



Life with Cancer®

SEPTEMBER 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.
- Class dates may change. For the most up-to-date information, go to Register for a Class page at www.lifewithcancer.org.

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 5-6
Support and Networking	Pgs 6-7
Children, Teens, & Parents	Pg 7

INFORMATION & EDUCATION

Orientation to Life with Cancer

- FC, Thu, Sep 13, 11am-12pm
- FC, Mon, Sep 24, 6-7pm

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

Young Adult Cancer Survivor Conference

HC/FASEB Con, Sat, Sep 8, 9am-3:15pm

Join other young adult cancer patients and survivors (aged 18-40 "ish") 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. Location: Hope Connections/FASEB Conference Center, 9650 Rockville Pike, Bethesda, MD 20814. The conference is free to attend, but registration is required at youngadultcancerdc.org

Breast Reconstruction: What's Right for Me?

- ★ FC, Thu, Sep 13, 5:30-7pm

Dr. Frank Albino, plastic surgeon at Center for Plastic Surgery, will discuss options in breast reconstruction (expanders to implants, DIEP flap, etc.) with Q&A session to follow. Registration is required.

Managing Side Effects of Endocrine Therapy

- FO-LWC, Thu, Sep 13, 4:30-6pm

Learn about potential side effects of hormonal therapy and how to manage them. Facilitators: Oncology Nurse Navigator, Gale Towery, RN, BSN, OCN, CBCN and Oncology therapist, Maureen Broderick, MSW, LCSW. Registration is required.

Cancer-Related Lymphedema

- ILH-PER, Thu, Sep 27, 6-7:30pm

Sara Kent, certified lymphedema therapist and exercise physiologist for Inova Loudoun Hospital Outpatient Lymphedema and Oncology Rehabilitation will discuss what causes lymphedema related to a diagnosis of breast cancer, risk factors and how to manage them, and current evidence based concepts for treatment. 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
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

Medical Marijuana and Changes in Virginia Law

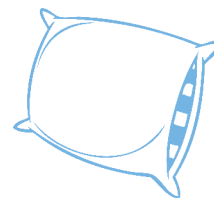
- FC, Thu, Sep 6, 6-7:30pm

Loren Friedman, MD, FAAHPM, Palliative Care, Virginia Cancer Specialists will provide an update on what we know about medical marijuana and how the new laws in Virginia will affect use. Registration is required.

Need Sleep?

- FC, Thu, Sep 20, 6:30-8pm

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Learn evidence based tools for getting back to sleep. Contact, Darah Curran, MSW, LCSW 703-206-5435, darah.curran@inova.org for more information. Registration is required.



Ask a Dietitian

- FC, Mon, Sep 17, 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.

Registration is required for all groups and programs



INOVA®

Schar Cancer Institute

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
- **HC/FASEB Con:** Hope Connections/ FASEB Conference Center, 9650 Rockville Pike, Bethesda, MD, 20814
- **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, Sep 18, 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, Sep 5, 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, Sep 24, 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, Sep 12, 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, Sep 26, 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.

Chemotherapy Class

● **IAH, Call 703.504.3019 for an appointment**

● **ILH-PER, Friday, Sep 7, 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 for Breast Cancer

● **★ FC, Call 703.776.8768 for an appointment**
Learn everything you need to know.

Breast Surgery Pre-Op Classes

● **★ FC, Wed, Sep 5, 12:30-2pm**

● **★ FC, Fri, Sep 14, 10-11:30am**

● **★ FC, Mon, Sep 24, 4-5pm**

● **★ FO-LWC, Wed, Sep 12 & 26, 12:30-2pm**

● **★ FO-LWC, Wed, Sep 19, 6-7:30pm**

● **★ IAH, 703.504.3019 for an appointment**

● **★ ILH-PER, Tue, Sep 11, 4-5:45pm**

● **★ ILH-PER, Thu, Sep 27, 1-2:45pm**

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 without registration. Registration is required.

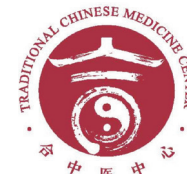
Look Good...Feel Better

● **FC, Mon, Sep 17, 5-7pm**

● **ILH-RO, Mon, Sep 10, 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. This class is 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.

Acupuncture at Life with Cancer



Life with Cancer is pleased to collaborate with the Inova Traditional Chinese Medicine Center (TCM) to provide acupuncture at our Family Center.

