



Life with Cancer®

OCTOBER 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

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OCTOBER HIGHLIGHTS

Breast Cancer Survivors' Retreat

●★ NCC, Sat, Oct 26, 11am-3:30pm

Life with Cancer and Loudoun Breast Health Network are partnering to offer breast cancer survivors a day of education and fun! Dr. Colleen Blanchfield will be presenting on "Mood and Anxiety for Cancer". Enjoy opportunities for self-indulgence including: massage, makeup application, professional bra and wig fittings, and more. Light lunch. Space is limited and registration is required.

Breast Cancer Symposium

●★ ISCI, Sat, Oct 5, 9am-1:30pm

Network with experts in breast cancer & breast health. Attend interactive breakout sessions (mindfulness, nutrition, sexual health & genetics). Register early at inova.org/BC2019. There is no cost to attend this event but space is limited and registration is required. Breakfast & lunch will be provided. No registration through Life with Cancer.

Breast Cancer Symposium

Strength in Co-Survivorship, Pink Ribbon Brunch

● IAH, Sat, Oct 5, 9am-12pm

Enjoy a morning of engaging speakers, network with our experts in breast cancer and breast health, and nutrition tips for a healthy lifestyle. Significant others are welcome to attend a special session. There is no cost to attend. Register early at inova.org/pinkbrunch19.



Living Well with Advanced Breast Cancer Brunch

●★ FC, Friday, October 25, 9:30am-12pm

Dr. Lauren Mauro will provide updates on treatment options. Life with Cancer clinicians will present practical tools to help you live well with advanced breast cancer. Please register by 10/18. Brunch will be provided.

Seminars for Survivors: Managing Fear of Recurrence

● FC, Wed, Oct 30, 6:30-8pm

Neuropsychiatrist, Colleen Blanchfield, MD, will provide information related to fear of recurrence and how to best manage associated distress. She will provide help in knowing what it means to be on the mend and how to move forward.

COMING SOON!

Shine a Light on Lung Cancer

● FC, Thu, Nov 7, 6-8:30pm

Join us for this special event in honor of Lung Cancer Awareness Month. Listen to expert physician speakers discuss the latest and most state-of-the-art treatments for lung cancer. Dinner provided.

Waldenstrom's Macroglobulinemia Meeting

● FC, Sat, Nov 2, 10:30am-1:00pm

International Waldenstrom's Macroglobulinemia Foundation (IWMMF) and Leukemia and Lymphoma Society (LLS) are pleased to co-host this program featuring Life with Cancer Director and Oncology Social Worker, Drucilla Brethwaite who will present, "Building Resilience: Living Well in Survivorship." Please join us! Register at lukleppinger@outlook.com and provide your name, name(s) of guests, city, state, and zip code. No registration through Life with Cancer.

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.

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"

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.



INOVA®

Schar Cancer Institute

LOCATION KEY

- **44084 RP:** 44084 RP,
44084 Riverside Parkway,
Suite 400, Lower Level,
Leesburg, VA 20176
- **FC:** Life with Cancer
Family Center,
8411 Pennell Street,
Fairfax, VA 22031
www.lifewithcancer.org
- **FO-D:** Fair Oaks Cancer Center,
Lower Level,
Conference Room D,
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-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
- **ILH-Ste. 242:** Inova Loudoun Hospital,
44055 Riverside Parkway,
Suite 242,
Leesburg, VA 20176
- **ISCI:** Inova Schar Cancer Institute,
8081 Innovation Park Drive,
Fairfax, VA 22031
- **ISCI-LWC:** Inova Schar Cancer Institute,
Life with Cancer,
8081 Innovation Park Drive,
2nd Floor,
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
- **NCC:** National Conference Center,
18980 Upper Belmont Place,
Leesburg, VA, 20176

INFORMATION & EDUCATION

Orientation

- **FC, Thu, Oct 10, 11am-12pm**
 - **FC, Mon, Oct 28, 6:30-7:30pm**
 - **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 us at 703.698.2526 to arrange a personal session.

Ask a Dietitian

- **FC, Mon, Oct 14, 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 to clarify any confusion you may have. Registration is required.



Breast Surgery Pre-Op Class

- ★ **FC, Mon, Oct 7, 5-6:30pm**
 - ★ **FC, Wed, Oct 16, 2-3:30pm**
 - ★ **FO-LWC, Wed, Oct 9, 12:30-2pm**
 - ★ **FO-LWC, Wed, Oct 23, 5:30-7pm**
 - ★ **ILH-PER, Tue, Oct 8, 4-5:45pm**
 - ★ **ILH-PER, Thu, Oct 24, 1-2:45pm**
 - ★ **ISCI-LWC, Wed, Oct 23, 2-3:30pm**
 - ★ **ISCI-LWC, Tue, Oct 29, 10-11:30am**
- 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.

Chemotherapy Class

- **FC, Call 703.776.8768 for an appointment**
- An oncology nurse navigator will explain what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects and resources available during treatment and into survivorship. Registration is required.

Chemotherapy for Breast Cancer

- ★ **FC, Call 703.571-472-0744 for an appointment**
- See description, above. This appointment is specifically for individuals with breast cancer.

Colorectal Surgery Pre-Op Education

- **ILH-NBC, Wed, Oct 2, 4-5:30pm**
- If you are scheduled for Colorectal Surgery at Inova Loudoun Hospital, this class will help you prepare for surgery. You will receive an overview of what to expect from an oncology nurse navigator, an Ostomy Nurse, and a registered Dietitian. Family members may attend without registration. Instructor: Mary Kay Mecca RN, BSN, OCN. Registration is required; no exceptions. If you have questions please call Mary Kay at (703)858-6615.

