



Life with Cancer®

FEBRUARY 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

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INFORMATION & EDUCATION

Orientation to Life with Cancer

- FC, Thu, Feb 14, 11am-12pm
- FC, Mon, Feb 25, 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.

Brain Fog: Strategies to Manage Cancer-Related Cognitive Impairment

● FC, Thu, Feb 21-Mar 14, 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, LCSW, OSW-C, and Tyler Pudleiner, MSW.

Food and Fitness: How to Achieve Your Best Self

- IAH-LWC, Tue, Feb 12, 19 and 26, 11am-12:30pm

This 3-week series will introduce you to healthy concepts of survivorship nutrition, with a trip to a local grocery store to learn how to fully understand food labels, and will incorporate how exercise is important for the body and brain. Led by our Oncology Dietitians and Oncology Exercise Therapist. Registration is required and participation in full program is highly recommended.

Fighting Cancer with a Fork

- FO-LWC, Tue, Feb 19, 12-1pm

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



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

Ask a Dietitian

- FC, Thu, Feb 14, 1-2pm

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Come spend an afternoon with Registered Dietitian, Lauren Fay, to ask any nutrition related questions you have to receive the evidence based answers and clarify any confusion you may have.

Survivorship Nutrition

- FC, Thu, Feb 21, 5-6:30pm

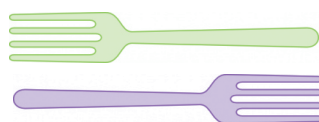
Did you know the American Institute for Cancer Research released their latest recommendations for survivorship nutrition less than a year ago? This class, taught by Registered Dietitian Lauren Fay, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decreased risk of cancer recurrence. Includes cooking demonstration!

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



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, Conference Room 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-NBC: ILH-NBC, 44055 Riverside Parkway, Suite 110, Leesburg, VA, 20176
- 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)

Diet and Inflammation

● FC, Wed, Feb 27, 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.

San Antonio Breast Cancer Symposium Update

●★ FC, Thu, Feb 28, 6:15-8pm

Please join Kathleen Harnden, MD as she discusses the latest research findings from the San Antonio Breast Cancer Symposium held in December 2018. Refreshments provided by Genentech. Please register online by Monday, February 25. Facilitator: Laura Kaminski, RN, BSN, OCN.

Intermittent Fasting and Breast Cancer: Is it right for me?

●★ FO-LWC, Tue, Feb 12, 4-5pm

Short periods of fasting may improve tolerance of chemotherapy, could improve chemotherapy effectiveness and may reduce risk of recurrence after treatment is complete. Dr. Kathleen Harnden of Inova Medical Group will cover all the current fasting evidence in breast cancer and answer your questions. Registration is required.

Survivorship Series for Young Women with Breast Cancer

●★ FO-LWC, Tue, Feb 19-Mar 12, 6-7:30pm

As a young woman impacted by breast cancer, you may desire tailored information to address your specific needs and improve your quality of life during and after breast cancer treatment. This series is a 4-part program that will provide information and support for women diagnosed with breast cancer before age 45. Topics include: sex and intimacy, early menopause, the late effects of treatment and genetic risks. Life with Cancer is partnering with Living Beyond Breast Cancer to bring you this series. Registration is required.

Breast Surgery Pre-Op Class

●★ Fairfax, Mon, Feb 25, 10-11:30am

●★ Fairfax, Wed, Feb 13 & 20, 2-3:30pm

●★ FO-LWC, Wed, Feb 6, 12:30-2pm

●★ FO-LWC, Wed Feb 20, 5:30-7:30

●★ ILH-PER, Tue, Feb 12, 4-5:45pm

●★ ILH-PER, Thu, Feb 28, 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).

Acupuncture at Life with Cancer



Acupuncture at Life with Cancer

Fair Oaks Location:
Thursdays, 9:00-11:30 AM

Fairfax Location:
Tuesdays, 10-11:30 AM and
Thursdays, 3:30-5:00 PM

\$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.

Palliative and Hospice Care: Understanding the Difference

● FC, Mon, Feb 25, 6-7:30

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

Chemotherapy Class

● FC, Call 703.776.8768 for an appointment

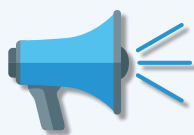
An oncology nurse navigator will explain what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects and resources available during treatment and into survivorship. Registration is required.

Chemotherapy for Breast Cancer

●★ FC, Call 703.776.8768 for an appointment

See description, above. This appointment is specifically for individuals with breast cancer.

