



Life with Cancer®

DECEMBER 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

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INFORMATION & EDUCATION

Orientation

- FC, Thu, Dec 13, 11am-12pm

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

Enduring Love and "Continuing Bonds" in Grief

- FC, Tue, Dec 4, 6:30-8pm

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

Making Healthcare Decisions: Advanced Care and Estate Planning

- FC, Mon, Dec 3, 6:30-8pm

Attorney Craig Anderson, Esq., will discuss the need for estate planning, advance directives, wills or trusts and how you can prepare these documents before they are needed. 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

Weather Policy

Information about cancellations due to inclement weather or an area emergency can be obtained by calling

703.698.2520

Class cancellations do not always follow local public school closings.

To verify Life with Cancer is open check the Cancellations Page at

lifewithcancer.org



HOLIDAY MARKETPLACE

- FC, Thu, December 6, 9am-5pm

Our Holiday Marketplace offers a chance for you to do some shopping AND support Life with Cancer. Stop by our Family Center on December 6th for a complimentary lunch and to shop, shop, shop from some of the most interesting vendors around. Holiday, birthday, anniversary, house warming, shopping all in one place. Online shopping will also be available.



INOVA®

Schar Cancer Institute

Life with Cancer® Mission Statement To enhance the quality of life of those affected by cancer by providing education, information and support

LOCATION KEY

● 44084 RP:	44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
● FC:	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 www.lifewithcancer.org
● FO-B:	Fair Oaks Cancer Center, Conference Rooms, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA 22033
● FO-LWC:	Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA 22033
● FO-RO:	Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA 22033
● IAH-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
SHRC	Spring Hill Rec Center Indoor Track, 1239 Spring Hill Road, McLean, VA

INFORMATION AND EDUCATION (CONTINUED)

Making Your Funeral Arrangement Wishes Known in Advance

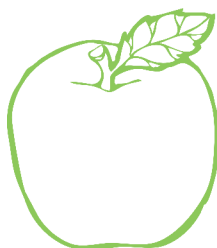
● FC, Mon, Dec 17, 6:30-8pm

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

Survivorship Nutrition Update

● FC, Wed, Dec 19, 3-4:30pm

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.



Ask a Dietitian

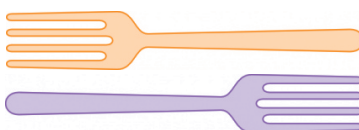
● FC, Mon, Dec 10, 5-6pm

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.

Fighting Cancer with a Fork

● FO-RO, Tue, Dec 18, 12-1pm

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



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

Healthy Holiday Eating

● FO-LWC, Tue, Dec 4, 5-6pm

● FC, Tue, Dec 11, 5-6pm

Staying on track with healthy eating habits during the holiday season can be hard. Please join us to review evidence based healthy eating recommendations and strategies to follow these recommendations while still enjoying holiday celebrations with family and friends. Registration is required.

Look Good...Feel Better

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration required. This class is undergoing an organizational change. New registration information is coming soon. Check our website.

Chemotherapy Class

● FC, Call 703.7768768 for appointment

● IAH, Call 703.504.3109 for appointment

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

Chemo for Breast Cancer

● ★ FC, Call 703.698.2532 for appointment

● ★ IAH, Call 703.504.3109 for appointment

Learn what you need to know while taking chemotherapy for breast cancer.

Breast Surgery Pre-Op Class

● ★ FC, Mon, Dec 3, 5-6:30pm

● ★ FC, Fri, Dec 14, 10-11:30am

● ★ FC, Wed, Dec 19, 1-2:30pm

● ★ FO-LWC, Wed, Dec 12, 12:30-2pm

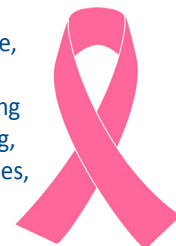
● ★ FO-LWC, Tue, Dec 18, 6-7:30pm

● ★ IAH-Call 703.507.3019 for appointment

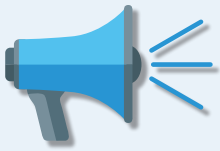
● ★ ILH-PER, Tue, Dec 11, 4-5:45pm

● ★ ILH-PER, Thu, Dec 27, 1-2:45pm

A nurse navigator will explain what you need to know before, during and after mastectomy surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Registration is required (family member/friend may attend without registration).



FITNESS



Important Fitness Class Information

- Registration is required for all classes.
- 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
- 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.**

2Unstoppable/LWC Monthly Walk-n-Talk

SHRC, Sun, Dec 16, 1pm
Walk the indoor track and then visit the Health Fair sponsored by Spring Hill Rec Center. Meet

other women for some gentle exercise whether in treatment or well beyond. Let's get moving together! No need to join 2 unstoppable to sign up for this walk and there is never a charge. RSVP to info@2Unstoppable.org. No LWC registration.



