



Life with Cancer®

SEPTEMBER 2019

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

ABOUT LIFE WITH CANCER

Life with Cancer is the psychosocial and educational arm of the Inova Schar Cancer Institute within the Inova Health System. For more than 30 years, Life with Cancer has transformed community cancer care by distilling evidence-based research into unique and innovative services. All programs welcome patients, survivors, and loved ones regardless of where they receive(d) treatment. All programs and services are free of charge (except massage, acupuncture 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 calling 703.698.2526; this will allow another person to attend.
- Class dates may change. For the most up-to-date information check the online calendar.

CALENDAR KEY

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

- Family Center, Fairfax
- Fair Oaks
- ISCI
- Loudoun
- Alexandria
- ★ Breast Cancer-Related

TABLE OF CONTENTS

Information and Education	Pgs 1-2
Movement	Pgs 2-4
Programas en Español	Pg 4
Stress Reduction	Pgs 4-5
Support and Networking	Pgs 5-7
Children, Teens, & Parents	Pg 7

SEPTEMBER HIGHLIGHTS

Young Adult Cancer Survivor Conference

● FC, Sat, Sep 28, 9:30am-4pm

Join other young adult cancer patients and survivors (aged 18-40ish) for a one-day conference to learn about issues relevant to you, including integrative medicine, fertility, financial toxicity, sexual health, nutrition, and more. The conference is free to attend, but registration is required: youngadultcancerdc.org

Seminars for Survivors: Protecting Your Smile Before, During, and After Cancer Treatment

● FC, Wed, Sep 25, 5:30-7pm

Many cancer treatments have side effects that affect the mouth, teeth, and salivary glands. Fortunately, with good care, you and your doctor can reduce the risk and manage these side effects if they do occur. Dr. Peterson Huang DMD, MS, FACP, FRCDC will provide insight into this important topic. Registration is required.

A Gathering for Sarcoma Survivors and Families

● FC, Wed, Sep 18, 6:30-8pm

Please come and join us for a celebration of life, fellowship, food and sarcoma updates hosted by Felasfa M. Wodajo, MD of Virginia Cancer Specialists. Registration is required.

Broadening Scope of Radiotherapy in Cancer Care

● ILH-PER, Wed, Sep 4, 5:30-6:30pm

Please join Lonika Majitha, MD as she discusses the latest updates and treatments in Radiation Oncology. Registration is required by August 30.

Managing Side Effects of Endocrine Therapy

● FO-LWC, Tue, Sep 17, 5-6pm

Learn about the potential side effects of hormonal therapy and how to manage them. Facilitators: Oncology Nurse Navigator, Shairna Bluesteen, RN, BSN, OCN and Oncology therapist, Maureen Broderick, LCSW. Registration is required.

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Sign up for Life with Cancer Updates

You will receive timely information on

Program Highlights and Fundraisers
It's Easy!

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

The Circle of Life: How the Body Dies

● FC, Mon, Sep 23, 6-7:30pm

Oncology Nurse Eric Cohen, RN, MS, OCN, will present how our bodies go full circle from birth until death, the changes in body functions that occur and what to expect. He will demystify the dying process.

INFORMATION & EDUCATION

Orientation

● FC, Mon, Sep 23, 6:30-7:30pm

● FC, Thu, Sep 12, 11am-12pm

● ISCI, Call 571.472.0768 for appointment

Take a tour and learn about our many programs, classes, groups and services for children and adults. Registration is required. Can't make a scheduled orientation? Call 703.698.2534 (for FC) (570.472.0768 for ISCI) to arrange a personal session.



Ask a Dietitian

● FC, Thu, Sep 12, 5-6pm

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Spend an evening with Registered Dietitian, Lauren Fay, to ask nutrition-related questions and receive evidence-based answers. Registration is required.

DID YOU KNOW YOU CAN PRINT A COPY OF THIS CALENDAR?

It's Easy!