MOVEMENT



Important Information for All Movement Classes

- 1. Registration:** Registration is required for all classes. Classes with fewer than 5 participants will be cancelled.
- 2. Cancelling Your Registration:** 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.
- 3. 2019 Waivers:** Please complete new Physical Activity Waivers for all new fitness classes you attend in 2019. You'll find the waiver at lifewithcancer.org. Hover over the "Register for a Class" tab then click on the third item down, "Class Forms". The physical-activity-waiver-fill in is at the bottom of the list.
- 4. Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies):** please consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or online at www.lifewithcancer.org/donate. Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship.

Barre Tone

- FC, Thu, Feb 7-28, 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, Feb 7-28, 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

- IAH-HEC 3-5, Tue, Feb 5-26, 6:30-7:30pm
- 44084 RP, Wed, Feb 6-27, 10-11am
- FO-LWC, Wed, Feb 6-27, 10:30-11:30am

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, Feb 4-25, 2-2:45pm

- FC, Wed, Feb 6-27, 2-2:45pm

Designed for people with limited mobility, you will 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, Feb 6-27, 3-3:45pm

If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery. Registration is required.



Evening Gentle Yoga

- 44084 RP, Mon, Feb 4-25, 7-8:30pm

- FC, Mon, Feb, 4, 11, 18, 25, 7-8:30pm

- FO-LWC, Mon, Feb 4-25, 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, Feb 5-26, 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, Feb 4-25, 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, Feb 7-28, 1-2pm

- IAH-HEC 3-5, Mon, Feb 4-25, 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. Registration is required.

Joyful Belly Dance

- FC, Wed, Feb 13 & 27, 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, Feb 4-25, 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.

Restorative Yoga

- FC, Fri, Feb 1-22, 10:15-11:45am

- 44084 RP, Fri, Feb 1-22, 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, Feb 7-28, 11:30am-12:30pm

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

Tai Chi

- FC, Tue, Feb 5-26, 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, Feb 4-25, 10-11am

- 44084 RP, Wed, Feb 6-27, 6-7pm

- 44084 RP, Thu, Feb 7-28, 10-11am

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

Registration is required for all groups and programs

MOVEMENT (CONTINUED)

Yin Yoga for Those in Treatment

● FO-LWC, Fri, Feb 1-22, 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, Feb 6-20, 5:30-6:30pm

Learn yoga poses designed especially for breast cancer patients/survivors. Wear comfortable clothing and bring a blanket and water bottle. Registration is required.



Yoga Sculpt

● FO-LWC, Tue, Feb 5-26, 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, Feb 5-26, 7-8pm

● IAH-HEC 3-5, Mon, Feb 4-25, 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, Feb 1-22, 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

This group meets quarterly for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. Registration begins on the first business day of the month. Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend.

Art Therapy Series: Going Deeper than Words

● FC, Tue, Feb 5-Mar 5*, 1-3:30pm

Group continues for those already registered. *No group 2/19.

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

● FC, Thu, Feb 21, 11:30am-12:30pm

This movement group will meet the individual where they are and allow time for bonding and social support, expressive and meaningful movement, slowing down the pace of life and connection to self and body. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend. Registration is required.

Cultivating Compassion

● FC, Wed, Feb 27-Apr 17, 1-2:30pm

8-Week series, following Stanford-based curriculum on Cultivating Compassion. This class is open to patients and caregivers who have completed the Mindfulness-Based Cancer

Recovery (MBSR) series of classes. Expectation is that participants commit to regular attendance for 8 weeks, as skills build on each other each week. Commitment to assigned home practice/meditation is expected.

Healing through Art Therapy

● FC, Thu, Feb 21, 1-3:30pm

● FO-LWC, Mon, Feb 25, 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. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend. Registration is required.

Journaling 101

● FC, Thu, Feb 21-Mar 28, 10am-12pm

This six-week workshop, based on the landmark work, "Journal to the Self", will bust some common journaling myths (you don't have to write daily) and teach you the 18 techniques that equip you to create a journal that serves your goals, healing, creativity, resilience and more. Taught by Deborah Ross, LPC, Certified Journal Therapist and co-author of, "Your Brain on Ink," some neuro nuggets are also included. You do not have to share your journal entries, a safe sharing process will be taught. \$15 material fee paid directly to the instructor for the JTTS workbook. Please bring a pen and journal/notebook if you don't want to write in the workbook. Registration is required.