Tuesdays, 4-5:30pm

Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Fee: \$50 per session

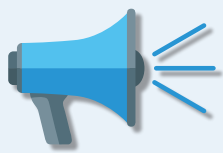
Schedule your appointment at

<https://bit.ly/2Gg2b0y>; select LWC in the upper right hand corner for location.

Additionally, please select Life with Cancer under "Choose a Service" drop down. You may call us at 703.698.2526 if you need help with this.

Registration is required for all groups and programs

MOVEMENT



Important Information for All Movement Classes

- Registration is required
- 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

Barre Tone

● FC, Thu, Sep 20 & 27, 6:30-7:30pm

Jazz up your routine and experience the latest trend in a full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of. Registration is required.

Cardio Drumming

● FC, Thu, Sep 6-27, 10:30-11:15am

An energetic, get lost in the music, full body workout, combining drumming, cardio, strength training into a 45 minute toning class. Registration is required.

Cardio-Core

● 44084 RP, Wed, Sep 5-26, 10-11am

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

Dance/Movement Therapy: Moving, Releasing and Restoring the Body

● FC, Mon, Sep 17-Oct 22, 10:15-11:15am

This Movement group will meet the individual where they are and allow time for gentle, affirming and expressive movement. Participants will engage in self-guided exercises using Dance/Movement Therapy techniques. Group members will leave feeling more aware of their bodies and more connected to self. 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.

Chair-Based Exercise

● FC, Wed, Sep 5-26, 2-2:45pm

● FC, Mon, Sep 10-24, 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, Sep 5-26, 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.

Functional Fitness

● FO-LWC, Mon, Sep 10-24, 10-11am

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

Joyful Belly Dance

● FC, Wed, Sep 5-26, 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, Sep 10-24, 3-4pm

If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! Registration is required.

Men's Fitness Workshop

● FO-LWC, Thu, Sep 20, 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.

Move Your Body

● FO-LWC, Wed, Sep 5-26, 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.

PROGRAMAS EN ESPAÑOL

Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes

● ILH-RO, Lunes, 10 de Septiembre, 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, 12 de Septiembre 12, 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, positivismo y amistad. Llamar a David McGinness al 703-698-2529 para más información.

Restorative Yoga

● 44084 RP, Fri, Sep 7-28, 12-1:30pm

● FC, Fri, Sep 7-28, 10:15-11:45am

You'll learn how to use yoga props such as bolsters, blocks and blankets to support your body while in restful yoga poses. Each pose is held 2-10 minutes allowing time to drop deeper into the relaxation experience. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. Registration is required.



INDOOR CYCLING

Charity Cycle/Spinning Fundraiser Benefiting Life with Cancer

Saturday September 29
1-1:45 PM

7902 Tysons One Place
Tysons, VA 22102

Join us at Vortex and experience the ride of your life! This indoor cycling theater provides beets to get your heart pumping, inspirational instruction and a community atmosphere. 100% of the proceeds will go to Life with Cancer

\$30

Register at

<http://www.vortexva.com/reserve/>

Smoothies will be provided in the "hang out space" following class.

Join us!

MOVEMENT (CONTINUED)

Strengthen with Barre and Pilates

● **FO-LWC, Thu, Sep 6-27, 11:30am-12:30pm**
You'll combine barre and Pilate's movements set to motivating music to create an invigorating workout. Registration is required.

Total Body Conditioning

● **44084 RP, Mon, Sep 10-24, 10-11am**
● **44084 RP, Thu, Sep 6-27, 10-11am**
An energizing workout combining cardio, strengthening, balance and core in one workout. Registration is required.

Evening Gentle Yoga

● **44084 RP, Mon, Sep 10-24, 7-8:30pm**
● **FC, Mon, Sep 17 & 24, 7-8:30pm**
● **FO-LWC, Mon, Sep 17 & 24, 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.

Gentle Yoga

● **FC, Thu, Sep 6-27, 1-2pm**
● **IAH-LWC, Mon, Sep 17 & 24, 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.



EZ Tai Chi

● **FC, Tue, Sep 4-25, 12PM-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.

Tai Chi Series

● **FC, Tue, Sep 11-Sep 25, 5:30-6:30pm**
Note: There will be no class on November 20. This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness

Registration is required for all groups and programs

(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.

Yin Yoga for Patients in Treatment

● **FO-LWC, Fri, Sep 7-28, 1-2:30pm**
Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.