1. Go to www.lifewithcancer.org
2. Hover over the "Register for a Class" tab
3. Click on the second option, "Print A Calendar"



LOCATION KEY

- 44084 RP: 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 www.lifewithcancer.org
- FO-D: Fair Oaks Cancer Center, 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
- 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-Ste. 242: ILH-NBC, 44055 Riverside Parkway, Suite 242, Leesburg, VA 20176
- ILH-PER : Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA 20176
- 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
- ISCI-RR: Inova Schar Cancer Center, 8081 Innovation Park Drive, 2nd Floor, LWC, Resource Room, Fairfax, VA 22031
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165

Registration is required for all groups and programs

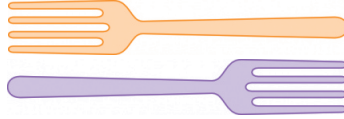
If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

INFORMATION AND EDUCATION (CONTINUED)

Fighting Cancer with a Fork

- FO-LWC, Tue, Sep 17, 12-1pm

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



Survivorship Nutrition

- FC, Mon, Sep 16, 5-6:30pm

Registered Dietitian Lauren Fay, will review the latest evidence, provided by The American Institute for Cancer Research, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence. A cooking demonstration is included! Registration is required.

Breast Surgery Pre-Op Class

- ★ FC, Mon, Sep 9, 5-6:30pm
- ★ FC, Wed, Sep 18, 2-3:30pm
- ★ FO-LWC, Wed, Sep 11, 12:30-2pm
- ★ FO-LWC, Wed, Sep 25, 5:30-7pm
- ★ ILH-PER, Tue, Sep 10, 4-5:45pm
- ★ ILH-PER, Thu, Sep 26, 1-2:45pm
- ★ ISCI-RR, Wed, Sep 4, 2-3: 30 pm
- ★ ISCI-RR, Mon, Sep 30, 10am-11:30pm

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).

Look Good...Feel Better

- ILH-RO, Mon, Sep 9, 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 the Look Good Feel Better Alliance

and Personal Care Products Council. To register or for more information, go to <http://look-goodfeelbetter.org/programs/program-finder/>. No registration through Life with Cancer.

Chemotherapy Class

- FC/ISCI, Call 703.776.8768 for an appointment

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

Chemotherapy for Breast Cancer

- ★ FC/ISCI, Call 703.776.8768 for an appointment

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

MOVEMENT

Barre Tone

- FC, Thu, Sep 5-26, 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.

Buff Bones

- FO-LWC, Thu, Sep 5-26, 11:30am-12:30pm

Fun and functional, these workout help to build stronger bones as well as tone and fine-tune major muscle groups for strength and total-body conditioning. You'll build strength by performing different types of movements using hand weights, bands, exercise balls, and body weight. Registration is required.



Cardio & Core

- FO-LWC, Wed, Sep 4-25, 10:30-11:30am
- 44084 RP, Wed, Sep 4-25, 10-11am

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

Nutrition Counseling

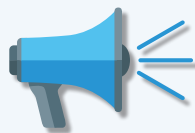
Nutrition priorities may change throughout cancer treatment and recovery, and figuring out the best foods and beverages to consume can be difficult. Using evidence-based research, our registered dietitians can help you modify your diet to support you before, during and after cancer treatment.

- 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

MOVEMENT (CONTINUED)



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

Cardio Drumming

● FC, Thu, Sep 12-26, 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.



Chair-Based Exercise

● FC, Mon, Sep 9-30, 2-2:45pm

● FC, Wed, Sep 11-25, 2-2:45pm

● ISCI-LWC, Wed, Sep 11-25, 11-11:45am

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

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Cross-Train Challenge

● FC, Wed, Sep 11-25, 3-3:45pm

If you crave variety this 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.



Evening Gentle Yoga

● 44084 RP, Mon, Sep 9-30, 6-7:30pm

● FC, Mon, Sep 16-30, 7-8:30pm

● FO-LWC, Mon, Sep 9-30, 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. Registration is required.

EZ Tai Chi

● FC, Tue, Sep 3-24, 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.

Functional Fitness

● FO-LWC, Mon, Sep 9-30, 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, Sept 5-26, 1-2pm

● IAH-HEC 3-5, Mon, Sep 9-30, 4-5:30pm

This class is appropriate for all fitness levels. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch,

strengthen and relax muscles. Bring a blanket. Registration is required.

Keeping Fit

● FC, Mon, Sep 9-30, 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.