Registration is required for all groups and programs

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 Touch

- 44084 RP, Mon, Feb 11, 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 providers 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, Feb 1 & 15, 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, Feb 7-28, 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 for Healthy Living

- IAH-LWC, Wed, Feb 6-20, 6-7:30pm
- Class continues for those already registered.

Mindfulness-Based Cancer Recovery Drop-In Group

- FC, Tue, Feb 5, 11am-12pm
- FC, Wed, Feb 13, 5:30-6:30pm

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

Mindfulness-Based Cancer Recovery

- FC, Wed, Feb 6 and 13, 2:30-4pm
 - IAH-LWC, Thu, Feb 7 & 14, 1-2:30pm
- Classes continue for those already registered.

Music Therapy and Cancer Care: The healing power of music

- FC, Tue, Feb 5, 6:30-7:30pm

Music therapy is an evidence-based practice, using music as a means to help relieve stress, alleviate pain and help with coping with diagnosis and treatment. This informal session will offer an overview of music therapy practice in cancer care and some participatory experiences of shared music experiences. Raymond Leone, MMT, MT-BC is a board certified music therapist and is head of medical music therapy at A Place to Be and the Inova Health System.



Reiki for Relaxation

- 44084 RP, Thu, Feb 28, 6:45-8pm

Registration opens on the first business day of each month for each patient and no more than one caregiver. Use different email for each person registered. Please register for only one appointment per 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.

Reiki/Healing Touch

- FC, Wed, Feb 27, 6-7 and 7-8pm

Due to a limited number of Reiki practitioners, we are combining Reiki with Healing Touch. Both modalities involve energy work. Reiki is performed by Reiki masters; Healing Touch is performed by trained nurses. Registration is required.

Writing through Transitions: A 5-week Course

- 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: 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, Feb 15, 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.

Zentangle

- 44084 RP, Tue, Feb 12, 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

Brain Tumor Support Group

- FC, Wed, Feb 20, 6-7:30pm

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

Breast Cancer Support Groups

- ★ FC, Wed, Feb 6, 6-7:30pm
- ★ FO-LWC, Wed, Feb 13, 5:30-7pm
- ★ IAH-LWC, Mon, Feb 18, 5:30-7pm
- ★ ILH-RO, Mon, Feb 25, 5:30-7pm

This group is for women diagnosed with stage 0-3 breast cancer, no more than 2 years out of active treatment (see other groups for women 2-3 years and more than 3 years into survivorship). Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration required.

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

SUPPORT & NETWORKING (CONTINUED)

Women's Survivorship Group – less than 3 years

● FC, Wed, Feb 20, 5:30-7pm

(Formerly Breast of Gynecological Cancer Survivorship Group) For women in maintenance therapy or who have completed treatment for any type of cancer within the last 3 years. Many women encounter challenges as they transition from active cancer treatments into survivorship. This support group is designed to help you gain insight and balance in your life through discussion and problem-solving. Facilitated by Oncology Clinical Therapist, Alexandra Russo, LCSW and Oncology Nurse Navigator, Rebecca DiPatri, RN. Registration is required.

Carcinoid Cancer Group

● FC, Sat, Feb 9, 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, Feb 11, 7-8:30pm

● FO-D, Wed, Feb 13, 5:30-7pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Registration required by previous Friday.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Feb 1-22

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.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Feb 12 & 26

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

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Feb 19, 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 Group

● FC, Sat, Feb 9, 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, Feb 14, 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. Registration is required.

Good Grief

● FC, Tue, Feb 5-Mar 12, 7:15-9pm

Group continues for those already registered.

Gynecologic Cancer Group

● FC, Wed, Feb 27, 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 required.

Head and Neck Cancers Group

● FC, Wed, Feb 13, 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 Group

● IAH-LWC, Thu, Feb 21, 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, Feb 18, 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. Registration is required by previous Friday.

Living with Advanced Disease

● FO-LWC, Thu, Feb 14, 1-2:30pm

● ILH-NBC, Wed, Feb 27, 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. Registration is required.

Lung Cancer Group

● FC, Wed, Feb 6, 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: Open Discussion

● FC, Tue, Feb 19, 11:45am-1pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. The February meeting will be an open discussion meeting. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. 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)

Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Feb 9, 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 or 703.984.9379.



Spirituality Quest

● FC, Tue, Feb 12, 10:30am-12pm

Join us as we explore the topic, "Love is a Many Splendid Thing". Registration is required.