Yoga for Strength and Flexibility

● **44084 RP, Tue, Sep 4-25, 6-7:30pm**
Best for those 6 weeks out from surgery and ready for more active yoga. Bring your yoga practice to a new level as you strengthen your body and improve flexibility. Please bring a blanket and a small towel. Registration is required.

Yoga Sculpt

● **FO-LWC, Tue, Sep 4-25, 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, Sep 7-28, 10:30-11:30am**
Come party to a fusion of Latin and International music/dance themes that create a

CAVA
Mezze Grill

Eat with us.
Sit with us.
Savor with us.
Fundraise with us.

CAVA Mezze Grill
2905 District Ave.
Fairfax, VA 22031

Saturday, September 8 • 6-10pm

We need 20 people to mention this fundraiser to the cashier, and a portion of the proceeds from your meal will go to Life with Cancer.

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, Sep 4-25, 7-8pm**
● **IAH-HEC 3-5, Wed, Sep 5 & 19, 7-8pm**
● **IAH-E&T 3-5, Wed, Sep 5 & 19, 7-8pm**
● **IAH-E&T 1&2, Wed, Sep 12 & 26, 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.

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

Reiki for Relaxation

● 44084 RP, Thu, Sep 27, 6:45-8pm

● FC, Mon, Sep 10, 6-7 and 7-8pm

● FC, Wed, Sep 26, 6-7pm and 7-8pm

Registration opens on the first business day of each month. This ancient practice involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Returning clients, please register for just one appointment monthly if you cannot attend a class/group for which you are registered, CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community. Registration is required.

Mindfulness-Based Cancer Recovery

● FO-LWC, Mon, Sep 10-Oct 15, 2-3:30pm

In this six-week series you'll learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health and well-being. Requirements for registration: Purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice. Registration is required and space is limited.

Cognitive Behavioral Interventions for Anxiety



● 44084 RP, Thu, Sep 6, 13 & 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. Registration is required.

Healing through Art Therapy

● FC, Thu, Sep 20, 1-3:30pm

● FO-LWC, Mon, Sep 24, 1-3:30pm

Registration opens on the first of the month. Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No art experience is necessary, just a willingness to explore and be part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Registration is required. Once registered please call 703.698.2526 to cancel if you cannot attend. Facilitator: Jean McCaw, ATR-BC, LCPAT.

Healing Touch

● 44084 RP, Mon, Sep 10, 6-7pm

● IAH, Call 703.504.3019 for an 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 and registration is required.

Introduction to Qigong

● IAH-LWC, Tue, Sep 4-Oct 9, 9:30-10:45am

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

Knitting & Crocheting Circle

● FC, Fri, Sep 7 & 21, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us to work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Registration is required.



Meditation and Guided Imagery

● FC, Thu, Sep 6-27, 2-3pm

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

Mind Over Matter

● FC, Thu, Sept 6-Oct 4, 1-2:30pm

This 5-session, weekly, skill-based program teaches evidence-based tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Using cognitive, behavioral and relaxation strategies, each of these professionally facilitated sessions build on the previous one. Attendance at all sessions is required. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning. Facilitated by licensed oncology therapists, Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C and Micheline Toussaint, LCSW, RYT. Space is limited and registration is required.

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Thu, Sep 6, 11am-12pm

● FC, Thu, Sep 20, 5:30-6:30pm

*Note for September Meeting: due to the Labor Day holiday, this group will meet on Thursday, September 6 from 11am-12 pm. For those that completed the 6-session Mindfulness-Based Cancer Recovery Program this monthly drop-in group is designed to support your practice. Stop by and see former group members, engage in some meditation and guided imagery; and talk about the benefits and challenges of maintaining "mindful-awareness" in your daily life. Contact Rebecca McIntyre at 703.698.2524 or Rebecca.McIntyre@inova.org. Registration is required by the Friday prior to group. Registration is required.

Writing through Transitions — 5 week course



● FC, Thu, Sep 20-Oct 18, 6:30-8pm

Change is a part of life and brings questions, challenges and the opportunity to create deeper meaning. This is particularly true when cancer is the change that demands our attention. Regardless of where you are in the process, whether you are patient, caregiver or both, there is a structured writing process that can safely serve as a beacon and guide as you navigate. Wisdom, meaning, strength and resilience are often positive outcomes and learning the process is a skill that can transfer to future changes and challenges. Facilitator is Deborah Ross, LPC and CJT. Published guided journal costs \$15. For information contact Darah Curran: 703.206.5435; Darah.Curran@inova.org. Registration is required.

