



# Life with Cancer®

OCTOBER 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](http://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

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## INFORMATION & EDUCATION

### Orientation

- FC, Thu, Oct 11, 11am-12pm
- FC, Mon, Oct 22, 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 tour.

### ISCI Breast Cancer Symposium

- ★ ICPH, Sat, Oct 20, 9am-1:30pm

Join us for a free program of interactive and informative sessions from experts in breast cancer care and survivorship. Network with Inova's experts in breast cancer care. Attend interactive breakout sessions. Breakfast and lunch are provided. There is no cost to attend this event, but space is limited. Guest Speakers: Milton Brown, MD, PhD, Deputy Director, Drug Discovery, Inova Schar Cancer Institute. Lara MacGregor, Founder, Hope Scarves. Register at <https://www.inova.org/CREG/Cart.aspx>.

### Living Well with Advanced Breast Cancer Brunch

- ★ FC, Friday, October 26, 10am-12:30pm

Spend the morning with Dr. Mary Wilkinson and connect with other women. Learn information and strategies to improve your physical and emotional health. Sessions on latest medical updates, managing symptoms, nutrition, coping with stress and increasing resilience will be offered. Bunch included. Registration is required.

### Breast Cancer Survivors' Retreat

- ★ NCC, Sat, Oct 27, 11am-3:30pm

Life with Cancer and Loudoun Breast Health Network are partnering to offer Breast Cancer Survivors a day of education and fun! Dr. Colleen Blanchfield will be presenting about The Power of Positive Thinking. There will be time for self-indulgence from massage and make up sessions, to vendors providing bra fittings and wigs, and more. Light lunch provided. Space is limited and advanced registration is required. Register at [lifewithcancer.org](http://lifewithcancer.org) or call 703-698-2526 for information and to register.

## 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

### Brain Fog: Strategies to Manage Cancer-Related Cognitive Impairment

- FC, Thu, Oct 4-25, 5:30-7pm

Understand the factors involved in the potential cognitive impacts of cancer and cancer treatments. Learn strategies that can help manage the impact on day to day functioning. Please register for all four sessions. Facilitators: Sam Lolak, MD, Drucilla Brethwaite, MSW, LCSW, and Michelle Ferretti, MSW, LCSW and Tyler Pudleiner, MSW.

### Ask a Dietitian

- FC, Mon, Oct 8, 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.

### Food and Fitness: How to Achieve Your Best Self

- IAH-LWC, Tue, Oct 2-16, 11am-12:30pm

This 3-week series will introduce you to healthy concepts of survivorship nutrition, how exercise is important for the body and brain, and will end with a trip to a local grocery store to learn how to fully understand food labels. Led by our Oncology Dietitian and Oncology Exercise Therapist. 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
- **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-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
- **ICPH** Inova Center for Personalized Health, 3225 Gallows Road, Falls Church, VA, 22042
- **ILH-PEC :** ILH-Patient Education Center, Leesburg, VA
- **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
- **NCC** National Conference Center, 18980 Upper Belmont Place, Leesburg, VA 20176

## INFORMATION AND EDUCATION (CONTINUED)

### Plant-Based Diets

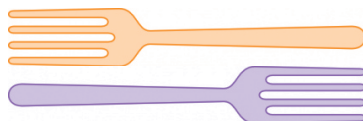
#### ● FC, Wed, Oct 24, 4-5:30pm

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.

### Survivorship Nutrition

#### ● ILH-PEC, Mon, Oct 15, 6-7:30pm

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.



### Fighting Cancer with a Fork

#### ● FO-RO, Tue, Oct 16, 12-1pm

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

### Breast Surgery Pre-Op Class

#### ●★ FC, Mon, Oct 1, 5-6:30pm

#### ●★ FC, Mon, Oct 22, 10-11:30am

#### ●★ FC, Fri, Oct 12, 10-11:30am

#### ●★ FC, Wed, Oct 17, 1-2:30pm

#### ●★ FO-LWC, Wed, Oct 10 & 24, 12:30-2pm

#### ●★ FO-LWC, Tue, Oct 16, 6-7:30pm

#### ●★ IAH-LWC, Call 703.504.3019 for an appointment

#### ●★ ILH-PER, Tue, Oct 9, 4-5:45pm

#### ●★ ILH-PER, Thu, Oct 25, 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. Registration is required.

### Chemotherapy Class

#### ● IAH-LWC, Call 703.504.3019 for an appointment

### Chemotherapy for Breast Cancer

#### ●★ FC, Call 703.776.8768 for an appointment

## Look Good...Feel Better

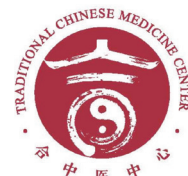
#### ● FC, Mon, Oct 15, 5-7pm

#### ● FO-LWC, Tue, Oct 9, 11am-1pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required. To register call 1-800-227-2345 or go to [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org).