Joyful Belly Dance

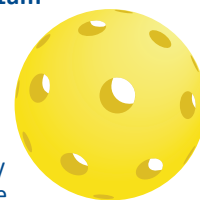
● FC, Wed, Sep 11 & 25, 11am-12pm

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.

Pickleball

● FC, Wed, Sep 18, 10-11am

USA Pickleball Association District Ambassador and breast cancer survivor Helen White will introduce attendees to Pickleball, a fun, easy-to-learn, and very social mini-tennis-like game that is the fastest growing racket sport in the USA. Come prepared to work out while having fun! Paddles and balls provided. Please wear tennis shoes (or a good pair of athletic shoes). Class is limited to 8 participants. Registration is required.



Restorative Yoga

● FC, Fri, Sep 6-27, 10:15-11:45am

● ISCI-LWC, Mon, Sep 9-30, 1-2pm

● 44084 RP, Fri, Sep 6-27, 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. Registration is required.

Oncology Massage and Body Work

Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Call 703.698.2526 to schedule

Life with Cancer Studio

44084 Riverside Pkwy, LL, Suite 400

Leesburg, VA 20176

Call 703.851.0995 to schedule

Inova Schar Cancer Institute

8081 Innovation Park Drive

Fairfax, VA 22031

Call 571.472.0749 to schedule

- \$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.

MOVEMENT (CONTINUED)

Tai Chi

● FC, Tue, Sep 10-24, 6-7pm

● ISCI-LWC, Wed, Sep 4-25, 2:30-3:30pm

Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This class will teach basic movements. Registration is required.



Total Body Conditioning

● 44084 RP, Tues, Sep 3-24, 10-11am

● 44084 RP, Thu, Sep 5-26, 10-11am

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

Yin Yoga for Those in Treatment

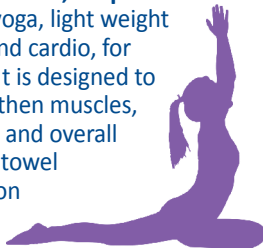
● FO-LWC, Fri, Sep 6-27, 1-2:30pm

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, Sep 3-24, 1-2pm

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



Zumba

● FC, Tue, Sep 3-24, 7-8pm

● IAH-HEC, Mon, Sep 9-23, 7-8pm

● (Gold) 44084 RP, Fri, Sep 6-27, 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.



PROGRAMAS EN ESPAÑOL

Latinos Unidos

● IAH-LWC, Wed, Sep 11, 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 703-698-2529 para mas informacion.

STRESS REDUCTION

Acupuncture Appointments

Call 703.698.2526 for an appointment

● ISCI-LWC, Tue, Sep 3-24, 10am-2pm

● FC, Tue, Sep 3-24, 10-11:30am

● FC, Thu, Sep 5-26, 4:30-6pm

● FO-LWC, Thu, Sep 5-26, 9-11am

● ILH-Ste 242, Wed, Sep 4-25, 12:30-2pm

Life with Cancer is partnering with the Inova Traditional Chinese Medicine Center to offer acupuncture. The National Comprehensive Cancer Network (NCCN) and the Society for Integrative Oncology (SIO)* endorse acupuncture as a complementary therapy in the treatment of pain, chemotherapy-induced nausea and vomiting. The value of acupuncture has not yet been established for the following treatment side effects, but limited studies have shown some possible patient benefit: dry mouth, fatigue, neuropathy, and hot flashes. There is a \$75 fee for the first appointment and \$50 fee for each following appointment. To schedule an appointment call 703.206.5433.

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Acupuncture



The National Comprehensive Cancer Network and the Society for Integrative Oncology endorse acupuncture as a complementary therapy in the treatment of pain, chemotherapy induced nausea and vomiting.

The value of acupuncture has not yet been established for the following, but limited studies have shown some possible patient benefit: dry mouth, fatigue, neuropathy, hot flashes.

