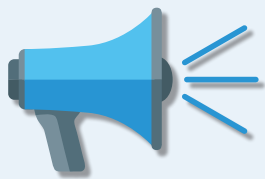
This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness (rather than force and resistance) it has been recognized for thousands of years as both a method of self-cultivation and form of self-defense. Practiced at a slow and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

Total Body Conditioning

- 44084 RP, Thu, Aug 2-16, 10-11am
- 44084 RP, Mon, Aug 6 & 13, 10-11am

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

MOVEMENT (CONTINUED)



Important Information for All Movement Classes

- Registration is required
- All Movement classes will skip the week of July 2
- A signed Physical Activity Waiver is required for each previously unattended class in 2018 (go to 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

Zumba!

- FC, Tue, Aug 7 & 14, 7-8pm
- IAH-HEC 3-5, Wed, Aug 1, 7-8pm
- IAH-E&T 1&2, Wed, Aug 8 & 15, 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.



Registration is required for all groups and programs

Zumba Gold

● 44084 RP, Fri, Aug 3 & 10, 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.

Barre Tone

● FC, Thu, Aug 2-16, 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, Aug 1-15, 10-11am
Target your core muscles using variations of familiar moves, while increasing cardio endurance by adding interval training exercises. Registration is required.

EZ Tai Chi

● FC, Tue, Aug 7 & 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. Important Registration is required.

STRESS REDUCTION

Meditation and Guided Imagery

● FC, Thu, Aug 2 & 9, 2-3pm (FC)
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

Reiki for Relaxation

● FC, Mon, Aug 13, 6-7, 7-8pm
● 44084 RP, Thu, Aug 23, 6:45-8pm
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.

Art Therapy for Long-Term Survivors

● FC, Fri, Aug 3, 1-3:30pm
Registration for this group begins on the first business day of the month. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life. Registration is required.



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)**.

STRESS REDUCTION (CONTINUED)

Healing through Art Therapy

● FC, Thu, Aug 16, 1-3:30pm

● FO-LWC, Mon, Aug 27, 1-3:30pm

Registration begins on the first of each 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 experience is necessary, just a willingness to explore and be a 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.

Healing Touch

● 44084 RP, Mon, Aug 13, 6-7pm

Registration begins on the first business day of the month by 9:15. Returning clients, please sign up every other month to give new clients a chance to experience Healing Touch. Healing touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.



Healing Touch

● IAH-LWC, Call 703.504.3019 for an appointment

Healing touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Registration is required.

Knitting & Crocheting Circle,

● FC, Fri, Aug 3 & 17, 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 is required.

Laughter Yoga

● FC, Thu, Aug 16, 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. In Laughter Yoga you don't have to have a sense of humor; you don't have to be witty. Simply follow the instructor and do the exercises. Laughter yoga can be done seated in a chair. Registration is required.



Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Aug 7, 11am-12pm

● FC, Thu, Aug 16, 5:30-6:30pm

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

Mindfulness-Based Cancer Recovery

● FO-RO, Mon, Sept 10-Oct 15, 2-3:30

This six week series teaches practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health and well-being. Requirements for registration: Purchase of the book Mindfulness-Based Cancer Recovery, regular attendance, commitment to assigned reading and home-based practice. For more information please contact Maureen Broderick at 703-391-4180.

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Aug 16, 2:30-4pm

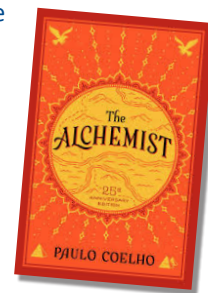
This writing group is for those who previously completed the 4 week series, giving you the opportunity to continue writing about the significant events in your life as a legacy for your family, expression of feelings about an experience or to process an event. No writing experience needed. Writing exercises will help get you started and classmates' feedback will enhance your efforts. Facilitator: Lynn Magrum, MSN, CANP, AOCN.

SUPPORT & NETWORKING

Book Group: The Alchemist, by Paulo Coelho

● ILH-RO, Wed, Aug 29 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. 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, Aug 15, 6-7:30pm

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

Breast Cancer Group

●★ FC, Wed, Aug 1, 6:45-8pm

●★ FO-LWC, Wed, Aug 8, 5:30-7pm

●★ IAH-LWC, Mon, Aug 20, 5:30-7pm

●★ ILH-RO, Mon, Aug 27, 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 Group

●★ FC, Wed, Aug 15, 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.

Registration is required for all groups and programs

SUPPORT & NETWORKING (CONTINUED)

Carcinoid Cancer Group

● FC, Sat, Aug 11, 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, Aug 13, 7-8:30pm

● FO-B, Wed, Aug 8, 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.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Aug 3-31, call for time

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

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Aug 14, 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, Aug 9, 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.

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Aug 14, 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.

Cutaneous Lymphoma

● FC, Will not meet in August

Good Grief

The next eight-week Good Grief group will begin in September. 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. The next group will begin in September. Group facilitated by Sarah Brooks, LPC. Registration is required. For information contact Darah Curran, MSW, LCSW, OSW-C darah.curran@inova.org or 703.206.5435.



Gynecologic Cancer Group

● FC, Wed, Aug 22, 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.

Head and Neck Cancers Group

● FC, Wed, Aug 8, 5:30-7pm

This support group is open to any patient, survivor and loved ones impacted by a diagnosis of head and neck cancer. Join us to learn from and connect with one another while discussing the challenges of diagnosis, treatment and survivorship. Registration is required. Facilitators: Oncology Therapist Alexandra Russo, MSW, LCSW, and Oncology Nurse Navigator Gerry Higgins, MSN, RN-BC, OCN.