## Acupuncture at Life with Cancer



Life with Cancer and the Inova Traditional Chinese Medicine Center (TCM) are collaborating to provide acupuncture at our Family Center. A naturopathic physician and licensed acupuncturist provides this service which involves the insertion of ultra-fine, sterile needles into specific points in the body to achieve a certain therapeutic effect. Acupuncture has been shown to help with: chemotherapy-induced nausea and vomiting, pain, depression and anxiety, hot Flashes, fatigue, neuropathy, insomnia, radiation-induced xerostomia (dry mouth), and dyspnea (difficult or labored breathing).

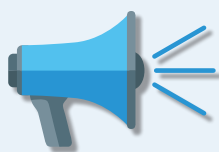
The fee for this service is \$50.

To schedule your appointment go to [www.inova.org/TCMC](http://www.inova.org/TCMC); click the green button - "Book Appointment", then choose LWC at location on the right side corner. Additionally, select Life with Cancer under the "Choose a Service" drop down.

Please direct any questions regarding your appointment to TCM at 571.665.6700.

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

## MOVEMENT



### Important Movement Class Information

- Registration is required
- A signed Physical Activity Waiver is required for each previously unattended class 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
- 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.**

### Barre Tone

● FC, Thu, Oct 4-25, 6:30-7:30pm

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



### Cardio Drumming

● FC, Thu, Oct 4, 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, Oct 3-31, 10-11am

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

### Chair-Based Exercise

● FC, Mon, Oct 1, 2-2:45pm

● FC, Wed, Oct 3, 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, Oct 3, 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.

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

● FC, Mon, Oct 1-22, 10:15-11:15am

This 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.

### Evening Gentle Yoga

● 44084 RP, Mon, Oct 1-29, 7-8:30pm

● FC, Mon, Oct 1, 15 & 29\*, 7-8:30pm

● FO-LWC, Mon, Oct 1-29, 7-8:30pm

\*FC location: No class Oct 8. 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.

### EZ Tai Chi

● FC, Tue, Oct 2-30, 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, Oct 1-29, 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

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

● ILH-RO, lunes, 8 de octubre, 6-7:30pm

● FC, lunes, 15 de octubre, 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, Oct 4-25, 1-2pm

● IAH-LWC, Mon, Oct 1, 15, 22 & 29\*, 4-5:30pm

\*No class on Oct 8 at IAH location. 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, Oct 3-31, 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.



### Join us for the 30th Annual Virginia Run Turkey Trot Benefitting Life with Cancer®

Thanksgiving Morning  
Thursday, November 22  
Virginia Run Community Center  
15355 Wetherburn Court  
Centreville, VA 20120

Register Now at  
<https://bit.ly/2Le7l5m>

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



## MOVEMENT (CONTINUED)

### Keeping Fit

● FC, Mon, Oct 1, 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, Oct 25, 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, Oct 3-31, 10:30-11:30am

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

### Restorative Yoga

● FC, Fri, Oct 5-26, 10:15-11:45am

● 44084 RP, Fri, Oct 5-26, 12-1:30pm

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.



### Strengthen with Barre and Pilates

● FO-LWC, Thu, Oct 4-25, 11:30am-12:30pm

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

### Tai Chi

● FC, Tue, Oct 2-30, 6pm-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, Mon, Oct 1-29, 10-11am

● 44084 RP, Thu, Oct 4-25, 10-11am

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

### Yin Yoga for Patients in Treatment

● FO-LWC, Fri, Oct 5-Dec 14, 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 Sculpt

● FO-LWC, Tue, Oct 2-30, 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.



Sunday, October 21, 2018

5K (timed) Start: 8am | Fun Run Start: 8:05  
8405 Greensboro Drive, McLean, VA

All proceeds will benefit the Eric Monday Foundation and Life with Cancer. Special recognition for cancer patients and survivors.