Life with Cancer, Family Center

8411 Pennell Street

Fairfax, VA 22031

● Tuesdays, 10-11:30am

● Thursdays, 4:30-6pm

To schedule an app't. call 703.698.2526

Life with Cancer, Fair Oaks

3580 Joseph Siewick Drive

LL, Suite 005, Fairfax, VA 22033

● Thursdays, 9-11:30am

To schedule an app't. call 703.698.2526

Inova Schar Cancer Institute

8081 Innovation Park Drive

2nd floor, Life with Cancer Suite

Fairfax, VA 22031

● Tuesdays, 10am-2pm

To schedule an app't. call 703.698.2526

Life with Cancer, Loudoun

44055 Riverside Parkway, Suite 242

Leesburg, VA 20176

● Wednesdays, 12:30-2pm

To schedule an app't. call 703.698.2526.

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)**.

STRESS REDUCTION (CONTINUED)

Drop-In Mindfulness-Based Cancer Recovery Group

- FC, Tue, Sep 3, 11am-12pm
- FC, Tue, Sep 10, 7-8 pm

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.

Drop-in Mindfulness Practice

- IAH-LWC, Tue, Sep 17, 6:30-7:30pm

This session is for those who've completed a Life with Cancer mindfulness program, e.g. MOM, MHL, MBCR, CCT). Engage in meditation and guided imagery, and share with other participants how mindfulness is incorporated into daily life.

Drop-In Writing Your Life Stories Group

- FC, Fri, Sep 20, 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.



Energy Therapies

(formerly Reiki & Healing Touch)

- FC, Mon, Sep 9, 6-7pm and 7-8pm
- FC, Wed, Sep 25, 6-7pm and 7-8pm
- FO-LWC, Tue, Sep 17, 6-7pm and 7-8pm
- 44084 RP, Th, Sep 26, 5-6pm, 6:30-7:30pm, and 7:30-8:30pm
- ISCI, Wed, Sept. 11 and 25, 9-10am and 10-11am

Registration opens on the first business day of the month by 9:15am for patients (one support person may also schedule an appointment). Reiki practitioners and Healing providers are joining forces to bring their energy skills to Life with Cancer. Both practices are relaxing, nurturing, heart-centered energy therapies, in which the practitioner places their hands just above the body or uses light touch to clear, energize, and balance your energy fields. The intent is to improve physical, mental, emotional and spiritual health. Dress comfortably and bring a blanket.

Healing through Art Therapy

- FC, Mon, Sep 9, 1-3:30pm

Registration opens on the 1st business day of each 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 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. Registration is required.



Journaling 101

- FO-RO, Thu, Sep 12-Oct 17, 10am-12pm

Based on the landmark work, “Journal to the Self”, this is the workshop that will bust some common journaling myths (you don't have to write daily) and teach you the 18 techniques that equip you to create a journal that serves your goals, healing, creativity, resilience and more. Taught by Deborah Ross, LPC, Certified Journal Therapist and co-author of, “Your Brain on Ink.” You do not have to share your journal entries, a safe sharing process will be taught. \$15 material fee paid directly to the instructor for the JTTS workbook. Please bring a pen and journal/notebook if you don't want to write in the workbook. Registration is required by Sept. 11. Registration closes Sept 13.

Knitting & Crocheting Circle

- FC, Fri, Sep 6 & 20, 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. Facilitator: Carolyn Sam, M.Ed. Registration is required.



Meditation and Guided Imagery

- FC, Thu, Sep 5-26, 2-3pm
- ISCI-LWC, Thu, Sep 5-26, 4-5pm

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

Mind Over Matter

- FC, Thu, Sep 5-Oct 3, 1-2:30pm

This 5-session program uses evidenced-based strategies to help decrease feelings of anxiety and depression, and increase a sense of well-being. Each week new tools using cognitive and behavioral approaches and, mind/body strategies will be introduced and practiced. Registration is required by Sept 4. Registration closes on Sept 5.

Mindfulness for Healthy Living

- IAH-LWC, Wed, Sep 4-Oct 2, 6-7:30pm

Meditation helps us to increase our energy and build confidence while we ease into disengaging from unhelpful thoughts and patterns. In this experiential and interactive course we will practice seated meditation and simple energy clearing visualizations and movements that will help experience and integrate key mind-body connections. Please obtain the book: 25 Lessons in Mindfulness by Rezvan Ameli, PhD. Everyone is welcome no matter your spiritual practice or physical ability. Instructor: Nancy Miller. Registration is required and closes on September 5.

