



# Life with Cancer®

APRIL 2019

## LIFE WITH CANCER CONNECT

A direct link to your support team

### ABOUT LIFE WITH CANCER

Life with Cancer is the psychosocial and educational arm of the Inova Schar Cancer Institute within the Inova Health System. Children, adults, and families benefit from our innovative and evidence-based programs, classes, groups and services. All programs and services are FREE (except massage, acupuncture and psychiatry), regardless of where you receive treatment

### CLASS/GROUP REGISTRATION INFORMATION

- Classes, groups & counseling are FREE.
- REGISTRATION IS REQUIRED for all groups and 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 by calling 703.698.2526; this will allow another person to attend.
- Class dates and times may change. For the most up-to-date information, go to Register for a Class page at [www.lifewithcancer.org](http://www.lifewithcancer.org)

### CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax/Falls Church (FC)
- Fair Oaks (FO)
- Loudoun (ILH), (44084)
- Alexandria (IAH)
- Breast Cancer Class

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## INFORMATION & EDUCATION

### Life with Cancer® Classes Coming to a New Location!

Life with Cancer classes, groups and services will be starting at the **Inova Schar Cancer Institute**, located across from the Inova Fairfax Medical Campus and scheduled to open on Monday, April 29.



### THE LOBSTER EXTRAVAGANZA

Help us celebrate 21 years of giving. **Saturday, May 4.**

Enjoy dinner, dancing, live and silent auctions all to support Life with Cancer programs. Sponsorships and tickets are still available! For more information go to [www.lobsterextravaganza.org](http://www.lobsterextravaganza.org).

### Ask a Dietitian

● FC, Tue, Apr 16, 5-6pm

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful!



Registered Dietitian, Lauren Fay, RD, CSO, CNSC will be available for you to ask any nutrition related questions to receive evidence based answers and clarify any confusion you may have. Registration is required.

### Breast Surgery Pre-Op Class

●★ FO-LWC, Wed, Apr 10, 12:30-2pm

●★ FO-LWC, Wed, Apr 24, 5:30-7pm

●★ FC, Mon, Apr 1, 5-6:30pm

●★ FC, Wed, Apr 10, 2-3:30pm

●★ FC, Mon, Apr 22, 10am-11:30am

●★ FC, Mon, Apr 29, 2-3:30pm

●★ ILH-PER, Tue, Apr 9, 4-5:45pm

●★ ILH-PER, Thu, Apr 25, 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). Registration is required.

### Cancer-Related Fatigue

● FC, Thu, Apr 25; May 2; May 9; 10-11:30am

Fatigue is cited as the most common side effect of cancer treatment. Join us for a three-part series to learn about the causes of cancer-related fatigue and learn evidence-based strategies for coping and management. Individuals at any stage of treatment or survivorship, as well as loved ones or caregivers, are welcome to attend. Registration is required by April 18. Instructor: Michelle Bronzo, MA, LPC, CT.

### Chemotherapy Class for Breast Cancer

●★ FC, Call 703.776.8768 for an appointment

An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer, how to prepare for your appointment, an overview on nutrition and exercise, managing side effects and available online resources.



### THE 19th ANNUAL MANTUA RACCOON RUN SATURDAY, MAY 11

Get your family, friends and co-workers together and kick off Mother's Day weekend with this great community race benefiting Life with Cancer. USATF-Certified 5K & 1-Miler. Mantua neighborhood in Fairfax, VA. Find out more and register at [raccoonrun.org](http://raccoonrun.org).

## LOCATION KEY

- **44084 RP:** 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 [www.lifewithcancer.org](http://www.lifewithcancer.org)
- **FO-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-HEC:** Inova Alexandria Hospital Health Education Center, 4320 Seminary Road, Alexandria, VA 22304
- **IAH-LWC:** Inova Alexandria Hospital, Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- **ILH-NBC:** Inova Loudoun Hospital Natural Birthing Center, 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
- **OLSC:** Our Lady of Good Counsel Church, DeSales Hall, 8601 Wolftrap Road, Vienna, VA 22182

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

## INFORMATION AND EDUCATION (CONTINUED)

### Fighting Cancer with a Fork

- **FO-LWC, Tue, Apr 16, 12-1pm**  
Registered Dietitian, Sara Negron will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.

