



Life with Cancer®

JANUARY 2019

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
Stress Reduction	Pgs 4-5
Support and Networking	Pgs 5-7
Children, Teens, & Parents	Pg 7

INFORMATION & EDUCATION

Ask a Dietitian

● FC, Tue, Jan 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.

Diet and Inflammation

● FC, Tue, Jan 29, 5-6pm

Have you heard of an "anti-inflammatory" diet? This class, taught by Registered Dietitian Lauren Fay, will review how diet can impact inflammation in your body, and how this has the ability to impact your disease risk and overall health. Registration is required.



Survivorship Nutrition

● FC, Mon, Jan 14, 5-6:30pm

Registered Dietitian, Lauren Fay, will review the latest evidenced based recommendations for diet and nutrition following cancer treatment, and provide ideas and resources on how to adjust your current diet to follow these recommendations. Cooking demo included.

Fighting Cancer with a Fork

● FO-LWC, Tue, Jan 15, 12-1pm

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

Managing Symptoms of Neuropathy

● FO-LWC, Wed, Jan 16, 4:30-5:30pm

Occupational Therapist, Kelly Hiltz, will discuss symptom management to reduce discomfort and improve function, provide an overview of adaptive equipment, and provide guidance on when to seek help from occupational or physical therapist to assist with neuropathy. Registration is required.

Surgical Treatment of Brain Tumors

● FC, Wed, Jan 23, 6:30-8pm

Surgery is a fundamental part of treatment for brain tumors. Some of the questions we will answer are: What are the benefits of brain surgery for brain tumors? What surgical procedures are available to treat brain tumors? Are all brain tumors the same and do they require the same treatment?

Benefits of Acupuncture in Cancer Care

● FC, Thu, Jan 17 6:30-7:30

Teerawong Kasiolarn, ND, MSAC, Lac, naturopathic physician and licensed acupuncturist with Inova Traditional Chinese Medicine Center will discuss the benefits of Acupuncture and answer your questions on this important topic.

Sign up for Life with Cancer Updates

You will receive timely information on

Program Highlights and Fundraisers

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



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
- FO-D: Fair Oaks Cancer Center,
Lower Level, Conf. Rm. D,
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
- IAH-AUD: Inova Alexandria
Hospital-Auditorium,
4320 Seminary Road,
Alexandria, VA, 22304
- IAH-CCW: Inova Alexandria Hospital
Cancer Center Waiting Room,
4320 Seminary Road,
Alexandria, VA 22304
- IAH-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

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

INFORMATION AND EDUCATION (CONTINUED)

Orientation

- FC, Thu, Jan 10, 11:30am-12:30pm
- FC, Mon, Jan 28, 6:30-7:30pm

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.

Reiki Level I Workshop

- FC, Sat, Jan 5, 9:30am-4pm

Reiki is well known for helping to reduce pain and promote recovery from injuries, illness, disease, and depression. Reiki can also help to maintain a state of inner balance and wellness on all levels of the mind, body, spirit, and emotions. Level I training primarily focuses on the self and self-healing. Class topics include: The History of Reiki Jin Kei Do; Receiving energy attunements that enable a person to channel Reiki energy; Introduction to Meditation; A form of Qigong – a Chinese form of physical exercise similar to Tai Chi; Training in self-treatment of the body and chakras; Six-point awareness meditation which trains the mind to focus; Learning seated treatment for treating the body and chakras of others. Please bring your lunch. Space is limited and registration is required.



Telling Your Life Story and Leaving a Lasting Legacy

- FC, Mon, Jan 28, 6:30-8pm

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

Breast Surgery Pre-Op Class

- ★ FC, Mon, Jan 7, 5-6:30pm
- ★ FC, Mon, Jan 28, 10-11:30am
- ★ FC, Wed, Jan 16 & 23, 2-3:30pm
- ★ FO-LWC, Wed, Jan 9, 12:30-2pm
- ★ FO-LWC, Wed, Jan 23, 5:30-7pm
- ★ IAH, Call 703.504.3019 for an appointment

Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, and more. Family/friends welcome. Registration is required.

Acupuncture at Life with Cancer



Acupuncture at Life with Cancer

Tuesdays and Thursdays
3:30-5pm
\$50/session

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).

To schedule your appointment:

- Go to www.inova.org/TCM.
- Click the green button "Book Appointment"
- Choose LWC for location on the right side corner.
- Select Life with Cancer under the "Choose a Service" drop down.