Writing through Transitions

- FC, Tue, Sep 10-Oct 15, 10am-12pm

Change is a part of life and brings questions, challenges and the opportunity to create deeper meaning. This is particularly true when cancer is the change that demands our attention. Regardless of where you are in the process, whether you are patient, caregiver or both there is a structured writing process that can safely serve as a beacon and guide as you navigate. Wisdom, meaning, strength and resilience are often positive outcomes and learning the process is a skill that can transfer to future changes and challenges. Facilitated by Deborah Ross, LPC, CJT. Registration is required and closes on Sept 11.

Zentangle

- 44084 RP, Tue, Sep 10, 1:30-3pm

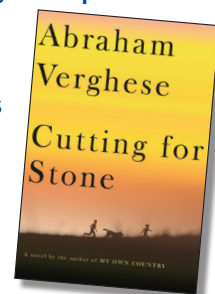
Take a mental vacation from cancer and enjoy Zentangle. It's an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, and can increase focus and creativity, and provide artistic satisfaction along with an increased sense of well-being. A new theme is explored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

SUPPORT & NETWORKING

Book Group

- FO-LWC, Wed, Sep 18, 6-7:30pm

“Cutting for Stone” by Abraham Verghese is an epic novel written by an MD that covers continents and generations of a cast of characters, many of them doctors. It offers many insights into the world of medicine. Registration is required.



Registration is required for all groups and programs

.....
If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

SUPPORT & NETWORKING (CONTINUED)

Brain Tumor Group

● FC, Wed, Sep 18, 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.

Breast Cancer Support Group

●★ FC, Wed, Sep 4, 6:30-8pm

●★ FO-LWC, Wed, Sep 11, 5:30-7pm

●★ IAH-LWC, Mon, Sep 16, 5:30-7pm

●★ ILH-RO, Mon, Sep 23, 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. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration required.

Carcinoid Cancer Group

● FC, Sat, Sep 14, 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, and to register, email mitchmberger@msn.com.



Caregiver Connection

● FC, Mon, Sep 9, 7-8:30pm

● FO-D, Wed, Sep 11 5:30-7pm

● ILH-RO, Tu, Sep 10, 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: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration is required.

Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Sep 6-27, 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, 703.698.2522, Tuesdays, Wednesdays and Fridays.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Sep 10 & 24, call for time

Meet with women of all ages to share life's joys and sorrows. This group has limited enroll-

ment. For more information and to register, contact facilitator, Micheline Toussaint, LCSW, RYT, OSW-C: micheline.toussaint@inova.org, 703.698.2521 on Tuesdays and Wednesdays.

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Sep 17, 6-7:30pm

This group is for any patient, or their loved ones, living with metastatic colorectal cancer. 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.

Cutaneous Lymphoma Group

● FC, Wed, Sep 4, 7-9pm

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

Gynecologic Cancer Group

● FC, Wed, Sep 25, 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: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration required.

Head and Neck Support Group

● FC, Sep 11, 5:30-7pm

● FO-LWC, Sep 16, 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. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator.

Just for the Guys Support Group

● IAH-LWC, Thu, Sep 19, 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. Facilitator: David McGinness, MSW, LCSW, OSW-C.

Leukemia and Lymphoma Support Group

● FC, Mon, Sep 16, 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. Facilitators: Sarah Brooks, LCSW, and Lynn Magrum, MSN, CANP, AOCN. Registration is required by previous Friday.

Living with Advanced Disease

● FO-LWC, Thu, Sep 12, 1-2:30pm

● ILH-NBC, Wed, Sep 25, 1-2:30pm

Join us as we explore ways to learn to live with advanced cancer and the many ques-

tions and life decisions that come along with an advanced cancer diagnosis. Facilitators: An Oncology Clinical Therapist and an Oncology Nurse Navigator. Registration required.

Lung Cancer Group

● FC, Wed, Sep 4, 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.

Melanoma Support & Networking Quarterly Meeting

● FC, Thu, Sep 5, 6:30-8pm

Come for an evening of open discussion and networking with Co-Facilitators David McGinness, MSW, LCSW, OSW-C and Rebecca Babb, MSN, APRN, CPNP-AC, CPHON. Registration is required.