### Making Healthcare Decisions: Advanced Care and Estate Planning

- **FC, Mon, Apr 22, 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.

### Managing Side Effects of Endocrine Therapy

- **FO-LWC, Tue, Apr 16, 5-6pm**  
Learn about potential side effects of hormonal therapy and how to manage them.  
Instructors: Shairna Bluesteen, RN, BSN, OCN and Maureen Broderick, LCSW.

### Need Sleep?

- **FC, Mon, Apr 1, 6-7:30pm**  
Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Learn evidence based tools for getting back to sleep. Registration is required.  
Instructor: Darah Curran, LCSW.

### Orientation

- **FC, Thu, Apr 11, 11am-12pm**
- **FC, Mon, Apr 22, 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.

### Survivorship Nutrition

- **FC, Wed, Apr 24, 5-6:30pm**  
Lauren Fay, RD, CDO, CNSC, 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. Registration is required.

## Acupuncture at Life with Cancer



### Acupuncture Appointments

Fee: \$50/session

- **Life with Cancer Family Center**  
8411 Pennell Street | Fairfax, VA 22031  
Tuesdays, 10-11:30am  
Thursdays, 4:30-6pm
- **Life with Cancer, Fair Oaks**  
3580 Joseph Siewick Drive LL, Suite 005, Fairfax, VA 22033  
Thursdays, 9am-11:30pm

Acupuncture has been shown to help with chemotherapy-induced nausea and vomiting, pain, depression and anxiety, hot flashes, fatigue, neuropathy, insomnia, radiation-induced dry mouth, and difficult or labored breathing.

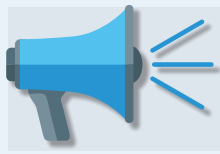
#### To schedule your appointment:

go to [www.inova.org/TCM](http://www.inova.org/TCM); click on "Book Appointment"; choose "LWC Only" for location. Scroll down the page to see appointment times. Please direct any questions regarding your appointment to the Inova Traditional Chinese Medicine Center at 571.665.6700.

### Weight Management after Breast Cancer\*

- **★ FC, Tue, Apr 2 & 9, 5-6:30pm**  
Are you having a challenging time achieving a healthy weight after your diagnosis and treatment for breast cancer? This two-part series led by Lauren Fay, RD, CDO, CNSC, and Oncology Therapist, Drucilla Brethwaite, LCSW, OSW-C, will combine evidence based diet, nutrition, physical activity, and behavioral techniques to help support healthy weight loss to maximize your health. \*Registration for both classes is required.

## MOVEMENT



### Important information for Movement Classes

- **Registration:** Registration is required for all classes. Classes with fewer than 5 participants will be cancelled.
- **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.
- **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](http://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.
- **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](http://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, Apr 4-25, 7-8pm

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. Instructor: Rebecca Elliott.

### Cardio & Core

- IAH-HEC 3-5, Tue, Apr 2-30\*, 6:30-7:30pm
- 44084 RP, Wed, Apr 3-24, 10-11am
- FO-LWC, Wed, Apr 3-24, 10:30-11:30am

\*No class on Apr 9. Use own body weight and light resistance, this class will help build endurance, stamina, while strengthening all the muscles that make up your core. If looking to get your heart and body stronger, this class is for you!

Registration is required.

Instructor: Jenny Townsend, ACE.

### Cardio Drumming

- FC, Thu, Apr 4-25, 10:30-11:15am

Combining drumming, cardio and strength training, Cardio Drumming is an energetic, get lost in the music, full body, 45 minute workout. Registration is required. Instructor: Susan Gilmore, MS, ACSM.