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

Chemotherapy for Breast Cancer

- ★ FC, Call 703.776.8768 for an appointment
- ★ IAH, Call 703.504.3019 for an appointment

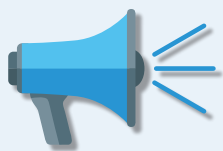
Learn what you need to know while taking chemotherapy for breast cancer.

Chemotherapy Class

- FC, Call 703.776.8768 for an appointment
- IAH, Call 703.504.3019 for an appointment

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

MOVEMENT



Important information for Movement Classes

- Registration is required
- A signed Physical Activity Waiver is required for each previously unattended class in 2019 (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.**

Barre Tone

● FC, Thu, Jan 3-31, 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, Jan 3-31*, 10:30-11:15am

*No class 1/17. An energetic, get lost in the music, full body workout! This class combines drumming, cardio, and strength training into a 45 minute toning class. Registration is required.

Cardio-Core

● FO-LWC, Wed, Jan 2-30, 10:30-11:30pm

● IAH-HEC 3-5, Tue, Jan 8-29*, 6:30-7:30pm

● 44084 RP, Wed, Jan 9-30, 10-11am

*No class 1/15. Using your own body weight and light resistance, this class will help build endurance and stamina, whilst strengthening all the muscles that make up your core. If you're looking to get your heart and body stronger, this class is for you! If attending the Alexandria Hospital class, please bring a mat. Registration is required.

Chair-Based Exercise

● FC, Wed, Jan 2-30, 2-2:45pm

● FC, Mon, Jan 7-28, 2-2:45pm

*There will be no class 1/14 and 1/16. 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, Jan 2-30, 3-3:45pm

*There will be no class 1/16. If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery. Registration is required.

Evening Gentle Yoga

● 44084 RP, Mon, Jan 7-28, 7-8:30pm

● FC, Mon, Jan 7-28*, 7-8:30pm

● FO-LWC, Mon, Jan 7-28, 7-8:30pm

*No class 1/14. 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, Jan 8-29, 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.



Functional Fitness

● FO-LWC, Mon, Jan 7-28, 10-11am

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

Gentle Yoga

● FC, Thu, Jan 10-31, 1-2pm

● IAH-HEC 3-5, Mon, Jan 7-28, 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, Jan 9-30, 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, Jan 7-28, 3-4pm

*There will be no class 1/14. 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 Only Functional Fitness Workshop

● FO-LWC, Thu, Jan 17, 6-7pm

Need more energy and strength for all your daily activities? Functional fitness focuses on building muscle, increasing bone density, and bettering your balance. Weights, bands, exercise balls and mat work will be covered. Attendees leave with a circuit of exercises that can be done at home. All levels are welcome. Registration is required.



Restorative Yoga

● 44084 RP, Fri, Jan 4-25, 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, Jan 3-31, 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, Jan 8-29, 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.

Registration is required for all groups and programs

MOVEMENT (CONTINUED)

Total Body Conditioning

- 44084 RP, Mon, Jan 7-28, 10-11am
- 44084 RP, Wed, Jan 9-30, 6-7pm
- 44084 RP, Thu, Jan 10-31, 10-11am

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

Yin Yoga for Those in Treatment

- FO-LWC, Fri, Jan 4-25, 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 Breast Cancer Survivors

- ★ FC, Wed, Jan 9-30*, 5:30-6:30pm

*There will be no class 1/23. Breast cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required.



Yoga Sculpt

- FO-LWC, Tue, Jan 8-29, 1-2pm

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

Zumba!

- FC, Tue, Jan 8-29, 7-8pm
- IAH-HEC 3-5, Mon, Jan 7-28, 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, Jan 4-25, 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 for Long-Term Survivors

- FC, Fri, Feb 1, 1-3:30pm

Registration for this group begins on January 2. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. 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.

Art Therapy Series: Going Deeper than Words

- FC, Tue, Jan 22-Mar 20*, 1-3:30pm

*No group 2/19. Registration begins on January 2. Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend. Facilitator: Jean McCaw, ATR-BC, LCPAT.

Healing through Art Therapy

- FC, Thur, Jan 17, 1-3:30pm
- FO-LWC, Mon, Jan 28, 1-3:30pm

Registration opens on January 2. 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, Loudoun

- 44084 RP, Mon, Jan 14, 6-7pm
- IAH, Call 703.504.3019 for an appointment

Registration opens on January 2. 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.

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)

Knitting & Crocheting Circle

● FC, Fri, Jan 4 & 18, 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 and Guided Imagery

● FC, Thu, Jan 10-31, 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 session begins with breath work and a relaxation technique that leads into a guided meditation. Registration is required.