**Battle of the Businesses:** Ask your corporation to register (select team) and get your coworkers to register. Recognition will be provided to the corporation with most registered participants. **Register Now!**

### Zumba Gold

● 44084 RP, Fri, Oct 5-26, 10:30-11:30am

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

### Zumba!

● FC, Tue, Oct 2-30, 7-8pm

● IAH-HEC 3-5, Wed, Oct 3, 17 & 31, 7-8pm

● IAH-E&T 1&2, Wed, Oct 10 & 24, 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.

## STRESS REDUCTION

### Art Therapy Series:

#### Going Deeper Than Words

● IAH-LWC, Tu, Nov 6-Dec 11, 11am-1pm

Discover the power of your creativity, intuition, and resilience through this 6 week art therapy group for those currently in treatment or out of treatment within 2 years. This group provides opportunities for mindfulness, reflection and personal growth while creating with a variety of art media and approaches. Attendance at each session is recommended as each week will build on the week prior. Registration closes on November 6. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration is required. Facilitator: Jean McCaw, LCPAT, ATR-BC.

## 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)**.

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

## STRESS REDUCTION (CONTINUED)

### Healing through Art Therapy

● FC, Thu, Oct 18, 1-3:30pm

● FO-LWC, Mon, Oct 22, 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. FC Registration closes on October 18. FO registration closes on October 22. Once registered please call 703.698.2526 to cancel if you cannot attend. Registration is required.



### Healing Touch

● 44084 RP, Mon, Oct 8, 6-7pm

● IAH-LWC, 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; registration is required.

### Introduction to Qigong

● IAH-LWC, Tue, Oct 2 & 9, 9:30-10:45am

Class continues for those already registered.

### Knitting & Crocheting Circle

● FC, Fri, Oct 5 & 19, 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.

### Meditation

● FC, Wed, Oct 3-24, 5:30-6:30pm

Join us for a powerful meditation/relaxation class. 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.

### Meditation and Guided Imagery

● FC, Thu, Oct 4-25, 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.

### Mindfulness & Photography Nature Walk

HMP, Sun, Oct 14\*, 9:00-11:30am

Join us for a Nature Walk at Huntley Meadows Park, which will utilize photography and mindfulness practices to help calm the central nervous system and cultivate appreciation for the natural beauty all around us. No photography experience needed; please bring a camera or phone with photo capabilities. Prior attendance of a mindfulness-based class strongly recommended. Must be 18+ years to attend. Registration is required for information on meeting place.

\*Rain date: Sunday, October 21, 9:00-11:30am.



### Mindfulness-Based Cancer Recovery

● FO-LWC, Mon, Oct 1-15, 2-3:30pm

Group continues for those already registered.

### Mindfulness-Based Cancer Recovery

● IAH-LWC, Thu, Oct 4-Nov 15, 2:30-4pm

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: Attendance at orientation 10/4/18 at 2:30 pm; 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. For more information please contact David McGinness, 703-504-3083.

### Mind over Matter Series

● FC, Thu, Oct 18-Nov 15, 11am-12pm

This 5 week 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. Registration is required. Space is limited.

### Reiki for Relaxation

● 44084 RP, Thu, Oct 25, 6:45-8pm

● FC, Mon, Oct 8, 6-7 and 7-8pm

● FC, Wed, Oct 24, 6-7pm and 7-8

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.

### Walking the Labyrinth

● FC, Fri, Oct 12, 10am-12pm

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

### Writing through Transitions

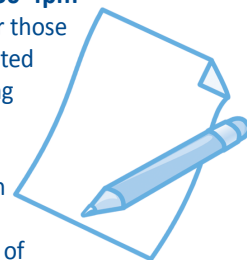
● FC, Thu, Oct 4-18, 6:30-8pm

Group continues for those already registered.

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

● FC, Thu, Oct 18, 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 classmate's feedback will enhance your efforts. Registration is required.



### Zentangle

● 44084 RP, Tue, Oct 9, 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. A new theme is explored in each monthly class. This month it's all about finding patterns. Supplies are provided, but if you have attended this class in the past please bring your kit. Registration is required.