### Chair-Based Exercise

- FC, Mon, Apr 1-29, 2-2:45pm
- FC, Wed, Apr 3-24, 2-2:45pm

Designed for people with limited mobility, you'll

increase your stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. Registration is required. Instructor: Susan Gilmore, MS, ACSM.

### Cross-Train Challenge

- FC, Wed, Apr 3-24, 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. Instructor: Susan Gilmore, MS, ACSM.

### Evening Gentle Yoga

- FC, Mon, Apr 1-29\*, 7-8:30pm
- FO-LWC, Mon, Apr 1-29, 7-8:30pm
- 44084 RP, Mon, Apr 1-29, 7-8:30pm

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. \*No class Apr 8. Registration is required. Instructors: FC-Jenn Fay, FO-Dawn Curtis, 44094- Vickie Vo.

### EZ Tai Chi

- FC, Tue, Apr 2-30, 12-1pm

Using the protocols developed in the "Harvard Medical School Guide to Tai Chi", you will learn 5 basic movements that are easy to learn and can be practiced at home. The Harvard protocol does not feature the fluid 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. Instructor: Deborah Banning.

### Functional Fitness

- FO-LWC, Mon, Apr 1-29, 10-11am

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

### Gentle Yoga

- FC, Thu, Apr 4-25, 1-2pm
- IAH-HEC 3-5, Mon, Apr 1-29, 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. Instructors: FC-Jenn Fay, IAH-Dawn Curtis.

### Keeping Fit

- FC, Mon, Apr 1-29, 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. Instructor: Susan Gilmore, MS, ACSM.

### Joyful Belly Dance

- FC, Wed, Apr 10 & 24, 11-12pm

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. Instructor: Janeen Piccirro.

### Men's Only Functional Fitness Workshop

- FO-LWC, Thu, Apr 18, 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. Instructor: Michelle Wirth.

### Restorative Yoga

- FC, Fri, Apr 5-26, 10:15-11:45am
- 44084 RP, Fri, Apr 5-26, 12-1:30pm

You'll learn how to use yoga props such as bolsters, blocks and blankets to support your body while in restful yoga poses. Each pose is held 2-10 minutes allowing time to drop deeper into the relaxation experience. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. Registration is required. Instructors: FC-Judi Eskovitz, 44084 RP-Megan Elliott.

### Strengthen with Barre and Pilates

- FO-LWC, Thu, Apr 4-25, 11:30-12:30pm

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

### Tai Chi

- FC, Tue, Apr 2-30, 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. Instructor: Key Lu.

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

## MOVEMENT (CONTINUED)

### Total Body Conditioning

- 44084 RP, Mon, Apr 1-29, 10-11am
- 44084 RP, Wed, Apr 3-24, 6-7pm
- 44084 RP, Thu, Apr 4-25, 10-11am

An energizing workout combining cardio, strengthening, balance and core in one workout. Registration is required. Instructor: Jenny Townsend, ACE.

### Yin Yoga for Those in Treatment

- FO-LWC, Fri, Apr 5-26, 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. Instructor: Jackie Le.

### Yoga for Breast Cancer Survivors

- ★FC, Wed, Apr 3-17\*, 5:30-6:30pm

\*There will be no class 4/24. 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. Instructor: Catherine Syron, CYT.

### Yoga Sculpt

- FO-LWC, Tue, Apr 2-30, 1-2pm

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

### Zumba!

- FC, Tue, Apr 2-30, 7-8pm
- IAH-HEC 3-5, Mon, Apr 1-29, 7-8pm
- 44084 RP, (Zumba Gold) Fri, Apr 5-26, 10:30-11:30am

Come party to a fusion of Latin and International music/dance themes that create a dynamic,

exciting, easy to do and FUN workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Registration is required. Instructors: FC-Joanie Barr, Elsie, Woodil, Sandy Lopez, IAH-Sandy Lopez, ILH-Viv Monroe.

