



# Life with Cancer®

JUNE 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](http://www.lifewithcancer.org).

### CALENDAR KEY

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

- Fairfax, Falls Church (FC)
- Fair Oaks (FO)
- Loudoun (ILH)
- Alexandria, Mt. Vernon, Arlington (IAH)
- ★ Breast Cancer Class

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## CLASSES AT THE INOVA SCHAR CANCER INSTITUTE

*This location is most convenient for those receiving care in the building.*

### Orientation to Life with Cancer

#### ● ISCI, by appointment

Learn about our many programs, classes, groups and services for children and adults and take a tour of our space at the ISCI.

Can't make a scheduled orientation?

To arrange a personal session, call 571.472.0768 to schedule an appointment. Registration is required.

### Chair-Based Exercise

#### ● ISCI-LWC, Wed, Jun 19 & 26, 11-11:45am

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.

### Gentle Yoga

#### ● ISCI-LWC, Fri, Jun 21 & 28, 3:30-4:30pm

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.

### Meditation and Guided Imagery

#### ● ISCI-LWC, Thu, Jun 20 & 27, 3:30-4:30pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. We'll begin with breath work and a relaxation technique that leads to a guided meditation. Registration is required.

### Restorative Yoga

#### ● ISCI-LWC, Mon, Jun 3-24, 1-2pm

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.

## INFORMATION & EDUCATION

### Orientation

#### ● FC, Mon, Jun 17, 6:30-7:30pm

#### ● FC, Thu, Jun 13, 11am-12pm

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

### Look Good...Feel Better

#### ● ILH-RO, Mon, Jun 10, 12-2pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with National Cosmetology Association and Personal Care Products Council. To register or for more information, go to [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org).

### Ask a Dietitian

#### ● FC, Tue, Jun 11, 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.

*Sign up for Life with Cancer Updates*

**You will receive timely information on**

Program Highlights and Fundraisers.

1. Go to [www.lifewithcancer.org](http://www.lifewithcancer.org)
2. Scroll all the way down to the bottom of the page and look for the Subscribe for Updates box
3. Type your email in the Email window and click Submit

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



## 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, Conference Room D, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, 3580 Joseph Siewick Drive, Lower Level, Suite 005, Fairfax, VA 22033
- FO-RO: Fair Oaks Cancer Center, Radiation Oncology, 3580 Joseph Siewick Drive, Lower Level, Suite 001, Fairfax, VA 22033
- HEC: Hylton Education Center, Sentara Northern Virginia Medical Center, 2300 Opitz Blvd, Woodbridge, VA, 22191
- 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, 4320 Seminary Road, Suite 1.NE.5.4, Alexandria, VA 22304
- ILH-NBC: ILH Natural Birth 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
- ISCI-LWC: Inova Schar Cancer Institute-Life with Cancer, 2nd Floor, 8081 Innovation Park Drive, Fairfax, VA 22031
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165

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

## INFORMATION AND EDUCATION (CONTINUED)

### Breast Cancer Update from the ASCO Conference

●★ FC, Wed, Jun 19, 6:15-8pm

Please join Dr. Neelima Denduluri as she discusses the latest breast cancer research findings from the annual American Society of Clinical Oncology (ASCO) Conference. Light refreshments provided from 6:15pm-6:30pm. Please register by 6/14.