## SUPPORT & NETWORKING

### Brain Tumor Group

● FC, Wed, Oct 17, 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 Groups

●★ FC, Wed, Oct 3, 6-7:30pm

●★ FO-LWC, Wed, Oct 10, 5:30-7pm

●★ IAH-LWC, Mon, Oct 15, 5:30-7pm

●★ ILH-RO, Mon, Oct 22, 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, Oct 17, 5:30-7pm

For women in maintenance therapy or completed treatment within the last 3 years: Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and other modalities. Facilitators: Oncology Therapist, Alexandra Russo, LCSW and Oncology Nurse Navigator, Becca Dipatri, RN, BSN, OCN. Registration is required.

### Carcinoid Cancer Group

● FC, Sat, Oct 13, 10am-12pm

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

### Caregiver Connection

● FC, Mon, Oct 8, 7-8:30pm

● FO-B, Wed, Oct 10, 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 is required 48 hours in advance.

### Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Oct 5-26, 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.

### Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Oct 9, 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](mailto:micheline.toussaint@inova.org) or 703.698.2521. Registration is required.

### Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Oct 16, 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, Oct 11, 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, Sat, Oct 13, 10am-12pm

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

### Good Grief

● FC, Tue, Oct 2-30, 7:15-9pm

Group continues for those already registered. For information contact Darah Curran, LCSW, 703.2065435, [darah.curran@inova.org](mailto:darah.curran@inova.org).

### Good Grief

● FO-LWC, Thu, Oct 11-Dec 6\*, 6-8pm

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. We will discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates.

\*This class will not meet on Nov. 22. Registration is required: no new enrollment after Oct. 11.

### Gynecologic Cancer Group

● FC, Wed, Oct 24, 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 is required.

### Head and Neck Cancers Group

● FC, Wed, Oct 10, 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.

### Just for the Guys Support Group

● IAH-LWC, Thu, Oct 18, 6-7:30pm

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

### Leukemia and Lymphoma Support Group

● FC, Mon, Oct 15, 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.

## Oncology Massage and Body Work

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

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

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



## SUPPORT & NETWORKING (CONTINUED)

### Living with Advanced Disease

● FO-LWC, Thu, Oct 11 & 25, 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 is required.

### Lung Cancer Group — General

● FC, Wed, Oct 3, 6:30-8pm

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

### Multiple Myeloma

● FC, Tue, Oct 16, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn and share ways of managing the challenges of living with multiple myeloma. October's meeting will be an open discussion month. Registration is required.

### Myelodysplastic Syndromes (MDS) Support Group

● FC, Fri, Oct 12, 7:00-8:30pm

A patient-led support group open to all individuals affected by Myelodysplastic Syndromes (MDS). The objective for this group is to provide patients, caregivers and families a safe place to cope with the emotional aspects of MDS, to share with others their feelings and challenges and to hear from local MDS and other related healthcare professionals. For more information and to register call Brian Anderson at 703.984.9379 or email brian.s.anderson65@gmail.com.

### Us Too Prostate Cancer Group

● FC, Tue, Oct 9, 7:30-9pm

Dr. Paulina Gorney Brown will speak on "Erectile Dysfunction." Registration is required.

### Us Too Prostate Cancer Support Group

● LCSC, Tue, Oct 9, 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, Oct 11, 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! Registration is required.

### Women's Survivorship Group

● ILH-RO, Thu, Oct 11, 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.

### Woman's Survivorship 3+

● FC, Tue, Oct 9, 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 Women with Breast Cancer

● ★ FC, Tue, Oct 16, 6:30-8pm

● ★ IAH-CCW, Tue, Oct 9, 6:30-8pm

● ★ FO-LWC, Wed, Oct 3, 6-7:30pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to one year completion of active treatment, are invited to meet with others in a supportive environment to learn how to best navigate survivorship. Registration is required.

### Young Adult Group

● FC, Thu, Oct 25, 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. Facilitator: Sage Bolte, PhD, LCSW, OSW-C. Registration is required.

## CHILDREN, TEENS & PARENTS

### Pediatric Oncology Parent Night: Halloween Party

● FC, Mon, Oct 22, 6-8:30pm

Pediatric oncology families of all ages, on and off treatment are welcome.

Come in costume for dinner, games, fun and treats.

Register with Cathy Bottrell, LCSW, cathy.bottrell@inova.org, 703.531.1515.