## STRESS REDUCTION

### Cultivating Compassion

- FC, Wed, Apr 3-May 1\*, 1-2:30pm

Class continues for those already registered. \*No class Apr 17. Facilitator: Dr. Lolak, MD, FAPM and others.

### Healing through Art Therapy

- FC, Thu, Apr 18, 1-3:30pm
- FO-LWC, Mon, Apr 22, 1-3:30pm

Registration opens on the first of the month. Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No art experience is necessary, just a willingness to explore and be part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Registration is required. Facilitator: Jean McCaw, MA, ATR-BC, LCPAT.

### Healing Touch

- IAH, Call 703.504.3019 for an appointment
- 44084 RP, Mon, Apr 8, 6-7pm

Registration begins on the first business day of the month by 9:15. Returning clients, please sign up every

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.

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. Questions? Call 703.858.8867, M-Th.

### Knitting & Crocheting Circle

- FC, Fri, Apr 5 & 19, 1-2:30pm

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



### Meditation and Guided Imagery

- FC, Thu, Apr 4-25, 2-3pm

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

### Mind over Matter

- ILH-RO, Wed, Apr 3 & 10, 6-7:30pm

Class continues for those already registered.

### Mindfulness for Healthy Living\*

- IAH, Wed, Apr 3-May 22, 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 eight-week experiential and interactive 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 for all classes is required.

*Feeling overwhelmed? Life with Cancer can help...*

### 13th Annual Cancer Survivors Retreat

OLSC, Sat, Apr 27, 8am-1pm

For survivors that have finished active treatment, the Northern VA Chapter of the Oncology Nursing Society presents "Road to Renewal: Freeing Yourself as a Cancer Survivor". Topics will be presented by oncology healthcare professionals on "The Facts about Food, Fats, and Fasting"; "Financial Toxicity"; "Freeing Your Time for Exercise", followed by a "Fun Exercise Activity". Register at NOVAONS@gmail.com by Monday, April 1. For questions only, leave a message for Marsha at 571-217-1250. NO on-line registration through Life with Cancer, but a flyer will be posted.

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

## STRESS REDUCTION (CONTINUED)

### Mindfulness-Based Cancer Recovery Drop-In Group

- FC, Tue, Apr 2, 11am-12pm
- FC, Wed, Apr 10, 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. Facilitator: Micheline Toussaint, LCSW, RYT, OSW-C.

### Introduction to Qigong

- FC, Thu, Apr 4-May 16\*, 6-7:15pm

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

\*No class 4/18. Registration for all 7 classes is recommended.

Instructor: Michelle Ferretti, LCSW.

### Reiki for Relaxation

- FC, Mon, Apr 8, 6-7pm and 7-8pm
- FC, Wed, Apr 24, 6-7pm and 7-8
- 44084, Thu, Apr 25, 6:30-7:30 and 7:30-8:30

We have made changes to our Reiki program. New volunteer requirements have caused our supply of Reiki practitioners to be greatly reduced, so the number of appointments is now very limited. Registration will continue to open on the first business day of each month, but for patients only (not caregivers). Additionally, in order to provide consistent service in our two Reiki locations, we will now be offering 1:1 appointments at our Loudoun location. We are actively recruiting new practitioners and hope to offer more appointments in the near future. Reiki is an ancient practice that involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. If you cannot come to an appointment for which you are registered, please call 703.698.2534 to CANCEL as soon as possible; this will allow another person to take your place.

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

- FC, Fri, Apr 19, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving you the opportunity

to continue writing about the significant events in your life as a legacy for your family, expression of feelings about an experience or to process an event. No writing experience needed. Writing exercises will help get you started and classmates' feedback will enhance your efforts. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Registration is required



### Zentangle

- 44084 RP, Tue, Apr 9, 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.

Instructor: Roberta Hughes, CZT.

## SUPPORT & NETWORKING

### Brain Tumor Group

- FC, Wed, Apr 17, 6-7:30pm

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

Facilitators: David McGinness, LCSW, and Vera Hirshman, RN.