### Breast Surgery Pre-Op Class

●★ FC, Mon, Jun 3, 10-11:30am

●★ FC, Mon, Jun 10, 5-6:30pm

●★ FC, Wed, Jun 19 & 26, 2-3:30pm

●★ FO-LWC, Wed, Jun 12, 12:30-2pm

●★ FO-LWC, Wed, Jun 26, 5:30-7pm

●★ ILH-PER, Tue, Jun 11, 4-5:45pm

●★ ILH-PER, Thu, Jun 27, 1-2:45pm

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

### Enduring Love and “Continuing Bonds” in Grief

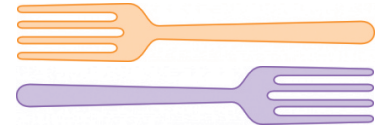
● FC, Mon, Jun 17, 6-7:30pm

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

### Fighting Cancer with a Fork

● FO-LWC, Tue, Jun 18, 12-1pm

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



### Living Beyond Cancer

HEC (Woodbridge), Fri, Jun 14, 10am-12pm

This class is designed for survivors of all types of cancer who have finished active treatment, including those with advanced disease maintained on targeted therapy, and families/caregivers with information about transitioning to life after active treatment. Our dietitians, physical therapists, social workers, and navigators will discuss a variety of topics to include social and emotional changes, follow-up care, nutrition and exercise information, and tips for managing this new chapter of your life. We encourage you to bring a caregiver, spouse, or loved one. Registration is recommended.

### Making Your Funeral Arrangement Wishes Known in Advance

● FC, Mon, Jun 24, 6-7:30pm

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



## Nutrition Counseling

Nutrition priorities may change throughout cancer treatment and recovery, and figuring out the best foods and beverages to consume can be difficult. Using evidence-based research, our registered dietitians can help you modify your diet to support you before, during and after cancer treatment.

Common areas of nutrition recommendations during cancer treatment and recovery include:

- Managing treatment-related side effects
- Nutrition support (tube feedings, IV nutrition)
- Weight management (loss/gain)
- Vitamins, minerals, & nutrition supplements
- Survivorship recommendations to help reduce risk of cancer recurrence

Our experts can also help with the following concerns:

- Loss of appetite
- Nausea
- Taste changes
- Irregular bowel movements
- Weight loss/gain

## INFORMATION AND EDUCATION (CONTINUED)

### Survivorship Education Series

● FC, Thu, Jun 6-27, 5:30-7pm

Cancer survivorship focuses on the life and health of an individual following cancer treatment, for the rest of the survivor's life. This four part series is for individuals with a cancer diagnosis at any stage of treatment, as well as loved ones and caregivers. The objective is to provide an evidence-based overview of topics including general cancer survivorship principles & follow up guidelines, physical and psychosocial late effects of cancer treatment, and preventative healthcare for survivors. Registration is required.

### Survivorship Nutrition

● FC, Mon, Jun 17, 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!

## MOVEMENT

### Barre Tone

● FC, Thu, Jun 6-27, 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.



### Cardio & Core

● 44084 RP, Wed, Jun 5-26, 10-11am

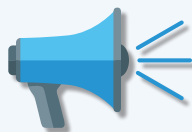
● FO-LWC, Wed, Jun 5-26, 10:30-11:30am

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

### Cardio Drumming

● FC, Thu, Jun 6-27, 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.



### 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](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.
- 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](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.

### Chair-Based Exercise

● FC, Mon, Jun 3-24, 2-2:45pm

● FC, Wed, Jun 5-26, 2-2:45pm

● ISCI-LWC, Wed, Jun 19 & 26, 11-11:45am

Designed for people with limited mobility, you'll increase your stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. Registration is required.

### Cross-Train Challenge

● FC, Wed, Jun 5-26, 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 two months post-surgery. Registration is required.



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

## PROGRAMAS EN ESPAÑOL

### Latinos Unidos

● IAH-LWC, martes, 11 de junio, 6:30-8pm

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Llamar a David McGinness al 703-504.3083 para mas informacion.

### Evening Gentle Yoga

● 44084 RP, Mon, Jun 3-24, 7-8:30pm

● FC, Mon, Jun 3-24\*, 7-8:30pm

● FO-LWC, Mon, Jun 3-24, 7-8:30pm

\*No class 6/10. 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, Jun 4 & 11, 12-1pm

Using the protocols developed in the "Harvard Medical School Guide to Tai Chi", you will learn 5 basic movements that are easy to learn and can be practiced at home. This 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.



### NATIONAL CONFERENCE ON WORK & CANCER

June 21, 2019, 8 AM-5 PM  
159 W 25th Street, 8th Floor  
New York, NY 10001

Topics for this free conference include disclosure & privacy, working through treatment, managing stress, job search/career change legal issues, enhancing your skills, setting professional boundaries, and more.