Writing Your Life Stories Monthly Drop-In Group

● FC, Thu, Sep 20, 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. Registration is required.



Registration is required for all groups and programs

STRESS REDUCTION (CONTINUED)

Zentangle

● 44084 RP, Tue, Sep 18, 1:30-3pm

Zentangle is 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. This month's theme is, "The String's the Thing". Supplies are provided, but if you have attended this class in the past please bring your kit. Registration is required.

Yoga Nidra

● FC, Wed, Sep 5-19, 5:30-6:30pm

Join us for a powerful meditation/relaxation technique known as Yoga Nidra ("yogic sleep"). Participants rest comfortably while guided through breath work leading into guided meditation. Suitable for all, no experience necessary. Please bring a blanket. Registration is required.

SUPPORT & NETWORKING

Gynecologic Cancer Group

● FC, Wed, Sep 26, 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 is required.

Lung Cancer Group

● FC, Wed, Sep 5, 6:30-8pm

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

Women's Survivorship Group

● ILH-RO, Thu, Sep 13, 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 is required.

Brain Tumor Group

● FC, Wed, Sep 19, 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 Support Group

●★ FC, Wed, Sep 5, 6:45-8pm

●★ FO-LWC, Wed, Sep 12, 5:30-7pm

●★ IAH-LWC, Mon, Sep 17, 5:30-7pm

●★ ILH-RO, Mon, Sep 24, 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 is required.

Breast or Gynecological Cancer Survivorship Group

●★ FC, Wed, Sep 19, 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: Alexandra Russo, LCSW and Becca Dipatri, RN, BSN, OCN. Registration is required.

Carcinoid Cancer Group

● FC, Sat, Sep 8, 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, Sep 10, 7-8:30pm

● FO-B, Wed, Sep 12, 5:30-7pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Facilitator: Molly Boehm, MSW, LSW. Registration required 48 hours in advance. Registration is required.



Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Sep 11 & 25, 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.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Sep 7-28, 00pm

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

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Sep 18, 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.

Colorectal Cancer Support Group, Early Stage

● FC, Thu, Sep 13, 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.

Cutaneous Lymphoma Support Group

● FC, Wed, Sep 5, 7-9pm

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

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.

SUPPORT & NETWORKING (CONTINUED)

Good Grief

● FC, Tue, Sep 11-Oct 30, 7:15-9pm

This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Group facilitated by Sarah Brooks, LPC. For information contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or drucilla.brethwaite@inova.org. Registration is required.

Just for the Guys Monthly Group

● IAH-LWC, Thu, Sep 20, 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, Sep 17, 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, Sep 13 & 27, 1-2:30pm

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 - Guest Speaker

● FC, Tue, Sep 18, 11:45-1:30am

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Special guest speaker for September, please check the website. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Us Too Prostate Cancer Support Group

● FC, Tue, Sep 11, 7:30-9pm

Group member and news media blogger,

Bob Rosenblatt, will speak on "Status of U.S. Drug Prices for Prostate Cancer." Registration is required.

Us Too Prostate Cancer Support Group

● LCSC, Tue, Sep 11, 6-8pm

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

Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Sep 13, 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.

Woman's Survivorship 3+

● FC, Tue, Sep 11, 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. Facilitated by oncology therapist, Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

Young Adult Group

● FC, Thu, Sep 27, 7:30-9pm

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 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

Young Women with Breast Cancer

●★ FC, Tue, Sep 18, 6:30-8pm

●★ FO-LWC, Wed, Sep 5, 6-7:30pm

●★ IAH-CCW, Tue, Sep 11, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer from diagnosis up

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.

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. If attending for the first time, please call 703.698.2522. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN. Registration required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Sep 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.