### Breast Cancer Support Group

- ★ FC, Wed, Apr 3, 6-7:30pm
- ★ FO-LWC, Wed, Apr 10, 5:30-7pm
- ★ IAH-LWC, Mon, Apr 15, 5:30-7pm
- ★ ILH-RO, Mon, Apr 22, 5:30-7pm

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

Facilitators: FC-Lauren Kaminski & Tyler Pudleiner, FO-Karen Archer & Shairna Bluesteen, ILH-Christine Stone & Elise Schneider. Registration required.

### Carcinoid Cancer Group

- FC, Sat, Apr 13, 10am-12pm

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

### Caregiver Connection

- FC, Mon, Apr 8, 7-8:30pm
- FO-D, Wed, Apr 10, 5:30-7pm

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

Facilitators: FC-Tyler Pudleiner, MSW, and Rebecca Babb, MSN, APRN, CPCP-AC, CPHON, FO-D-Karen Archer, LCSW and Shairna Bluesteen, RN, BSN, OCN.

### Coalesce: An Advance Breast Cancer Group

- ★ FC, Fri, Apr 5-26, call for time

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information and to register, contact facilitator, Shara Sosa, LCSW, OSW-C: [shara.sosa@inova.org](mailto:shara.sosa@inova.org), 703.698.2522, Tuesdays, Wednesdays and Fridays.

### Coalesce II: An Advance Breast Cancer Group

- ★ FC, Tue, Apr 9 & 23, call for time

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information and to register, contact facilitator, Micheline Toussaint, LCSW, RYT, OSW-C: [micheline.toussaint@inova.org](mailto:micheline.toussaint@inova.org), 703.698.2521 on Tuesdays and Wednesdays.

### Colorectal Cancer Support Group, Advanced Stage

- FC, Tue, Apr 16, 6-7:30pm

This group is for any patient living with metastatic colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Registration is required. Facilitators: Michelle Bronzo, MA, LPC, CT, and Amy Siegel, RN, BSN.

### Cutaneous Lymphoma Group

- FC, Sat, Apr 13, 10am-12pm

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

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

## SUPPORT & NETWORKING (CONTINUED)

### Gastrointestinal (GI) Cancer Support Group, Early Stage

● FC, Thu, Apr 11, 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. Facilitators: Michelle Bronzo, MA, LPC, CT, and Mary Kay Mecca, RN, BSN.

### Good Grief

● FC, Tue, Apr 23-Jun 11, 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. For information contact Darah Curran, LCSW, 703.206.5435, darah.curran@inova.org.

### Good Grief

● ILH-RO, Tue, Apr 2-30, 6-8pm

Group continues for those already registered. Call 703.858.8466 for information on next group

### Gynecologic Cancer Group

● FC, Wed, Apr 24, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Registration required. Facilitators: Rebecca Babb, MSN, APRN, CPNP, CPHON, and Darah Curran, LCSW.

### Head and Neck Cancers Group

● FC, Wed, Apr 10, 5:30-7pm

This support group is open to any patient, survivor and loved ones impacted by a diagnosis of head and neck cancer. Join us to learn from and connect with one another while discussing the challenges of diagnosis, treatment and survivorship. Facilitators: Alexandra Russo, LCSW, and Kate Skoczylas, RN, BSN, OCN. Registration is required.

### Just for the Guys

● IAH-LWC, Thu, Apr 18, 6-7:30pm

This monthly group supports men with any cancer, in treatment or within 3 years post-treatment. This is an open-discussion group that addresses the challenges of being a man diagnosed with cancer. Registration is required. Facilitator: David McGinness, LCSW, OSW-C.

### Leukemia and Lymphoma Support Group

● FC, Mon, Apr 15, 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, LPC, and Lynn Magrum, MSN, CANP, AOCN. Registration is required by previous Friday.

### Living with Advanced Disease

● FO-LWC, Thu, Apr 11, 1-2:30pm

● ILH-NBC, Wed, Apr 24, 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. Facilitators: FO-Karen Archer, LCSW, ILH-Courtney Weaver, LCSW, and Mary Kay Mecca, RN, BSN. Registration required.