### Art Therapy Group for Teens in Treatment

● FC, Mon, Oct 8, 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. 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.

### Curious about Cancer

● FC, Wed, Oct 3-24, 6-7pm

Group continues for those already registered. For information on future group contact Jean McCaw MA, LCPAT, ATR-BC Child & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org.

### 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.

### 7th Annual Bras for Hope at Belle Mode Intimates

11889 Grand Commons Avenue | Fairfax Corner, VA 22030

Saturday, October 27th, 11 AM – 7 PM

Grab your mom, aunt, sister, or a few girlfriends and come out to learn

about our Anita Care Mastectomy Products and everyday bras. A portion of the sales will be donated to Life with Cancer, so it's a perfect time to come out and refresh your bra wardrobe.

We'll feature: certified mastectomy fitters, post-surgical products, educational info from local breast care practices/healthcare providers, 10% off store-wide, SWAG Bags for first 25 purchases, gifts w/qualifying purchases, while supplies last, raffle items from our designers & local business friends, refreshments & fun times!



# OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>1</b> 10am Functional Fitness (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:15am Dance/Movement Therapy (FC) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	<b>2</b> 9:30am Introduction to Qigong (IAH-LWC) 11am Food & Fitness (IAH-LWC) 12pm EZ Tai Chi Series (FC) 1pm Yoga Sculpt (FO-LWC) 3:30pm Acupuncture Appointments (FC) 6pm Tai Chi Series (FC) 6pm Yoga for Strength & Flexibility (44084 RP) 7pm Zumba (FC) 7:15pm Good Grief (FC)	<b>3</b> 10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise Wednesday (FC) 3pm Cross-Train Challenge (FC) 5:30pm Meditation (FC) 6pm Curious about Cancer (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6pm Breast Cancer Group (FC) 7pm Zumba! (IAH-HEC 3-5) 6:30pm Lung Cancer Group (FC)	<b>4</b> 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen with Barre & Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation & Guided Imagery (FC) 2:30pm Mindfulness-Based Cancer Recovery (IAH-LWC) 5:30pm Brain Fog (FC) 6:30pm Barre Tone (FC) 6:30pm Writing Through Transitions (FC)	<b>5</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 1pm Knitting & Crocheting Circle (FC) <b>6</b> <b>7</b>
<b>8</b> 10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Dance/Movement Therapy (FC) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 5pm Ask a Dietitian (FC) 5:30pm Art Therapy Group for Teens in Treatment (FC) 6pm Healing Touch (44084 RP) 6pm Reiki (FC) 6pm Grupo de Apoyo (ILH-RO) 7pm Reiki (FC) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga (44084 RP)	<b>9</b> 9:30am Introduction to Qigong (IAH-LWC) 10:30am Coalesce II (FC) 11am Food & Fitness (IAH-LWC) 11am Look Good...Feel Better (FO-LWC) 12pm EZ Tai Chi Series (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle Oct (44084 RP) 3:30pm Acupuncture Appointments (FC) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Tai Chi Series (FC) 6pm Woman's Survivorship 3+ (FC) 6pm Us Too Group ILH(LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Us Too Group (FC)	<b>10</b> 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) 5:30pm Meditation (FC) 5:30pm Head & Neck Cancers Group (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Breast Cancer Group (FO-LWC) 6pm Curious about Cancer (FC) 7pm Zumba! (IAH-E&T 1&2)	<b>11</b> 10am Total Body Conditioning (44084 RP) 11am Orientation (FC) 11:30am Strengthen with Barre & Pilates (FO-LWC) 1pm Living with Advanced Disease Fair Oaks (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation & Guided Imagery (FC) 2:30pm Mindfulness-Based Cancer Recovery (IAH-LWC) 5:30pm Brain Fog (FC) 6pm Good Grief (FO-LWC) 6pm Us Too Prostate Cancer Group (IAH-LWC) 6pm Colorectal Cancer Group Early Stage (FC) 6pm Women's Survivorship Group (ILH-RO) 6:30pm Barre Tone (FC) 6:30pm Writing Through Transitions (FC)	<b>12</b> Coalesce (FC) 10am Walking the Labyrinth (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 for Patients in Treatment (FO-LWC) 7pm MDS Support Group (FC) <b>13</b> 10am Cutaneous Lymphoma Group (FC) 10am Carcinoid Cancer Group (FC) <b>14</b>