2Unstoppable
Making Fitness Connections

Barre Tone

● FC, Thu, Dec 6 & 13, 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-Core

● 44084 RP, Wed, Dec 5 & 12, 10-11am

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

Cardio Drumming

● FC, Thu, Dec 6 & 13, 10:30am-11:15pm

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

Chair-Based Exercise

● FC, Mon, Dec 3 & 10, 2-2:45pm

● FC, Wed, Dec 5 & 12, 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, Dec 5 & 12, 3-3:45pm

No class November 21.

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.



Energy Medicine Yoga

● FC, Thu, Dec 13, 1-2pm

This yoga practice activates the meridians in the body for vitality and health. Registration is required.

Evening Gentle Yoga

● FC, Mon, Dec 3, 7-8:30pm

● 44084 RP, Mon, Dec 3 & 10, 7-8:30pm

● FO-LWC, Mon, Dec 3 & 10, 7-8:30pm

It's best for those in active treatment or recovering from surgery. Blending gentle movement, breathing and relaxation you'll learn movements that stretch, strengthen, relax muscles and increase stamina and flexibility. Please bring a blanket and a small towel. Registration is required.

EZ Tai Chi

● FC, Tue, Dec 4 & 11, 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 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.

Registration is required for all groups and programs

PROGRAMAS EN ESPAÑOL

Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes

● FC, Mon, Dec 17, 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.

Functional Fitness

● FO-LWC, Mon, Dec 3 & 10, 10-11am

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



Gentle Yoga

● FC, Thu, Dec 6 & 13, 1-2pm

● IAH-LWC, Mon, Dec 3 & 10, 4-5:30pm

This class is appropriate for all fitness levels. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration is required.

Joyful Belly Dance

● FC, Wed, Dec 5 & 12, 11am-12pm

No class 9/12. 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, Dec 3 & 10, 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.

Life Force Yoga

● FC, Thu, Dec 6, 1-2pm

This yoga practice moves energy and releases stress through breath, toning and movement. Registration is required.

FITNESS (CONTINUED)

Move Your Body

● **FO-LWC, Wed, Dec 5 & 12, 10:30-11:30am**

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



Restorative Yoga

● **44084 RP, Fri, Dec 7 & 14, 12-1:30pm**

● **FC, Fri, Dec 7 & 14, 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.



Strengthen with Barre and Pilates

● **FO-LWC, Thu, Dec 6 and 13, 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, Dec 4 & 11, 6-7pm**

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



Total Body Conditioning

● **44084 RP, Mon, Dec 3 & 10, 10-11am**

● **44084 RP, Thu, Dec 6 & 13, 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, Dec 7 & 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, Dec 4 & 11, 1-2pm**

Yoga Sculpt combines yoga, light weight training, core work and cardio, for a full body workout. It is designed to help tone and strengthen muscles, and improve balance and overall fitness. Bring a small towel and water. Registration is required.

Zumba

● **FC, Tu, Dec 4 and 11, 7-8pm**

● **IAH-HEC 3-5, Wed, Dec 5, 7-8pm**

● **IAH-E&T 1&2, Wed, Dec 12, 7-8pm**

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



Zumba Gold

● **44084 RP, Fri, Dec 7 & 14, 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.

STRESS REDUCTION

Art Therapy Series: Going Deeper than Words

● **IAH-LWC, Tue, Dec 4 & 11, 11am-1pm**

Group continues for those already registered. For information on next group contact jean.mccaw@inova.org.

Coping with the Holidays

● **IAH-LWC, Thu, Dec 6, 6-8pm**

● **ILH-PER, Mon, Dec 10, 6-8pm**

While festive, the holidays can bring with them personal and family expectations. Join us to discuss some of the common challenges of handling the holidays while undergoing treatment or after recently completing treatment. Some coping strategies will be offered and there will be time for group discussion. Registration is required.

Handling the Holidays and Winter Doldrums after the Death of a Loved One

● **FC, Tue, Dec 11, 6:30-8pm**

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Registration is required.

Feeling overwhelmed? Life with Cancer can help...

A **Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

A **Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call

Life with Cancer Connect 703-206-LIFE (5433).

STRESS REDUCTION (CONTINUED)

Healing through Art Therapy

● FC, Thu, Dec 20, 1-3:30pm

● FO-LWC, Mon, Dec 17, 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.



Healing Touch

● 44084 RP, Mon, Dec 10, 6-7pm

● IAH-Call 703.507.3019 for appointment

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

Knitting & Crocheting Circle

● FC, Fri, Dec 7, 1-2:30pm

This group will only meet once in December. Past, new, experienced and inexperienced participants are welcome to join us to work on your own project or one to donate. All supplies will be provided. Registration is required.