### Lung Cancer Group

● FC, Wed, Apr 3, 6:30-8pm

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

### Multiple Myeloma

● FC, Tue, Apr 16, 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. This month will be an open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW OSW-C, Rebecca DiPatri, RN, BSN, OCN, and Susan Carlson, RN, BSN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

### Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Apr 13, 10:30am-12pm

This patient-led support group provides patients, caregivers and families a safe place to explore the emotional aspects of MDS, 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: Spiritual Discipline of Celebration

● FC, Tue, Apr 9, 10:30am-12pm

April is the beginning of a new season, from the old (winter) to the new and fresh (spring). In what ways do you transition to a new season in your own life and how can we celebrate the new while letting go of the old? There is an old saying, "April showers bring May flowers". How does this fit into your idea of Spiritual Discipline of Celebration? What can each of us celebrate, what new things are we each looking forward to? What does the coming of a new season mean to you and how are you preparing to celebrate it? Facilitator: Chaplain, Enyonam Tetteh.

### Us Too Prostate Cancer Group

● FC, Tue, Apr 9, 7:30-9pm

Daniel Howorth, sales manager at Space OAR, and Dr. Kambiz Tajkarimi of Urology Surgical Consulting in Reston and Leesburg, will jointly present on the benefits of Space OAR Hydrogel, a new technology that reduces rectal injury during prostate radiotherapy. Registration is required for this patient-led support group. Facilitator: Steve Haraczna.

## Oncology Massage and Body Work

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

Life with Cancer Studio  
44084 Riverside Pkwy, LL, Ste 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)

### Us Too Prostate Cancer Group

● LCSC, Tue, Apr 9, 6-8pm

Join other men for an opportunity to network and learn about valuable prostate cancer information and resources. Facilitator: Courtney Weaver, LCSW. Registration is required.

### Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Apr 11, 6-7:30pm

This monthly group includes a presentation by a physician or other health professional followed by an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! Facilitator: David McGinness, LCSW, OSW-C. Registration is required.

### Women's Survivorship Group less than 3 years

● FC, Wed, Apr 17, 5:30-7pm

● ILH-RO, Thu, Apr 11, 6-7:30pm

For women who are in maintenance therapy or have completed treatment for any type of cancer. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group can help you gain insight and balance in your life through discussion, problem-solving and other modalities. Registration is required. Facilitators: FC-Alexandra Russo, LCSW, and Rebecca DiPatri, RN, BSN, OCN, ILH-Julie Guido, LCSW, and Christine Stone, RN, MSN, OCN.

### Young Adult Group

● FC, Thu, Apr 25, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Sage BoltePhD, LCSW, OSW-C, CST, and Eric Cohen, RN, BSN, OCN. Registration is required.

### Young Women with Breast Cancer

● ★ FC, Tue, Apr 16, 6:30-8pm

● ★ FO-LWC, Wed, Apr 3, 6-7:30pm

● ★ IAH-LWC, Tue, Apr 9, 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. Facilitators: **FC and IAH:** Shara Sosa, LCSW, OSW-C; call 703.698.2522 if attending for the first time, **FO-Maureen Broderick, LCSW;** call 703.391.4180 if attending for the first time. Registration required.

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

## CHILDREN, TEENS & PARENTS

### Art Therapy Group for Teens in Treatment

● Mon, Apr 8, 5:30-7pm

Explore your creative side using a variety of techniques and materials. Artistic ability is NOT necessary - just a willingness to have some fun and make art with other teens who are also impacted by cancer. To register contact facilitator: Sarah Schmidt, MA, LPC, ATR-BC, Sarah.Schmidt@inova.org or call 703.776-2403

### Curious about Cancer\*

● FC, Wed, Apr 24-May 29, 6-7pm

\*This 6 week group is for children in 1st-6th grade 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 Children & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org. No online registration.