Us Too Prostate Cancer Support Group

● IAH-AUD, Thu, Feb 14, 6-7:30pm

● FC, Tue, Feb 12, 7:30-9pm

● LCSC, Tue, Feb 12, 6-8pm

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

Woman's Survivorship Group

● ILH-RO, Thu, Feb 14, 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, Feb 28, 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.

Registration is required for all groups and programs

Young Women with Breast Cancer

●★ FC, Tue, Feb 19, 6:30-8pm

●★ FO-LWC, Wed, Feb 6, 6-7:30pm

●★ IAH-LWC, Tue, Feb 12, 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 at FC or FO, please call 703.698.2522. Registration required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Feb 11, 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, Feb 6-20, 6-7pm

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

Parenting Alone

● FC, Wed, Feb 27-Apr 3, 6-7:30pm

This 6 week group is for parents of children and teens who are navigating the death of a spouse or partner due to cancer. Meet other parents, learn about resources and gain guidance in how

to better understand and support your child or teen in their grief, share ideas, challenges and helpful solutions. Participants are encouraged to attend all 6 sessions. No online registration. To register or for more information contact Jean McCaw, MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org.



Pediatric Oncology Parent Night: Annual Mother/Daughter Spa Night!

● FC, Tue, Feb 26, 6:30-8:30pm

Please join us for our 4th annual Mother Daughter Spa Night for girls and teens in treatment and their mothers and sisters. Get glammed up with make-up, jewelry, nail polish, and "bling." Enjoy a relaxing dinner, spa treats, chair, hand and foot massages, swag bags, prizes, and more! Co-sponsored by DC Candlelighters. Please register with Cathy Bottrello LCSW at 703-531-1515 at constance.connor@inova.org or with dccandlelighters@gmail.com.

Touchstone-Grief Support for Children

● FC, Wed, Feb 27-Apr 3, 6-7:30pm

This 6 week group is for children ages 6-12 (1st grade-6th grade) who are grieving the loss of a family member due to cancer. Through age appropriate discussion, art therapy and other meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur as a child is grieving the death of a loved one. 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.

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.