Just for the Guys Support Group

● IAH-LWC, Thu, Aug 16, 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



Lung Cancer Group

● FC, Wed, Aug 1, 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.

Leukemia and Lymphoma Support Group

● FC, Mon, Aug 20, 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, LPC and Oncology Nurse Navigator, Lynn Magrum, MSN, CANP. Registration is required by previous Friday.

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
Occasional Saturdays (this location only)

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

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

SUPPORT & NETWORKING (CONTINUED)

Living with Advanced Disease

● FO-LWC, Thu, Aug 9, 1-2:30pm

Note: Only 1 meeting June-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. Please call 703.391.3691 for more information. Registration required.

Multiple Myeloma

● FC, Tue, Aug 21, 11:45-1:30pm

In this monthly meeting, patients and families can get together to discuss, learn, and share the challenges of living with multiple myeloma. This 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, Aug 14, 10:30am-12pm

Join us as we share our thoughts on "Sharing School Memories: Connecting to Spiritual Moments". Facilitator: Marsha Komandt, RN, BSN, OCN. Registration is required.

Us Too Prostate Cancer Support Group

● FC group will not meet in August

● IAH-LWC (new location), Thu, Aug 9, 6-7:30pm

● LCSC, Tue, Aug 14, 6-8pm

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

Women's Survivorship Group

● ILH-RO, Thu, Aug 9, 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.

Woman's Survivorship 3+

● FC, Tue, Aug 14, 6-7:30pm

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. Registration is required.

Young Adult Group

● FC, Thu, Aug 23, 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, Aug 21, 6:30-8pm

●★ FO-LWC, Wed, Aug 1, 6-7:30pm

●★ IAH-CCW, Tue, Aug 14, 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.

Registration is required for
all groups and programs

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Aug 13, 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. Registration is required.

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.



Stay cool this Summer!

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		1 10am Cardio-Core (44084 RP) 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 4pm Breast Surgery Pre-Op (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group (FC) 7pm Zumba! (IAH-HEC 3-5)	2 10am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6:30pm Barre Tone (FC)	3 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Chemotherapy Loudoun (ILH-PER) 1pm Knitting & Crocheting Circle (FC) 1pm Art Therapy for Long-Term Survivors (FC)
				4 5
6 10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 5pm Breast Surgery Pre-Op (FC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)	7 11am Mindfulness-Based...Drop in Group (FC) 12pm EZ Tai Chi (FC) 6pm Tai Chi (FC) 6pm Look Good...Feel Better (IAH-LWC) 7pm Zumba (FC)	8 10am Cardio-Core (44084 RP) 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 4pm Gut Health (FC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm FO Breast Cancer Group (FO-LWC) 7pm Zumba! (IAH-E&T 1&2)	9 10am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6pm Us Too, Prostate Cancer Group (IAH-LWC) 6pm Women's Survivorship Group (ILH-RO) 6pm Early Stage Colorectal Cancer Group (FC) 6:30pm Barre Tone (FC)	10 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 11am Orientation (FC)
				11 10am Carcinoid Cancer Group (FC)
				12
13 10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 4pm The Role of Endocrine Therapy in Early Stage Breast Cancer (FO-LWC) 5:30pm Art Therapy Group for Teens (FC) 6pm Reiki for Relaxation (FC) 6pm Apoyo Para Pacientes, Sobrevivientes y Familias (ILH-RO) 6pm Healing Touch (44084 RP) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC)	14 10:30am Coalesce II (FC) 10:30am Spirituality Quest (FC) 11am Look Good...Feel Better (FO-LWC) 12pm EZ Tai Chi (FC) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Us Too Prostate Cancer Support Group (LCSC) 6pm Woman's Survivorship 3+ (FC) 6pm Advanced Stage Colorectal Group, (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba (FC)	15 10am Cardio-Core (44084 RP) 11am Joyful Belly Dance (FC) 5:30pm Breast or Gynecological Survivorship (FC) 6pm Brain Tumor Group (FC) 7pm Zumba (IAH-E&T 1&2)	16 10am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Laughter Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories, Drop-In Group (FC) 5:30pm Mindfulness-Based...Drop-In Group (FC) 6pm Just for the Guys Support Group (IAH-LWC) 6:30pm Barre Tone (FC)	17 Coalesce (FC) 10:15am Restorative Yoga (FC) 1pm Knitting & Crocheting Circle (FC)
				18 19
20 10am Leukemia and Lymphoma Group (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Ask a Dietitian (FC) 5pm Look Good...Feel Better (FC) 5:30pm IAH Breast Cancer Group (IAH-LWC)	21 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-RO) 6:30pm Young Women with Breast Cancer (FC)	22 2pm Breast Surgery Pre-Op (FC) 4pm Plant-Based Diets (FC) 5:30pm Gynecologic Cancer Group (FC) 6pm Breast Surgery Pre-Op (FO-LWC)	23 1pm Breast Surgery Pre-Op (ILH-PER) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	24 Coalesce (FC)
				25 26
27 10am Breast Surgery Pre-Op (FC) 1pm Art Therapy-Long-Term Survivors (FO-LWC) 4pm Gentle Yoga (IAH-LWC) 5pm Mindful Eating (FC) 5:30pm ILH Breast Cancer Group (ILH-RO) 6pm Orientation PM (FC) 6:30pm Palliative and Hospice Care (FC)	28	29 12:30pm Breast Surgery Pre-Op (FO-LWC) 5pm UPDATED Survivorship Nutrition (FC) 6:30pm Book Group: The Alchemist (ILH-RO)	30	31 Coalesce (FC)