For information & to register:  
[Cancerandcareers.org/conference](http://Cancerandcareers.org/conference)

## MOVEMENT (CONTINUED)

### Functional Fitness

● **FO-LWC, Mon, Jun 3-24, 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, Jun 6-27, 1-2pm**

● **IAH-HEC 3-5, Mon, Jun 3-24, 4-5:30pm**

● **ISCI-LWC, Fri, Jun 21 & 28, 3:30-4:30pm**

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, Jun 26, 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, Jun 3-24, 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

● **44084 RP, Fri, Jun 7-28, 12-1:30pm**

● **FC, Fri, Jun 7-28, 10:15-11:45am**

● **ISCI-LWC, Mon, Jun 17 & 24, 1-2pm**

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, Jun 6-27, 11:30am-12:30pm**

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

### Tai Chi

● **FC, Tue, Jun 4-25, 6-7pm**

Based on the concepts of softness and awareness (rather than force and resistance) this practice 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. This class will teach basic movements. Registration is required.

### Total Body Conditioning

● **44084 RP, Tue, Jun 11-25, 10-11am**

● **44084 RP, Thu, Jun 6-27, 10-11am**

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

### Yin Yoga for Those in Treatment

● **FO-LWC, Fri, Jun 7-28, 1-2:30pm**

Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.

### Yoga Sculpt

● **FO-LWC, Tue, Jun 4-25, 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!

● **44084 RP, (Zumba Gold) Fri, Jun 7-28, 10:30-11:30am**

● **FC, Tue, Jun 4-25, 7-8pm**

● **IAH-HEC 3-5, Mon, Jun 3-24, 7-8pm**

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



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

## STRESS REDUCTION

### Healing through Art Therapy

● **FC, Mon, Jun 10, 1-3:30pm**

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



## Acupuncture Appointments



### 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 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

## STRESS REDUCTION (CONTINUED)

### Healing Touch

● 44084 RP, Mon, Jun 10, 6-7pm

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. Questions? Call 703.858.8867, M-Th. Registration is required.

### Knitting & Crocheting Circle

● FC, Fri, Jun 7 & 21, 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.



### Meaning-Centered Psychotherapy Group

● FC, Wed, Jun 12-Jul 17, 2:30-4pm

Group continues for those already registered.

### Meditation and Guided Imagery

● FC, Thu, Jun 6-27, 2-3pm

● ISCI-LWC, Thu, Jun 20 & 27, 3:30-4:30pm

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 to a guided meditation. 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.

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

● FC, Tue, Jun 4, 11am-12pm

● FC, Wed, Jun 12, 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: Tuesday-Michelle Ferretti, LCSW, OSW-C; Thursday-Micheline Toussaint, LCSW, RYT, OSW-C.

### Qi Gong: Body, Mind, & Breath

● ISCI-LWC, Tue, Jun 11-Jul 16, 3-4:15pm

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. Facilitator: Michelle Ferretti, LCSW, OSW-C. For questions about registration please contact Life with Cancer. Registration is required.

### Energy Therapies (formerly Reiki and Healing Touch)

● 44084 RP, Thu, Jun 27, 6:30-7:20pm, 7:30-8:20pm

● FC, Mon, Jun 10, 6-6:50pm and 7-7:50pm

● FC, Wed, Jun 26, 6-6:50pm and 7-7:50pm

● FO, Tue, Jun 18, 6-6:50pm and 7-7:50pm

Registration opens on the first business day of the month by 9:15am for patients only

(sorry, no caregivers). Energy Therapies involve 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 703.698.2526 to CANCEL as soon as possible; this will allow another person to take your place. If you miss two appointments without prior notice we may need to refer you to practitioners in the community.

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

● FC, Fri, Jun 21, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving you the opportunity to continue writing about the significant events in your life as a legacy for your family, expression of feelings about an experience or to process an event. No writing experience needed. Writing exercises will help get you started and classmates' feedback will enhance your efforts. Facilitator: Lynn Magrum, MSN, CANP, AOCN.



### Zentangle

● 44084 RP, Tue, Jun 11, 1:30-3pm

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



*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.