Mindfulness for Healthy Living - 6 week course

● IAH-LWC, Wed, Jan 16-Feb 20, 6-7:30pm

Meditation helps us to increase our energy and build confidence while we ease into disengaging from unhelpful thoughts and patterns. In this experiential and interactive 6-week course we will practice seated meditation and simple energy clearing visualizations and movements that will help experience and integrate key mind-body connections. Please obtain the book: 25 Lessons in Mindfulness by Rezvan Ameli, PhD. Everyone is welcome no matter your spiritual practice or physical ability. Instructor: Nancy Miller. Registration is required.

Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, Jan 8, 11am-12pm

● FC, Wed, Jan 9, 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. McIntyre@inova.org. Registration is required.

Mindfulness-Based Cancer Recovery

● IAH-LWC, Thu, Jan 3-Feb 14, 2:30-4pm

In this 7-week course, you will 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 on January 3, 2:30pm; purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice. Space is limited. Registration is required.

Mindfulness-Based Cancer Recovery

● FC, Wed, Jan 9-Feb 13, 2:30-4pm

In this 6-week series you will learn practices that focus on mind-body integration to effect changes on physical, emotional and spiritual levels for the purpose of promoting health and well-being. Requirements: Purchase of Mindfulness-Based Cancer Recovery book; assigned reading and commitment to home-based practice. Registration is required and space is limited. Questions contact Micheline Toussaint, LCSW, 703-698-2521

Reiki for Relaxation at Loudoun

● 44084 RP, Thu, Jan 24, 6:45-8pm

● FC, Mon, Jan 14, 6-7pm and 7-8pm

● FC, Wed, Jan 23, 6-7pm and 7-8pm

Registration opens on January 2. This ancient practice involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Returning clients, please register for just one appointment monthly; only one caregiver appointment per month; 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. Dress comfortably and bring a blanket. Registration is required.

Writing through Transitions

● ILH-PER, Tue, Feb 26-Mar 26, 2-3:30pm

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 a 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 Certified Journal Therapist. Published guided journals costs \$15, please bring cash to first session to receive necessary class materials.



Writing Your Life Stories Monthly Drop-In Group

● FC, Fri, Jan 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 classmates' feedback will enhance your efforts. Registration is required.



Zentangle

● 44084 RP, Tue, Jan 8, 1:30-3pm

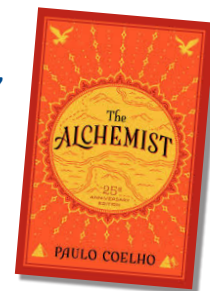
Take a mental vacation from cancer and enjoy Zentangle. It's an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, and can increase focus and creativity, and provide artistic satisfaction along with an increased sense of well-being. A new theme is explored in each monthly class. Supplies are provided, but if you have attended this class in the past, please bring your kit. Registration is required.

SUPPORT & NETWORKING

Book Group: The Alchemist

● FO-LWC, Wed, Jan 16, 6-7:30pm

This 25 year old classic by Paulo Coelho urges the reader to follow one's dreams and listen to one's heart. Registration is required.



Breast Cancer Support Groups

● ★ FC, Wed, Jan 9, 6-7:30pm*

● ★ IAH-LWC, Mon, Jan 28, 5:30-7pm

● ★ FO-LWC, Wed, Jan 9, 5:30-7pm

*Date change due to holiday. 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. MSW. Registration required.

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

SUPPORT & NETWORKING (CONTINUED)

Breast or Gynecological Cancer Group

● FC, Wed, Jan 16, 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. Facilitated by oncology therapist, Alexandra Russo, LCSW and Oncology Nurse Navigator, Becca Dipatri, RN, 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.

Carcinoid Cancer Group

● FC, Sat, Jan 12, 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, Jan 14, 7-8:30pm

● FO-D, Wed, Jan 9, 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. Facilitators: Registration required by previous Friday.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Jan 11-25, 00pm

Meet with women of all ages to share life's joys

and sorrows. Contact Shara Sosa LCSW, OSW-C for more information and to register, shara.sosa@inova.org, 703.698.2522. No online registration.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Jan 8 & 22, 00pm

Meet with women of all ages to share life's joys and sorrows. Contact Micheline Toussaint, LCSW, RYT, OSWC, Tuesdays and Wednesdays. micheline.toussaint@inova.org, 703.698.2521. No online registration.