Laughter Yoga

● FC, Thu, Dec 13, 2-3pm

Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity, reduced stress and an enhanced feeling of well-being. In Laughter Yoga you don't have to have a sense

of humor; you don't have to be witty. Simply follow the instructor and do the exercises. No need to get on the floor; laughter yoga can be done seated in a chair. Registration is required.

Meditation

● FC, Wed, Dec 5 & 12, 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 required.

Meditation and Guided Imagery

● FC, Thu, Dec 6, 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-Based Cancer Recovery Drop-In Group

● FC, Tue, Dec 4, 11am-12pm

● FC, Thu, Dec 20, 5:30-6:30pm

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

Reiki for Relaxation

● FC, Mon, Dec 10, 6-7pm OR 7-8pm

● 44084 RP, Thu, Dec 20, 6:45-8pm

Returning clients, please register for just one appointment monthly. 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.



Writing Your Life Stories Monthly Drop-In Group

● FC, Fri, Dec 21, 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 class mates' feedback will enhance your efforts. Registration is required.

Zentangle

● 44084 RP, Tue, Dec 11, 1:30-3pm

Take a mental vacation from cancer and enjoy Zentangle. It's an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, and can increase focus and creativity, and provide artistic satisfaction along with an increased sense of well-being. A new theme is explored in each monthly class. December theme: It's all about MY Stars! 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, Dec 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.

Breast Cancer Support Group

● ★ FC, Wed, Dec 5, 6-7:30pm

● ★ FO-LWC, Wed, Dec 12, 5:30-7pm

● ★ IAH-LWC, Mon, Dec 17, 5:30-7pm

● ★ ILH-RO, Mon, Dec 17, 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, Dec 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. Registration is required.

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

SUPPORT & NETWORKING (CONTINUED)

Carcinoid Cancer Group

● **FC, Sat, Dec 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, Dec 10, 7-8:30pm**

● **FO-B, Wed, Dec 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. Registration is required.



Coalesce: An Advanced Breast Cancer Group

●★ **FC, Fri, Dec 7-21, 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, Dec 11, 10:30am-12pm**

Meet with women of all ages to share life's joys and sorrows. Contact Micheline Toussaint, LCSW, RYT to register, contact micheline.toussaint@inova.org or 703.698.2521.

Colorectal Cancer Support Group, Advanced Stage

● **FC, Tue, Dec 18, 6-7:30pm**

This group is for any patient living with meta-static colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Registration is required.

Cutaneous Lymphoma Support Group

● **FC, Sat, Dec 8, 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>

Gastrointestinal (GI) Cancer Support Group, Early Stage

● **FC, Thu, Dec 13, 6-7:30pm**

This support group is for people impacted by a stage 0-3 gastrointestinal cancer diagnosis: esophagus, stomach, biliary system, pancreas, small intestine, large intestine, rectum, anus. 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, ONC. Registration is required.

Good Grief

● **FO-LWC, Thu, Dec 6, 6-8pm**

Group continues for those already registered. For information on next group, contact maureen.broderick@inova.org.

Gynecologic Cancer Group

● **FC, No meeting in December**

Head and Neck Cancers Group

● **FC, Wed, Dec 12, 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, Dec 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. Registration is required.



Leukemia and Lymphoma Support Group

● **FC, Mon, Dec 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. Registration is required.

Living with Advanced Disease

● **FO-LWC, Thu, Dec 13, 1-2:30pm**

Note: Only 1 meeting in December. 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. Note: only one group in December.

Lung Cancer Group

● **FC, Wed, Dec 5, 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.

Melanoma Support & Networking Quarterly Meeting

● **FC, Thu, Dec 6, 6:30-8pm**

Come for an evening of open discussion and networking. Registration is required.

Oncology Massage and Body Work

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

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

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

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

SUPPORT & NETWORKING (CONTINUED)

Myelodysplastic Syndromes (MDS) Support Group

● FC, Fri, Dec 7, 10:30am-12pm

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 other related healthcare professionals. Light refreshments. Please register with Brian Anderson at brian.s.anderson65@gmail.com / 703.984.9379.

Multiple Myeloma

● FC, Tue, Dec 11, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. December will be an open discussion meeting. Light lunch. Registration is required.



Spirituality Quest

● FC, Tue, Dec 11, 10:30am-12pm

Sharing the holiday spirit. Registration is required.

Us Too Prostate Cancer Support Group

● LCSC, Tue, Dec 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, Dec 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! Registration is required.

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

Us Too, Prostate Support Group

● FC, Tue, Dec 11, 7:30-9pm

Join other men for an opportunity to network and learn about valuable prostate cancer information and resources. Jim Waldenfels and Steve Haraczak will lead a discussion on "How to Use the Many Prostate Cancer Support Group Resources."