**Psychiatry** Contact your oncologist or therapist for a referral, or call 703-206-5433 for more information. Payable through insurance.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

## SUPPORT & NETWORKING

### Brain Tumor Group

● FC, Wed, Jun 19, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Sarah Schmidt, MA, LPC, ATR-BC and Christine Althoff, DNP, RN, AOCNS

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

## SUPPORT & NETWORKING (CONTINUED)

### Breast Cancer Support Group

- ★ FC, Wed, Jun 5, 6:30-8pm
- ★ FO-LWC, Wed, Jun 12, 5:30-7pm
- ★ IAH-LWC, Mon, Jun 17, 5:30-7pm
- ★ ILH-RO, Mon, Jun 24, 5:30-7pm

This group is for women diagnosed with stage 0-3 breast cancer, 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. Registration required.

### Carcinoid Cancer Group

- FC, Sat, Jun 8, 10am-12pm

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

### Caregiver Connection

- FC, Mon, Jun 10, 7-8:30pm
- FO-D, Wed, Jun 12, 5:30-7pm
- ILH-RO, Tue, Jun 11, 6-7:30pm

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

Facilitators at FC: Facilitators: Rebecca Babb, MSN, RN, CPNP-AC LSW, and Tyler Pudleiner, MSW. Facilitators at FO: Karen Archer, LCSW and Shairna Bluestein, RN, BSN, OCN.

Facilitators at ILH: Rebecca Babb, MSN, APRN, CPNP-AC, CPHON, and Elise Schneider, LCSW. Registration 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.

### Coalesce 2019: An Advance Breast Cancer Group

- ★ FC, Fri, Jun 7-28, 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, Jun 11 & 25, 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, Jun 18, 6-7:30pm

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

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

- FC, Thu, Jun 13, 6-7:30pm

This support group is for people impacted by a stage 0-3 gastrointestinal cancer diagnosis: esophagus, stomach, biliary system, pancreas, small intestine, large intestine, rectum, anus. Connect with patients, survivors, and loved ones to discuss the changes that treatment and survivorship can bring. Facilitators: Michelle Bronzo, MA, LPC, CT, and Mary Kay Mecca, RN, BSN. Registration is required.

### Good Grief

- FC, Tue, Jun 4 & 11, 7:15-9pm

Group continues for those already registered.

### Gynecologic Cancer Group

- FC, Wed, Jun 26, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Facilitators: Rebecca Babb, MSN, RN, PNC-AC and Teassa Eddy, LCSW. Registration required.

### Head and Neck Cancers Group

- FC, Wed, Jun 12, 5:30-7pm

- FO-RO, Mon, Jun 17, 6-7:30pm

This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship.

### Just for the Guys Monthly Support Group

- IAH-LWC, Thu, Jun 20, 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. For more information contact David McGINNESS at [david.mcginness@inova.org](mailto:david.mcginness@inova.org)

### Leukemia and Lymphoma Support Group

- FC, Mon, Jun 17, 10-11:30am

Patient and/or their caregivers are invited to meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Facilitator: Sarah Brooks, LCSW, and Lynn Magrum, MSN, CANP, AOCN. Registration is required.

### Living with Advanced Disease

- FO-LWC, Thu, Jun 13, 1-2:30pm

- ILH-NBC, Wed, Jun 26, 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, Jun 5, 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, BS, OCN, and David McGINNESS, LCSW, OSW-C. Registration is required.

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

## SUPPORT & NETWORKING (CONTINUED)

### Multiple Myeloma: Open Discussion

● FC, Tue, Jun 18, 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, Jun 8, 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. To register email [Brian.S.Anderson65@gmail.com](mailto:Brian.S.Anderson65@gmail.com) or call 703.984.9379.



### Spirituality Quest: Circle of Light and Summer Solstice

● FC, Tue, Jun 11, 10:30am-12pm

Summer is my favorite season. Why? Because it's filled with wonderful new energy and light. The Summer Solstice celebrates the joy, warmth and laughter of summer. It represents a time for purification, renewal and healing of the self and the soul. It is a time in which one can release sadness, fears and pains from one's life. As we enter this new season of light and energy, what is the one thing that you would like to release and one thing that you would like to receive or embrace in the circle of light? Facilitator: Chaplain, Enyonam Tetteh, MDiv, BCC. Registration is required.