Multiple Myeloma, Guest Speaker: Sam Lolak, MD

● FC, Tue, Sep 17, 11:45am-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Special guest speaker for September will be Life with Cancer Psycho-oncologist, Sam Lolak, MD who will talk about "Managing Emotional Distress." Facilitators: Drucilla Brethwaite, LCSW, Rebecca DiPatri RN, BSN OCN and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Sep 14, 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 or call 703.984.9379.

Pancreatic Cancer Support Group

● FO-LWC, Wed, Oct 2, 1-2:30pm

Join us on the first Wednesday of each month as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with the diagnosis and treatment. This group is only for patients. Facilitators: Karen Archer, MSW, LCSW, and Shairna Bluesteen, RN, BSN, OCN. Registration is required.

NEW!

Registration is required for all groups and programs

.....
If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

SUPPORT & NETWORKING (CONTINUED)

Spirituality Quest-Green Spring Gardens

GSG, Tues, Sept 10, 10:30am-12pm

Join us at Green Spring Gardens for our annual fall outing with an inspiring discussion, "Spiritual Reflections on 9/11 & How Nature can restore us". We'll meet at the picnic tables near the visitor parking lot. For directions, go to www.greenspring.org or call 703-642-5173. Please register by the preceding day.

Us Too Prostate Cancer Group

● FC, Tue, Sep 10, 7:30-9pm

Brian Fleming, a representative of the drug Lupron, will speak about the continued use of Lupron in PCa treatment, and take any questions on the use of Lupron. Please register.

Us Too Prostate Cancer Group

● LCSC, Tue, Sep 10, 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

● IAH-LWC, Thu, Sep 12, 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. Registration is required.

Weight Management after Breast Cancer Support Group

●★ FC, Mon, Sep 9*, 5-6pm

*Now meeting on Mondays and the 2nd week due to holiday. Achieving a healthy weight after your diagnosis and treatment for breast cancer can be challenging. Meet with others who share a similar challenge, learn strategies and gain support to help you achieve your goals. Registration is required through Registered Dietitian, Lauren Fay at lauren.fay@inova.org.



Women's Survivorship Group, <3 yrs.

● ILH-RO, Thu, Sep 12, 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. Facilitated by an Oncology Clinical Therapist and an Oncology Nurse Navigator.

Women's Survivorship Group, >3 yrs.

● FC, Tu, Sep 10, 6-7:30pm

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

Young Adult Group

● FC, Tue, Sep 24, 7-8:30pm*

*New time. 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: Shara Sosa, LCSW, OSW-C, and Eric Cohen, RN, BSN, OCN. Registration is required.

Young Women with Breast Cancer

●★ FC, Tue, Sep 17, 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. Facilitators: Shara Sosa, MSW, LCSW, OSW-C, and Miranda Gingrich, RN, BSN, OCN. If attending for the first time, please call 703.698.2522, Tu, Wed, or Fri. Registration is required.

Young Women with Breast Cancer

●★ FO-LWC, Wed, Sep 4, 6-7:30pm

Women with stage 0-3 breast cancer who are no more than 2 years post-treatment are invited to meet with others in their 20s, 30s and 40s to gather information and learn how to best navigate survivorship. Facilitators: Maureen Broderick, LCSW and Shairna Bluesteen, RN, BSN, OCN. If attending for the first time call Maureen Broderick, LCSW, 703-391-4180. Registration is required.

Young Women with Breast Cancer

●★ IAH-LWC, Tue, Sep 10, 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 call, 703.698.2522. Facilitators: Adrienne Bacchus, Med, MSW, LSW; and Carrie Friedman, RN, BS, OCN. Registration required.

Registration is required for all groups and programs

.....
If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Sep 9, 5:30-7pm

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



Curious about Cancer

● FC, Wed, Sep 11-Oct 23, 6-7pm

This 6-week group is for children 6-12, (1st grade-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 Michelle Bronzo, MA, LPC, CT at 703-698-2539 or michelle.bronzo@inova.org. No online registration.