Woman's Survivorship Group

● ILH-RO, Thu, Dec 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.

Woman's Survivorship 3+

● FC, Tue, Dec 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, Dec 20, 7:30-9pm

Join us for our holiday party!

Young Women with Breast Cancer

● FO-LWC, Wed, Dec 5, 6-7:30pm

● FC, Tue, Dec 18, 6:30-8pm

● IAH, Tue, Dec 11, 6:30-8pm

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.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Dec 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. 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.



Pediatric Oncology Holiday Party IFMC-PCC, Sat, Dec 8, 12-3:30pm

Please register with Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703-531-1515.

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.



DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
				2
3 10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Breast Surgery Pre-Op (FC) 6:30pm Making Healthcare Decisions (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (FC) 7pm Evening Gentle Yoga (44084 RP)	4 11am MBCR Drop-In Group (FC) 11am Art Therapy: Going Deeper (IAH-LWC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 3:30pm Acupuncture (FC) 5pm Healthy Holiday Eating (FO-LWC) 6pm Tai Chi (FC) 6:30pm Enduring Love (FC)	5 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 Meditation (FC) 6pm Young Women (FO-LWC) 6pm Breast Cancer Group (FC) 6:30pm Lung Cancer Group (FC) 7pm Zumba! (IAH-HEC 3-5)	6 9am Holiday Marketplace 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Life Force Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3:30pm Acupuncture (FC) 6pm Good Grief (FO-LWC) 6pm Coping with the Holidays (IAH-LWC) 6:30pm Barre Tone (FC) 6:30pm Melanoma Support & Networking Quarterly Meeting (FC)	7 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am MDS Support Group (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC) 8 10am Cutaneous Lymphoma Support Group (FC) 10am Carcinoid Cancer Group (FC) 12pm Pediatric Oncology Holiday Party 9
10 10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-LWC) 5pm Ask a Dietitian (FC) 5:30pm Art Therapy Group for Teens (FC) 6pm Reiki for Relaxation (FC) 6pm Healing Touch (44084 RP) 6pm Coping with the Holidays (ILH-PER) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba (FC) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC) 7pm Evening Gentle Yoga (44084 RP)	11 10:30am Coalesce II (FC) 10:30am Spirituality Quest (FC) 11am Art Therapy: Going Deeper (IAH-LWC) 11:45am Multiple Myeloma (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 3:30pm Acupuncture (FC) 4pm Breast Surgery Pre-Op (ILH-PER) 5pm Healthy Holiday Eating (FC) 6pm Tai Chi (FC) 6pm Woman's Survivorship 3+ (FC) 6pm Us Too Prostate Cancer Support (LCSC) 6:30pm Handling the Holidays (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7:30pm Us TooProstate 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) 5:30pm Meditation (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Breast Cancer Group (FO-LWC) 5:30pm Head and Neck Group (FC) 7pm Zumba! (IAH-E&T 1&2)	13 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation AM (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 1pm Energy Medicine Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Laughter Yoga (FC) 3:30pm Acupuncture (FC) 6pm Gastrointestinal Group, Early Stage (FC) 6pm Us Too Prostate Group (IAH-LWC) 6pm Woman's Survivorship Group (ILH-RO) 6:30pm Barre Tone (FC)	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) 15 16 1pm 2Unstoppable/LWC Monthly Walk-n-Talk (SHRC)
17 10am Leukemia and Lymphoma Group (FC) 1pm Healing through Art Therapy (FO-LWC) 5:30pm Breast Cancer Group (ILH-RO) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Grupo de Apoyo (FC) 6:30pm Making Funeral Arrangement (FC)	18 12pm Fighting Cancer with a Fork (FO-RO) 3:30pm Acupuncture (FC) 6pm Breast Surgery Pre-Op (FO-LWC) 6pm Colorectal Cancer Group, Advanced Stage (FC) 6:30pm Young Women with Breast Cancer (FC)	19 1pm Breast Surgery Pre-Op (FC) 3pm Survivorship Nutrition (FC) 5:30pm Breast or Gynecological Survivorship Group (FC) 6pm Brain Tumor Group (FC)	20 1pm Healing through Art Therapy (FC) 3:30pm Acupuncture (FC) 5:30pm MBCR, Drop-In Group (FC) 6pm Just for the Guys (IAH-LWC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	21 Coalesce (FC) 2:30pm Writing Your Life Stories (FC) 22 23
24 Life with Cancer is open until 3PM	25 Life with Cancer is Closed	26	27 1pm Breast Surgery Pre-Op (ILH-PER) 3:30pm Acupuncture (FC)	28 29 30
31 Life with Cancer is open until 3PM				