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

### Us Too Prostate Cancer Group

● LCSC, Tue, Jun 11, 6-8pm

Join others for an opportunity to network and learn about valuable prostate cancer information and resources. If you have any questions, contact Courtney Weaver, 703.858.8857. Registration is required.

### Us Too Prostate Cancer Group

● FC, Tue, Jun 11, 7:30-9pm

Join us for our annual Physician Panel featuring Urologist Edmond Paquette, Radiation Oncologist Samir Kanani, and Medical Oncologist Jeanny Aragon-Chin speaking on new developments in each of their areas of practice. Registration is required.

### Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Jun 13, 6-7:30pm

This monthly group includes a presentation by a physician or other health professional followed by an opportunity to share with and learn from other survivors both in and out of treatment. Loved ones welcome! Facilitator: David McGinness, 703.698.2526 or [david.mcginness@inova.org](mailto:david.mcginness@inova.org). Registration is required.

### Women's Survivorship Group — Less than 3 years

● ILH-RO, Thu, Jun 13, 6-7:30pm

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

### Women's Survivorship — More than 3 years

● FC, Tue, Jun 11, 6-7:30pm

This group is for women who completed treatment, for any type of cancer, more than 3 years ago. Many women who have completed treatment find that they can experience challenges well into survivorship. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

### Young Adult Group

● FC, Thu, Jun 27, 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: An oncology therapist and an oncology nurse. Registration is required.

### Young Women with Breast Cancer

●★ FC, Tue, Jun 18, 6:30-8pm

●★ FO-LWC, Wed, Jun 5, 6-7:30pm

●★ IAH-LWC, Tue, Jun 11, 6:30-8pm

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

## CHILDREN, TEENS & PARENTS

### Art Therapy Group for Teens in Treatment

● FC, Mon, Jun 10, 5:30-7pm

Explore your creative side using a variety of techniques and materials. Artistic ability is NOT necessary - just a willingness to have some fun and make art with other teens who are also impacted by cancer. To register contact Sarah. [Schmidt@inova.org](mailto: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.

### 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 Sarah Schmidt, MA, LPC, ATR-BC, 703.776.2403 or [sarah.schmidt@inova.org](mailto:sarah.schmidt@inova.org).*

# JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
				2
3 10am Breast Surgery Pre-Op Class (FC) 10am Functional Fitness (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Zumba (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC)	4 11am MBCR-Drop In (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Tai Chi (FC) 6:30pm Cardio & Core (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC)	5 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 6pm Young Women w/Breast Cancer (FO-LWC) 6:30pm Breast Cancer Support Group (FC) 6:30pm Lung Cancer Group (FC)	6 9am Acupuncture (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen w/ Barre (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture (FC) 5:30pm Survivorship Education Series (FC) 7pm Barre Tone (FC)	7 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Knitting & Crocheting Circle (FC) 1pm Yin Yoga (FO-LWC)
10 10am Functional Fitness (FO-LWC) 12pm Look Good...Feel Better (ILH-RO) 1pm Healing through Art Therapy (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Breast Surgery Pre-Op Class (FC) 5:30pm Art Therapy Group for Teens (FC) 6pm Healing Touch (44084 RP) 6pm Energy Therapies (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba (IAH-HEC 3-5) 7pm Energy Therapies (FC) 7pm Caregiver Connection (FC)	11 Coalesce II (FC) 10am Total Body Conditioning (44084 RP) 10:30am Spirituality Quest (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 3pm Qi Gong (ISCI-LWC) 4pm Breast Surgery Pre-Op Class (ILH-PER) 5pm Ask a Dietitian (FC) 6pm Tai Chi (FC) 6pm Women's Survivorship + 3 (FC) 6pm Caregiver Connection (ILH-RO) 6pm Prostate Cancer Group (LCSC) 6:30pm Young Women w/Breast Cancer (IAH-LWC) 6:30pm Latinos Unidos (IAH-LWC) 6:30pm Cardio & Core (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer Group (FC)	12 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 12:30pm Breast Surgery Pre-Op Class (FO-LWC) 2pm Chair-Based Exercise (FC) 2:30pm Meaning-Centered Psychotherapy (FC) 3pm Cross-Train Challenge (FC) 5:30pm MBCR-Drop In (FC) 5:30pm Caregiver Connection (FO-D) 5:30pm Breast Cancer Group (FO-LWC) 5:30pm Head and Neck Cancers Group (FC)	13 9am Acupuncture (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture (FC) 5:30pm Survivorship Education Series (FC) 6pm Prostate Cancer Group (IAH-LWC) 6pm GI Support Group, Early Stage (FC) 6pm Women's Survivorship Group < 3 (ILH-RO) 7pm Barre Tone (FC)	14 Coalesce (FC) 10am Living Beyond Cancer (HEC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC)
17 10am Leukemia and Lymphoma (FC) 10am Functional Fitness (FO-LWC) 1pm Restorative Yoga (ISCI-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Survivorship Nutrition (FC) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Enduring Love (FC) 6pm Head and Neck Group (FO-RO) 6:30pm Orientation (FC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC 3-5) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC)	18 10am Total Body (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 3pm Qi Gong: Body, Mind, & Breath (ISCI-LWC) 6pm Tai Chi (FC) 6pm Colorectal Cancer (FC) 6pm Energy Therapies (FO) 6:30pm Young Women w/Breast Cancer (FC) 6:30pm Cardio & Core (IAH-HEC 3-5) 7pm Energy Therapies (FO) 7pm Zumba (FC)	19 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11am Chair Exercise (ISCI-LWC) 2pm Breast Surgery Pre-Op Class (FC) 2pm Chair-Based Exercise (FC) 2:30pm Meaning-Centered Psychotherapy (FC) 3pm Cross-Train Challenge (FC) 6pm Brain Tumor Group (FC) 6:15pm ASCO Breast Cancer Update (FC)	20 9am Acupuncture (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3:30pm Meditation and Guided Imagery (ISCI-LWC) 4:30pm Acupuncture (FC) 5:30pm Survivorship Education Series (FC) 6pm Just for the Guys (IAH-LWC) 7pm Barre Tone (FC)	21 Coalesce (FC) 8am National Conf. Work & Cancer (NYC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Knitting & Crocheting Circle (FC) 1pm Yin Yoga (FO-LWC) 2:30pm Writing Your Life Stories Drop-In (FC) 3:30pm Gentle Yoga (ISCI-LWC)
24 10am Functional Fitness (FO-LWC) 1pm Restorative Yoga (ISCI-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 Making Your Funeral Arrangement (FC) 6:30pm Orientation (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC 3-5)	25 Coalesce II (FC) 10am Total Body Conditioning (44084 RP) 1pm Yoga Sculpt (FO-LWC) 3pm Qi Gong (ISCI-LWC) 6pm Tai Chi (FC) 6:30pm Cardio & Core (IAH-HEC 3-5) 7pm Zumba (FC)	26 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11am Chair Exercise (ISCI-LWC) 11am Joyful Belly Dance (FC) 1pm Living with Advanced Disease (ILH-NBC) 2pm Breast Surgery Pre-Op Class (FC) 2pm Chair-Based Exercise (FC) 2:30pm Meaning-Centered Psychotherapy (FC) 3pm Cross-Train Challenge (FC) 5:30pm Breast Surgery Pre-Op (FO-LWC) 5:30pm Gynecologic Cancer Group (FC) 6pm Energy Therapies (FC) 7pm Energy Therapies (FC)	27 9am Acupuncture (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Strengthen with Barre (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Pre-Op Class (ILH-PER) 2pm Meditation and Guided Imagery (FC) 3:30pm Meditation and Guided Imagery (ISCI-LWC) 4:30pm Acupuncture (FC) 5:30pm Survivorship Education Series (FC) 6:30pm Energy Therapies (44084) 7pm Barre Tone (FC) 7:20pm Energy Therapies (44084) 7:30pm Young Adult Group (FC)	22 23
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