Parent Night

● FC, Tue, Sep 24, 6-8:30pm

Dr. Amanda Thompson, psychologist from Children National Medical Center will present information on mental health during treatment. Childcare provided for children 2-12; dinner for all at 6 pm. To register email cathy.bottrell@inova.org or call 703.531-1515 and indicate how many family members will be attending.

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.

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
<p>2</p> <p><i>happy</i> LABOR DAY ★ ★ ★ ★</p> <p>Life with Cancer is Closed</p>	<p>3</p> <p>10am Acupuncture (FC) 10am Acupuncture (ISCI-LWC) 10am Total Body Conditioning (44084) 11am MBCR (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 7pm Zumba (FC)</p>	<p>4</p> <p>10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 12:30pm Acupuncture (ILH-Ste 242) 2pm Breast Surgery Pre-Op Class (ISCI-RR) 2:30pm Tai Chi (ISCI-LWC) 5:30pm Radiotherapy (ILH-PER) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Young Women with Br Ca (FO-LWC) 6:30pm Breast Cancer Group (FC) 6:30pm Lung Cancer Group (FC) 7pm Cutaneous Lymphoma (FC)</p>	<p>5</p> <p>9am Acupuncture (FO-LWC) 10am Total Body (44084 RP) 11:30am Buff Bones (FO-LWC) 1pm Mind Over Matter (FC) 1pm Gentle Yoga (FC) 2pm Meditation & Guided Imagery (FC) 4pm Meditation & Guided Imagery (ISCI-LWC) 4:30pm Acupuncture (FC) 6:30pm Melanoma & Networking Meeting (FC) 7pm Barre Tone (FC)</p>	<p>6</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC) 3:30pm Gentle Yoga (ISCI-LWC)</p> <p>7</p> <p>8</p>
<p>9</p> <p>10am Functional Fitness (FO-LWC) 12pm Look Good...Feel Better (ILH-RO) 1pm Healing through Art Therapy (FC) 1pm Restorative Yoga (ISCI-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Breast Surgery (FC) 5pm Weight Management after Br Ca (FC) 5:30pm Art Therapy for Teens (FC) 6pm Energy Therapies (FC) 6pm Evening Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC) 7pm Energy Therapies (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba (IAH-HEC 3-5)</p>	<p>10</p> <p>Coalesce II (FC) 10am Acupuncture (ISCI-LWC) 10am Acupuncture (FC) 10:30am Spirituality Quest (GSG) 10am Total Body (44084 RP) 10am Writing through Transitions (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 4pm Breast Surgery Class (ILH-PER) 6pm Caregiver Connection (ILH-RO) 6pm Prostate Cancer Group (LCSC) 6pm Tai Chi (FC) 6pm Women's Survivorship Group (FC) 6:30pm Young Women w/Br Ca (IAH-LWC) 7pm Drop-in MBCR (FC) 7pm Zumba (FC) 7:30pm Prostate Cancer Group (FC)</p>	<p>11</p> <p>9am Energy Therapies (ISCI) 10am Energy Therapies (ISCI) 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11am Chair Exercise (ISCI-LWC) 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Class (FO-LWC) 12:30pm Acupuncture (ILH-Ste 242) 2pm Chair-Based Exercise (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 5:30pm Breast Cancer Group (FO-LWC) 5:30pm Caregiver Connection (FO-D) 5:30pm Head and Neck Cancers Group (FC) 6pm Curious about Cancer (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6:30pm Latinos Unidos (IAH-LWC)</p>	<p>12</p> <p>9am Acupuncture (FO-LWC) 10am Total Body (44084 RP) 10am Journaling 101 (FO-RO) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 1pm Mind Over Matter (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation & Guided Imagery (FC) 4pm Meditation & Guided Imagery (ISCI-LWC) 4:30pm Acupuncture (FC) 5pm Ask a Dietitian (FC) 6pm Prostate Cancer Group (IAH-LWC) 6pm Women's Survivorship Group <3 yrs. (ILH-RO) 7pm Barre Tone (FC)</p>	<p>13</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>14</p> <p>10am Carcinoid Cancer Group (FC) 10:30am MDS Group (FC)</p> <p>15</p>