Curious about Cancer

● FC, Wed, Sep 26-Jan 2, 6-7pm

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

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
				2
3	4 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO) 6pm Yoga for Strength (44084 RP) 7PM Zumba! (FC)	5 10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 4pm Gut Health (FC) 5:30pm Yoga Nidra (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Support Group (FC) 7pm Zumba! (IAH-HEC 3-5) 7pm Zumba! (IAH-E&T 3-5) 7pm Cutaneous Lymphoma Support Group (FC)	6 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11am Mindfulness-Based Cancer Recovery Drop-In (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Mind Over Matter (FC) 1pm Cognitive Behavioral Interventions (44084 RP) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Medical Marijuana (FC)	7 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Chemotherapy Class (ILH-PER) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC)
				8 9am Young Adult Cancer Survivor Conf. (HC/FASEB Con) 10am Carcinoid Cancer Group (FC)
				9
10 10am Functional Fitness (FO-LWC) 10am Total Body Conditioning (44084 RP) 12pm Look Good...Feel Better (ILH-RO) 2pm Chair-Based Exercise (FC) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 3pm Keeping Fit (FC) 5:30pm Art Therapy Group for Teens (FC) 6pm Healing Touch (44084 RP) 6pm Grupo de Apoyo (ILH-RO) 6pm Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC)	11 9:30am Intro to Qigong (IAH-LWC) 10:30am Coalesce II (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 4pm Breast Surgery Pre-Op (ILH-PER) 5:30pm Tai Chi Series (FC) 6pm Woman's Survivorship 3+ (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 6pm Us Too Prostate Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:15pm Good Grief (FC) 7:30pm Us Too Prostate Cancer Support (FC)	12 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) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 4pm Plant-Based Diets (FC) 5:30pm Yoga Nidra (FC) 5:30pm Breast Cancer Support Group (FO-LWC) 5:30pm Caregiver Connection (FO-B) 6:30pm Latinos Unidos (AFC) 7pm Zumba! (IAH-E&T 1&2)	13 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Mind Over Matter (FC) 1pm Cognitive Behavioral Interventions (44084 RP) 2pm Meditation and Guided Imagery (FC) 4:30pm Managing Side Effects of Endocrine Therapy (FO-LWC) 5:30pm Breast Reconstruction (FC) 6pm Us Too Prostate Group (IAH-LWC) 6pm Colorectal Cancer Group: Early Stage (FC) 6pm Women's Survivorship Group (ILH-RO)	14 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)
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17 10am Total Body Conditioning (44084 RP) 10am Leukemia and Lymphoma Support Group (FC) 10am Functional Fitness (FO-LWC) 10:15am Dance/Movement Therapy (FC) 2pm Chair-Based Exercise (FC) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Ask a Dietitian (FC) 5pm Look Good...Feel Better Fairfax (FC) 5:30pm Breast Cancer Support Group (IAH-LWC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)	18 9:30am Intro to Qigong (IAH-LWC) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-RO) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 5:30pm Tai Chi Series (FC) 6pm Yoga for Strength (44084 RP) 6pm Colorectal Cancer Group: Advanced Stage (FC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)	19 10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga Nidra (FC) 5:30pm Breast or Gynecological (FC) 6pm Breast Surgery Pre-Op Class (FO-LWC) 6pm Brain Tumor Group Family Center (FC) 7pm Zumba! (IAH-HEC 3-5) 7pm Zumba! (IAH-E&T 3-5)	20 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 1pm Mind Over Matter (FC) 1pm Cognitive Behavioral Interventions (44084 RP) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories Monthly Drop-In (FC) 5:30pm Mindfulness-Based Cancer Recovery Drop-In (FC) 6pm Men's Fitness Workshop (FO-LWC) 6pm Just for the Guys Monthly Group (IAH-LWC) 6:30pm Need Sleep? (FC) 6:30pm Writing Through Transitions (FC) 6:30pm Barre Tone (FC)	21 Coalesce: (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)
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24 10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Dance/Movement Therapy (FC) 1pm Healing through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 3pm Keeping Fit (FC) 4pm Breast Surgery Pre-Op Class (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Mindful Eating (FC) 5:30pm Breast Cancer Support Group (ILH-RO) 6pm Orientation (FC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (44084 RP)	25 9:30am Intro to Qigong (IAH-LWC) 10:30am Coalesce II (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 5:30pm Tai Chi Series (FC) 6pm Yoga for Strength and Flexibility (44084 RP) 7pm Zumba! (FC) 7:15pm Good Grief (FC)	26 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) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm Survivorship Nutrition Update(FC) 5:30pm Gynecologic Cancer Group (FC) 6pm Curious about Cancer (FC) 6pm Reiki for Relaxation (FC) 7pm Reiki for relaxation (FC) 7pm Zumba! (IAH-E&T 1&2)	27 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Mind Over Matter (FC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Breast Surgery Pre-Op (ILH-PER) 2pm Meditation and Guided Imagery (FC) 6pm Cancer-Related Lymphedema (ILH-PER) 6:30pm Barre Tone (FC) 6:30pm Writing Through Transitions (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	28 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)
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				30