Colorectal Cancer Group, Advanced Stage

● FC, Tue, Jan 15, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Michelle Bronzo, MA, LPC, CT and Amy Siegel, RN, BSN. Registration is required.

Gastrointestinal Cancer Support Group, Early Stage

● FC, Thu, Jan 10, 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

● FC, Tue, Jan 22-Mar 12, 7:15-9pm

This eight-week series provides an 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, changes in role and lifestyle, and coping with special dates. Facilitator: Sarah Brooks, LPC. Registration is required. No new registrations after January 22.

Gynecologic Cancer Group

● FC, Wed, Jan 23, 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. Facilitators: Rebecca Babb, MSN, RN, PNC-AC and Darah Curran, LCSW. Registration required. Please note: this group will not meet in December.

Head and Neck Cancers Group

● FC, Wed, Jan 9, 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 Monthly Support Group

● IAH-LWC, Thu, Jan 17, 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

Leukemia and Lymphoma Support Group

● FC, Mon, Jan 21, 10-11:30am

Patient and/or their caregivers are invited to 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: Sarah Brooks, LCSW and Oncology Nurse Navigator, Lynn Magrum, MSN, CANP. Registration is required by previous Friday.

Living with Advanced Disease

● FO-LWC, Thu, Jan 10, 1-2:30pm

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Facilitator: Karen Archer, MSW, LCSW. Registration is required.

Lung Cancer Group

● FC, Wed, Jan 2, 6:30-8pm

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

SUPPORT & NETWORKING (CONTINUED)

Multiple Myeloma: What's New

● FC, Tue, Jan 15, 11:45am-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. Special guest speaker, Gregory Orloff, MD, Virginia Cancer Specialists, will present on "What's New in Multiple Myeloma." Facilitators: Drucilla Brethwaite, LCSW, Rebecca DiPatri RN, BSN OCN and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Jan 12, 10:30am-12pm

A patient-led support group open to all individuals affected by 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.



Spirituality Quest

● FC, Tue, Jan 8, 10:30am-12pm

Join us on the second Tuesday of the month as we explore our spiritual paths! This month's topic: Spirituality in the New Year: What's In? What's Out? Registration is required.

Us Too Prostate Cancer Support Group

● FC, Tue, Jan 8, 7:30-9pm

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

Us Too Prostate Cancer Support Group

● LCSC, Tue, Jan 8, 6-8pm

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

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

Us Too Prostate Cancer Support Group

● IAH-AUD, Thu, Jan 10, 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 Group

● ILH-RO, Thu, Jan 10, 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.

Young Adult Group

● FC, Thu, Jan 24, 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 Eric Cohen, RN, BSN, OCN. Registration is required. Note: We will not be meeting in November.

Young Women with Breast Cancer

●★ FC, Tue, Jan 15, 6:30-8pm

●★ FO-LWC, Wed, Jan 2, 6-7:30pm

●★ IAH-CCW, Tue, Jan 8, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer from diagnosis up to one year after completing active treatment are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Registration is required. If attending for the first time, please call 703.698.2522. Registration required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Tues, Jan 14, 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. No online registration.



Curious about Cancer

● FC, Tue, Feb 6-Mar 13, 6-7pm

This 6 week group is for children in grades 1-6 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, ATR-BC, LCPAT Child & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org. No online registration.

Pediatric Oncology Parent Night; Childhood Cancer Organizations

● FC, Tue, Jan 22, 6:30-8:30pm

Come hear about the many childhood cancer organizations and resources that benefit the entire family. Learn about Camp Fantastic and Brass Camp, getting a free tablet or IPAD for your homebound child, special wishes, family getaways, help at home, recreational opportunities, conferences, financial assistance, and more! 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.