### Parenting Alone

● FC, Wed, Apr 3, 6-7:30pm

Group continues for those already registered. For information on the next six-week group contact Jean McCaw, MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org.

### Touchstone Grief Support for Children

Part of a series.

● FC, Wed, Apr 3, 6-7:30pm

Group continues for those already registered. For information on the next six-week group contact Jean McCaw, MA, ATR-BC, LCPAT at 703-698-2537 or jean.mccaw@inova.org.

### Pediatric Oncology Parent Night: Bingo!

● FC, Tue, Apr 23, 6:30-8:30pm

Join us for the 4th annual Candlelighters Family Bingo Night. Everyone's a winner. Prizes galore. For on and off treatment families; all ages welcome. Dinner provided. Please Register with dccandlelighters@gmail.com or Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703-531-1515

## Life with Cancer Services

### Counseling

Our Oncology Therapists 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.

### Nurse Navigator Consultation

Our Oncology Nurse Navigators can offer individualized assistance to patients, families, and caregivers to help overcome health-care system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

### Nutrition Counseling

Our Oncology Certified Registered Dietitian can provide nutrition counseling and recommendations to help support nutrition needs of an individual diagnosed with cancer before, during, and after treatment. Using evidence based information, the Oncology Dietitian can help clarify the complex topics related to nutrition and cancer to help alleviate confusion and stress.