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p>1</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting (FC) 1pm Art Therapy for Long-Term Survivors (FC)</p> <p>2</p> <p>3</p>
<p>4</p> <p>10am Functional Fitness (FO-LWC) 10am Total Body Conditioning (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Breast Surgery Pre-Op Class (FC) 7pm Zumba (IAH-HEC 3-5) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC)</p>	<p>5</p> <p>10am Acupuncture (FC) 11am MBCR Drop-In (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1pm Going Deeper than Words (FC) 6pm Tai Chi (FC) 6:30pm Cardio-Core (IAH-HEC 3-5) 6:30pm Music Therapy (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p>6</p> <p>10am Cardio-Core (44084 RP) 10:30am Cardio-Core (FO-LWC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 2pm Chair-Based Exercise (FC) 2:30pm MBCR (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Young Women w/Breast Cancer (FO-LWC) 6pm Breast Cancer Support Group (FC) 6pm Total Body Conditioning (44084 RP) 6pm Curious about Cancer (FC) 6:30pm Lung Cancer Group (FC)</p>	<p>7</p> <p>9am Acupuncture Appointments (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm MBCR (IAH-LWC) 2pm Meditation and Guided Imagery (FC) 3:30 Acupuncture (FC) 6:30pm Barre Tone (FC)</p>	<p>8</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>9</p> <p>10am Carcinoid Cancer Group (FC) 10am Cutaneous Lymphoma Group 10:30am MDS Support Group (FC)</p> <p>10</p>
<p>11</p> <p>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) 5:30pm Art Therapy for Teens (FC) 6pm Healing Touch (44084 RP) 7pm Caregiver Connection (FC) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC)</p>	<p>12</p> <p>Coalesce II (FC) 10am Acupuncture (FC) 10:30am Spirituality Quest (FC) 11am Food and Fitness (IAH-LWC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1pm Going Deeper than Words (FC) 1:30pm Zentangle (44084 RP) 4pm Intermittent Fasting & Breast Cancer (FO-LWC) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Prostate Cancer Support Group (LCSC) 6pm Tai Chi (FC) 6:30pm Young Women w/ Breast Cancer (IAH-CCW) 6:30pm Cardio-Core (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer Group (FC)</p>	<p>13</p> <p>10am Cardio-Core (44084 RP) 10:30am Cardio-Core (FO-LWC) 11am Joyful Belly Dance (FC) 2pm Chair-Based Exercise (FC) 2pm Breast Surgery Pre-Op Class (FC) 2:30pm MBCR (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Breast Cancer Support Group (FO-LWC) 5:30pm MBCR Drop-In (FC) 5:30pm Head and Neck Cancers Group (FC) 6pm Curious about Cancer (FC) 6pm Total Body Conditioning (44084 RP) 6pm Mindfulness for Healthy Living (IAH-LWC)</p>	<p>14</p> <p>9am Acupuncture (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Ask a Dietitian (FC) 1pm MBCR (IAH-LWC) 1pm Living w/ Advanced Disease (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3:30 Acupuncture (FC) 6pm Woman's Survivorship Group (ILH-RO) 6pm Prostate Cancer Group (IAH-AUD) 6pm GI Cancer Support Group (FC) 6:30pm Barre Tone (FC)</p>	<p>15</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting (FC) 2:30pm Writing Your Life Stories Drop-In (FC)</p> <p>16</p> <p>17</p>
<p>18</p> <p>10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 10am Leukemia & Lymphoma Support Group (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Breast Cancer Support Group (IAH-LWC) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC)</p>	<p>19</p> <p>10am Acupuncture (FC) 11am Food and Fitness (IAH-LWC) 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 Support Group (FC) 6pm Survivorship Series for Young Women w/ Breast Cancer (FO-LWC) 6:30pm Young Women w/Breast Cancer (FC) 6:30pm Cardio-Core (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p>20</p> <p>10am Cardio-Core (44084 RP) 10:30am Cardio-Core (FO-LWC) 2pm Chair-Based Exercise (FC) 2pm Breast Surgery Pre-Op Class (FC) 3pm Cross-Train Challenge (FC) 5:30pm Women's Survivorship Group (FC) 5:30pm Breast Surgery Pre-Op Class (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Curious about Cancer (FC) 6pm Total Body Conditioning (44084 RP) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Brain Tumor Group (FC)</p>	<p>21</p> <p>9am Acupuncture Appointments (FO-LWC) 10am Total Body Conditioning (44084 RP) 10am Journaling 101 (FC) 10:30am Cardio Drumming (FC) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 11:30am Dance/Movement Therapy (FC) 1pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3:30 Acupuncture (FC) 5pm Survivorship Nutrition (FC) 5:30pm Brain Fog (FC) 6pm Just for the Guys Group (IAH-LWC) 6:30pm Barre Tone (FC)</p>	<p>22</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)</p> <p>23</p> <p>24</p>
<p>25</p> <p>10am Total Body Conditioning (44084 RP) 10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op (FC) 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 (ILH-RO) 6pm Palliative and Hospice Care (FC) 6:30pm Orientation (FC) 7pm Evening Gentle Yoga (FC) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (44084 RP)</p>	<p>26</p> <p>Coalesce II (FC) 10am Acupuncture (FC) 11am Food and Fitness (IAH-LWC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1pm Going Deeper than Words (FC) 2pm Writing through Transitions (ILH-PER) 6pm Tai Chi (FC) 6pm Survivorship Series for Young Women w/ Breast Cancer (FO-LWC) 6:30pm Cardio-Core (IAH-HEC 3-5) 6:30pm Pediatric Oncology Parent Night (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p>27</p> <p>10am Cardio-Core (44084 RP) 10:30am Cardio-Core (FO-LWC) 11am Joyful Belly Dance (FC) 1pm Cultivating Compassion (FC) 1pm Living w/ Advanced Disease (ILH-NBC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm Diet and Inflammation (FC) 5:30pm Gynecologic Cancer Group (FC) 6pm Touchstone-Grief Support for Children (FC) 6pm Total Body Conditioning (44084 RP) 6pm Parenting Alone (FC) 6pm Reiki/Healing Touch (FC) 7pm Reiki/Healing Touch (FC)</p>	<p>28</p> <p>9am Acupuncture Appointments (FO-LWC) 10am Total Body Conditioning (44084 RP) 10am Journaling 101 (FC) 10:30am Cardio Drumming (FC) 11:30am Strengthen w/ Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Pre-Op (ILH-PER) 2pm Meditation and Guided Imagery (FC) 3:30 Acupuncture (FC) 5:30pm Brain Fog (FC) 6:15pm San Antonio Update (FC) 6:30pm Barre Tone (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)</p>	