<p>16</p> <p>10am Functional Fitness (FO-LWC) 10am Leukemia & Lymphoma Group (FC) 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 Head and Neck Group (FO-RO) 6pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC 3-5)</p>	<p>17</p> <p>10am Writing through Transitions (FC) 10am Acupuncture (FC) 10am Acupuncture (ISCI-LWC) 10am Total Body (44084 RP) 11:45am Multiple Myeloma (FC) 12pm EZ Tai Chi (FC) 12pm Fighting Cancer with a Fork (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 5pm Managing Side Effects of Endocrine Therapy (FO-LWC) 6pm Tai Chi (FC) 6pm Energy Therapies (FO-LWC) 6pm Colorectal Cancer Group, Advanced Stage (FC) 6:30pm Young Women with Br Ca (FC) 6:30pm Drop-in Mindfulness (IAH-LWC) 7pm Energy Therapies (FO-LWC) 7pm Zumba (FC)</p>	<p>18</p> <p>10am Cardio & Core (44084 RP) 10am Pickleball (FC) 10:30am Cardio & Core (FO-LWC) 11am Chair Exercise (ISCI-LWC) 12:30pm Acupuncture (ILH-Ste 242) 2pm Breast Surgery Pre-Op Class (FC) 2pm Chair-Based Exercise (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 6pm Curious about Cancer (FC) 6pm Brain Tumor Group (FC) 6pm Book Group (FO-LWC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6:30pm Gathering for Sarcoma Survivors/Families (FC)</p>	<p>19</p> <p>9am Acupuncture Group (FO-LWC) 10am Total Body (44084 RP) 10am Journaling 101 (FO-RO) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 1pm Mind Over Matter (FC) 2pm Meditation & Guided Imagery (FC) 4pm Meditation & Guided Imagery (ISCI-LWC) 4:30pm Acupuncture (FC) 6pm Just for the Guys (IAH-LWC) 7pm Barre Tone (FC)</p>	<p>20</p> <p>Coalesce (FC) 10:30am Zumba Gold (44084 RP) 10:15am Restorative Yoga (FC) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga (FO-LWC) 1pm Knitting & Crocheting Circle (FC) 2:30pm Writing Your Life Stories (FC)</p> <p>21</p> <p>22</p>
<p>23</p> <p>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 Evening Gentle Yoga (44084 RP) 6pm Circle of Life (FC) 6:30pm Orientation (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC3-5)</p>	<p>24</p> <p>Coalesce II (FC) 10am Acupuncture (ISCI-LWC) 10am Acupuncture (FC) 10am Total Body (44084 RP) 10am Writing through Transitions (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Tai Chi (FC) 6pm Parent Night (FC) 7pm Young Adult Group (FC) 7pm Zumba (FC)</p>	<p>25</p> <p>9am Energy Therapies (ISCI) 10am Energy Therapies (ISCI) 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11am Chair Exercise (ISCI-LWC) 11am Joyful Belly Dance (FC) 12:30pm Acupuncture (ILH-Ste 242) 1pm Living w/ Advanced Disease (ILH-NBC) 2pm Chair-Based Exercise (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 5:30pm Breast Surgery Class (FO-LWC) 5:30pm Gynecologic Cancer Group (FC) 5:30pm Seminars for Survivors (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Curious about Cancer (FC) 6pm Energy Therapies (FC) 7pm Energy Therapies (FC)</p>	<p>26</p> <p>9am Acupuncture Group (FO-LWC) 10am Journaling 101 (FO-RO) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 1pm Breast Surgery Class (ILH-PER) 1pm Mind Over Matter (FC) 2pm Meditation and Guided Imagery (FC) 4pm Meditation and Guided Imagery (ISCI-LWC) 4:30pm Acupuncture (FC) 5pm Energy Therapies-Leesburg (44084 RP) 6:30pm Energy Therapies (44084 RP) 7pm Barre Tone (FC) 7:30pm Energy Therapies (44084 RP)</p>	<p>27</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>28</p> <p>9:30am Young Adult Ca Survivor Conf. (FC)</p> <p>29</p>
<p>30</p> <p>10am Breast Surgery Class (ISCI-RR) 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) 6pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC 3-5)</p>				