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1	2 10:30pm Cardio-Core (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC)	3 10:30am Cardio Drumming (FC) 11:30am Barre and Pilates (FO-LWC) 2:30pm Mindfulness-Based Cancer Recovery (IAH-LWC) 6:30pm Barre Tone (FC)	4 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting (FC) 5 9:30am Reiki Level I Workshop (FC) 6
7 10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Breast Surgery Pre-Op Class (FC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC 3-5) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC)	8 Coolisce II (FC) 10:30am Spirituality Quest (FC) 10:30am Zumba Gold (44084 RP) 11am MBCR Drop-In Group (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 4pm Breast Surgery Pre-Op Class (ILH-PER) 5pm Ask a Dietitian (FC) 6pm Tai Chi (FC) 6pm Prostate Cancer Support Group (LCSC) 6:30pm Cardio-Core (IAH-HEC 3-5) 6:30pm Young Women w/ Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:30pm Prostate Cancer Group (FC)	9 10am Cardio-Core (44084 RP) 10:30pm Cardio-Core (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 Yoga for Breast Cancer Survivors (FC) 5:30pm MBCR Drop-In Group (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Support Group (FO-LWC) 6pm Breast Cancer Support Group (FC) 6pm Total Body Conditioning (44084 RP)	10 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Barre and Pilates (FO-LWC) 11:30am Orientation (FC) 1pm Living with Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Mindfulness-Based Cancer Recovery (IAH-LWC) 6pm Gastrointestinal Cancer Support (FC) 6:30pm Barre Tone (FC) 6pm Prostate Cancer Group (IAH-AUD) 6pm Woman's Survivorship Group (ILH-RO)	11 Coolisce (FC) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 12 10am Carcinoid Cancer Group (FC) 10:30pm MDS Support Group (FC) 13
14 10am Functional Fitness (FO-LWC) 10am Total Body (44084 RP) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Survivorship Nutrition 2018 (FC) 5:30pm Art Therapy Group for Teens (FC) 6pm Healing Touch (44084 RP) 6pm Reiki for Relaxation (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Zumba (IAH-HEC 3-5)	15 10:30am Zumba Gold (44084 RP) 11:45am Multiple Myeloma (FC) 12pm EZ Tai Chi (FC) 12pm Fighting Cancer w/ a Fork (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 6pm Tai Chi (FC) 6pm Colorectal Cancer, Advanced Stage (FC) 6:30pm Young Women w/ Breast Cancer (FC) 7pm Zumba (FC)	16 10am Cardio-Core (44084 RP) 10:30pm Cardio-Core (FO-LWC) 11am Joyful Belly Dance (FC) 2pm Breast Surgery Pre-Op Class (FC) 4:30pm Managing Neuropathy (FO-LWC) 5:30pm Breast or GYN Group (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Book Group (FO-LWC) 6pm Curious about Cancer (FC) 6pm Total Body Conditioning (44084 RP)	17 10am Total Body Conditioning (44084 RP) 11:30am Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Mindfulness-Based Cancer Recovery (IAH-LWC) 6pm Men's Functional Fitness (FO-LWC) 6pm Just for the Guys Group (IAH-LWC) 6:30pm Barre Tone (FC) 6:30pm Benefits of Acupuncture in Cancer Care (FC)	18 Coolisce 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting (FC) 2:30pm Writing Your Life Stories (FC) 19 20
21 10am Functional Fitness (FO-LWC) 10am Total Body (44084 RP) 10am Leukemia and Lymphoma Group (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 7pm Zumba (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP)	22 Coolisce II (FC) 10:30am Zumba Gold (44084 RP) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Tai Chi (FC) 6:30pm Cardio-Core (IAH-HEC 3-5) 6:30pm Parent Night (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	23 10am Cardio-Core (44084 RP) 10:30pm Cardio-Core (FO-LWC) 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 2pm Breast Surgery Pre-Op (FC) 3pm Cross-Train Challenge (FC) 5:30pm Gynecologic Cancer Group (FC) 5:30pm Breast Surgery Pre-Op (FO-LWC) 6pm Curious about Cancer (FC) 6pm Reiki for Relaxation (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Total Body Conditioning (44084 RP) 6:30pm Surgical Treatment of Brain Tumors (FC) 7pm Reiki for Relaxation (FC)	24 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Pre-Op (ILH-PER) 2pm Meditation and Guided Imagery (FC) 2:30pm Mindfulness-Based Cancer Recovery (IAH-LWC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)	25 Coolisce (FC) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 26 27
28 10am Total Body (44084 RP) 10am Breast Surgery Pre-Op (FC) 10am Functional Fitness (FO-LWC) 1pm Healing through Art Therapy (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Breast Cancer Group (IAH-LWC) 6:30pm Telling Your Life Story (FC) 6:30pm Orientation (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Zumba (IAH-HEC 3-5)	29 10:30am Zumba Gold (44084 RP) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 5pm Diet and Inflammation (FC) 6pm Tai Chi (FC) 6:30pm Cardio-Core (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC)	30 10am Cardio-Core (44084 RP) 10:30pm Cardio-Core (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 Yoga for Breast Cancer Survivors (FC) 6pm Curious about Cancer (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Total Body Conditioning (44084 RP)	31 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Mindfulness-Based Cancer Recovery (IAH-LWC) 6:30pm Barre Tone (FC)	