<b>15</b> 10am Functional Fitness (FO-LWC) 10am Leukemia & Lymphoma Group (FC) 10am Total Body Conditioning (44084 RP) 10:15am Dance/Movement Therapy (FC) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 4pm Gentle Yoga (IAH-LWC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Survivorship Nutrition Update (ILH-PEC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 6pm Grupo de Apoyo (FC)	<b>16</b> 11am Food & Fitness (IAH-LWC) 11:45am Multiple Myeloma (FC) 12pm EZ Tai Chi Series (FC) 12pm Fighting Cancer with a Fork (FO-RO) 1pm Yoga Sculpt (FO-LWC) 3:30pm Acupuncture Appointments (FC) 6pm Tai Chi Series (FC) 6pm Breast Surgery Pre-Op (FO-LWC) 6pm Colorectal Cancer, Advanced Stage (FC) 6:30pm Young Women w/ Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	<b>17</b> 10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 1pm Breast Surgery Pre-Op (FC) 5:30pm Breast or Gynecological Survivorship (FC) 5:30pm Meditation (FC) 6pm Brain Tumor Group (FC) 6pm Curious about Cancer (FC) 7pm Zumba! (IAH-HEC 3-5)	<b>18</b> 10am Total Body Conditioning (44084 RP) 11am Mind Over Matter (FC) 11:30am Strengthen with Barre & Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Meditation & Guided Imagery (FC) 2:30pm Mindfulness-Based (IAH-LWC) 2:30pm Writing Life Stories Drop-In (FC) 5:30pm Brain Fog (FC) 6pm Good Grief (FO-LWC) 6pm Just for the Guys (IAH-LWC) 6:30pm Barre Tone (FC) 6:30pm Writing Through Transitions (FC)	<b>19</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 1pm Knitting & Crocheting Circle (FC) <b>20</b> 9am ISCI Breast Cancer Symposium (ICPH) <b>21</b>
<b>22</b> 10am Total Body Conditioning (44084 RP) 10am Breast Surgery Pre-Op (FC) 10am Functional Fitness (FO-LWC) 10:15am Dance/Movement Therapy (FC) 1pm Healing through Art Therapy (FO-LWC) 4pm Gentle Yoga (IAH-LWC) 5:30pm Breast Cancer Group (ILH-RO) 6pm Orientation (FC) 6pm Pediatric Oncology Parent Night (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (44084 RP)	<b>23</b> 10:30am Coalesce II (FC) 12pm EZ Tai Chi Series (FC) 1pm Yoga Sculpt (FO-LWC) 3:30pm Acupuncture Appointments (FC) 6pm Tai Chi Series (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	<b>24</b> 10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op at Fair Oaks (FO-LWC) 4pm Plant-Based Diets (FC) 5:30pm Meditation (FC) 5:30pm Gynecologic Cancer Group (FC) 6pm Curious about Cancer (FC) 6pm Reiki (FC) 7pm Zumba! (IAH-E&T 1&2) 7pm Reiki (FC)	<b>25</b> 10am Total Body Conditioning (44084 RP) 11am Mind over Matter (FC) 11:30am Strengthen w/Barre & Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Pre-Op (ILH-PER) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation & Guided Imagery (FC) 2:30pm Mindfulness-Based (IAH-LWC) 6pm Men's Fitness Workshop (FO-LWC) 5:30pm Brain Fog (FC) 6pm Good Grief (FO-LWC) 6:30pm Barre Tone (FC) 6:45pm Reiki (44084 RP) 7:30pm Young Adult Group (FC)	<b>26</b> 10am Living Well with Advanced Breast Cancer Brunch (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) <b>27</b> 11am Breast Cancer Survivor's Retreat (NCC) <b>28</b>
<b>29</b> 10am Functional Fitness (FO-LWC) 10am Total Body Conditioning (44084 RP) 4pm Gentle Yoga (IAH-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC)	<b>30</b> 12pm EZ Tai Chi Series (FC) 1pm Yoga Sculpt (FO-LWC) 3:30pm Acupuncture Appointments (FC) 6pm Tai Chi Series (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	<b>31</b> 10am Cardio-Core (44084 RP) 10:30am Move Your Body (FO-LWC) 11am Joyful Belly Dance (FC) 7pm Zumba! (IAH-HEC 3-5)		