## 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.*

# APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>1</b></p> <p>10am Total Body (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 (FC) 6pm Need Sleep? (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga FC (FC) 7pm Zumba! (IAH-HEC 3-5)</p>	<p><b>2</b></p> <p>11am MBCR Drop-In Group (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 5pm Weight Management after Breast Cancer (FC) 6pm Good Grief (ILH-RO) 6pm Tai Chi (FC) 6:30pm Cardio &amp; Core (IAH-HEC 3-5) 7pm Zumba (FC)</p>	<p><b>3</b></p> <p>10am Cardio &amp; Core (44084 RP) 10:30am Cardio &amp; Core (FO-LWC) 1pm Cultivating Compassion (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Touchstone-Grief Support (FC) 6pm Parenting Alone (FC) 6pm Total Body Conditioning (44084 RP) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Mind over Matter (ILH-RO) 6pm Breast Cancer Support Group (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC)</p>	<p><b>4</b></p> <p>9am Acupuncture Appointments (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30pm Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture Appointments (FC) 6pm Introduction to Qigong (FC) 7pm Barre Tone (FC)</p>	<p><b>5</b></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 &amp; Crocheting Circle (FC)</p> <p><b>6</b></p> <p><b>7</b></p>
<p><b>8</b></p> <p>10am Total Body (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 Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC) 7pm Caregiver Connection FC (FC) 7pm Zumba! (IAH-HEC 3-5)</p>	<p><b>9</b></p> <p>Coalesce II (FC) 10:30am Spirituality Quest (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 4pm Breast Surgery Pre-Op (ILH-PER ) 5pm Weight Management after Breast Cancer (FC) 6pm Good Grief (ILH-RO) 6pm Us Too Prostate Cancer Group (LCSG) 6pm Tai Chi (FC) 6:30pm Young Women with Breast Cancer (IAH-LWC) 7pm Zumba (FC) 7:30pm Us Too Prostate Cancer Group (FC)</p>	<p><b>10</b></p> <p>10am Cardio &amp; Core (44084 RP) 10:30am Cardio &amp; Core (FO-LWC) 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Cultivating Compassion (FC) 2pm Breast Surgery Pre-Op (FC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Breast Cancer Support Group (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm MBCR Drop-In (FC) 5:30pm Caregiver Connection (FO-D) 6pm Total Body Conditioning (44084 RP) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Mind over Matter (ILH-RO)</p>	<p><b>11</b></p> <p>9am Acupuncture Appointments (FO-LWC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 11:30pm Strengthen with Barre and Pilates (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture Appointments (FC) 6pm Introduction to Qigong (FC) 6pm Gastrointestinal Cancer Group (FC) 6pm Us Too Prostate Group (IAH-LWC) 6pm Women's Survivorship Group (ILH-RO) 7pm Barre Tone FC (FC)</p>	<p><b>12</b></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><b>13</b></p> <p>10am Carcinoid Cancer Group (FC) 10am Cutaneous Lymphoma Group (FC) 10:30am MDS Support Group (FC)</p> <p><b>14</b></p>
<p><b>15</b></p> <p>10am Leukemia and Lymphoma Group (FC) 10am Functional Fitness (FO-LWC) 10am Total Body (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Breast Cancer Group (IAH-LWC) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC)</p>	<p><b>16</b></p> <p>11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-LWC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 5pm Managing Side Effects of Endocrine Therapy (FO-LWC) 5pm Ask a Dietitian (FC) 6pm Good Grief (ILH-RO) 6pm Colorectal Cancer Group (FC) 6pm Tai Chi (FC) 6:30pm Cardio &amp; Core (IAH-HEC 3-5) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba FC (FC)</p>	<p><b>17</b></p> <p>10am Cardio &amp; Core (44084 RP) 10:30am Cardio &amp; Core (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5:30pm Women's Survivorship Group (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Brain Tumor Group (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Total Body Conditioning (44084 RP)</p>	<p><b>18</b></p> <p>9am Acupuncture Appointments (FO-LWC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30pm Strengthen with Barre and Pilates (FO-LWC) 1pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture Appointments (FC) 6pm Men Only Fitness (FO-LWC) 6pm Just for the Guys (IAH-LWC) 7pm Barre Tone FC (FC)</p>	<p><b>19</b></p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Knitting &amp; Crocheting Circle (FC) 1pm Yin Yoga (FO-LWC) 2:30pm Writing Your Life Stories (FC)</p> <p><b>20</b></p> <p><b>21</b></p>
<p><b>22</b></p> <p>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 (ILH-RO) 6:30pm Making Healthcare Decisions (FC) 6:30pm Orientation (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><b>23</b></p> <p>Coalesce II (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Tai Chi (FC) 6pm Good Grief (ILH-RO) 6:30pm Cardio &amp; Core (IAH-HEC 3-5) 6:30pm Parent Night: Bingo! (FC) 7pm Zumba FC (FC) 7:15pm Good Grief (FC)</p>	<p><b>24</b></p> <p>10am Cardio &amp; Core (44084 RP) 10:30am Cardio &amp; Core (FO-LWC) 11am Joyful Belly Dance (FC) 1pm Cultivating Compassion (FC) 1pm Living with Advanced Disease (ILH-NBC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm Survivorship Nutrition (FC) 5:30pm Breast Surgery Pre-Op (FO-LWC) 5:30pm Gynecologic Cancer Group (FC) 6pm Total Body Conditioning (44084 RP) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Curious about Cancer (FC) 6pm Reiki FC Mon (FC) 7pm Reiki FC Wed (FC)</p>	<p><b>25</b></p> <p>9am Acupuncture Appointments (FO-LWC) 10am Cancer-Related Fatigue (FC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30pm Strengthen with Barre and Pilates (FO-LWC) 1pm Breast Surgery Pre-Op Class (ILH-PER ) 1pm Gentle Yoga FC (FC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture Appointments (FC) 6pm Introduction to Qigong (FC) 6:30pm Reiki (44084 RP) 7pm Barre Tone (FC) 7:30pm Reiki (44084 RP) 7:30pm Young Adult Group (FC)</p>	<p><b>26</b></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><b>27</b></p> <p><b>28</b></p>
<p><b>29</b></p> <p>10am Functional Fitness (FO-LWC) 10am Total Body (44084 RP) 2pm Chair-Based Exercise (FC) 2pm Breast Surgery Pre-Op (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (44084 RP)</p>	<p><b>30</b></p> <p>12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Good Grief (ILH-RO) 6pm Tai Chi (FC) 6:30pm Cardio &amp; Core (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>			