Fighting Cancer with a Fork

- **FO-LWC, Tue, Oct 15, 12-1pm**
- Registered Dietitian, Sara Negron, MS, RD, CSO, will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.



Look Good...Feel Better

- **FC, Mon, Oct 21, 5-7pm**
- 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.

Making Healthcare Decisions: Advanced Care and Estate Planning

- **FC, Mon, Oct 28, 6:00-8pm**
- Attorney Craig Anderson, Esq., will discuss the need for estate planning, advance directives, wills or trusts and how you can prepare these documents before they are needed. Registration is required.

Registration is required for all groups and programs

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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.

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
- Irregular bowel movements
- Taste changes
- Nausea
- Weight loss/gain

INFORMATION AND EDUCATION (CONTINUED)

Survivorship Nutrition

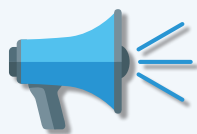
● FC, Wed, Oct 23, 5-6:30pm

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.

Survivorship Series for Young Women with Breast Cancer

●★ FO-RO, Tue, Oct 29-Nov 19, 6-7:30pm

As a young woman impacted by breast cancer, you may desire information tailored to address your specific needs and improve your quality of life during and after treatment. This program is a 4-part series that will provide information and support for women diagnosed with breast cancer before age 45. The program will cover topics such as sex and intimacy, early menopause, the late effects of treatment, and self-care after breast cancer. Life with Cancer is proud to partner with Living Beyond Breast Cancer on this program series. Facilitator: Shairna Bluesteen, RN, BSN, OCN.



Important Information for All Movement Classes

- 1. Registration:** Registration is required for all classes. Classes with fewer than 5 participants will be cancelled.
- 2. Cancelling Your Registration:** If you cannot attend a class/group for which you are registered, CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.
- 3. 2019 Waivers:** Please complete new Physical Activity Waivers for all new fitness classes you attend in 2019. You'll find the waiver at lifewithcancer.org. Hover over the "Register for a Class" tab then click on the third item down, "Class Forms". The physical-activity-waiver-fill in is at the bottom of the list.
- 4. Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies):** Please consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or online at www.lifewithcancer.org/donate. Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship.

MOVEMENT

Barre Tone

● FC, Thu, Oct 3-31, 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, Oct 3-31*, 11:30am-12:30pm

*There will be no class on October 19. Fun and functional, these workouts 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

● 44084 RP, Wed, Oct 2-30, 10-11am

● FO-LWC, Wed, Oct 2-30, 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, Oct 3-24, 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.



Cross-Train Challenge

● FC, Wed, Oct 2-23, 3-3:45pm

If you crave variety this is the class for you! Fusing 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, Oct 7-28, 6-7:30pm

● FC, Mon, Oct 7-28*, 7-8:30pm

● FO-LWC, Mon, Oct 7-21, 7-8:30pm

*No class on October 14. 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, Oct 1-29*, 12-1pm

*There will be no class on October 8. 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, Oct 21 and 28, 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, Oct 3-31, 1-2pm

● IAH-HEC 3-5, Mon, Oct 7-21, 4-5:30pm

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.



Joyful Belly Dance

● FC, Wed, October 9, 11am-12pm

Lose 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.

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)

Keeping Fit

● **FC, Mon, Oct 7-21, 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.

Launch into Fitness

(Formerly Chair-Based Exercise)

● **FC, Mon, Oct 7-21, 2-2:45pm**

● **FC, Wed, Oct 2-23, 2-2:45pm**

● **ISCI-LWC, Wed, Oct 2-23, 11-11:45am**

An energizing workout combining cardio, strength and flexibility all modified to accommodate anyone with balance issues, recent surgeries, or is just getting back into exercise. Participants move at their own pace. Chairs are provided so that the class can be done while seated or standing. Registration is required.

Mindful Movement

● **FC, Tue, Oct 1-29, 6-7pm**

Enjoy the added benefit of mindfulness while gently working out specific muscle groups. Relieve pent-up muscle tension with targeted stretches and increased awareness of physical sensation & breath. Exercises can be done standing or sitting in a chair; you do not have to get on the floor for this class. Registration is required.

Pickleball

● **FC, Wed, Oct 16, 10-11:30am**

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 workout while having fun! Paddles and balls provided. Please wear tennis shoes (or a good pair of athletic shoes). Registration is required. Class is limited to 8 participants.



Restorative Yoga

● **44084 RP, Fri, Oct 4-25, 12-1:30pm**

● **FC, Fri, Oct 4-25, 10:15-11:45am**

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.

Tai Chi

● **FC, Tue, Oct 1-29*, 6-7pm**

● **ISCI-LWC, Wed, October 2 and 16, 2:30-3:30pm**

*There will be no class on October 22. This ancient practice embodies China's most

profound concepts and principles of health and movement. Based on softness and awareness (rather than force and resistance) it has been recognized for thousands of years as both a method of self-cultivation and form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This class will teach basic movements. Registration is required.

Total Body Conditioning

● **44084 RP, Tu, Oct 1-29, 10-11am**

● **44084 RP, Thu, Oct 3-31, 10-11am**

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

Yin Yoga for Those in Treatment

● **FO-LWC, Fri, Oct 4-25, 1-2:30pm**

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

Yoga Sculpt

● **FO-LWC, Tue, Oct 1-29, 1-2pm**

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

Zumba

● **44084 RP, (Gold) Fri, Oct 4-25, 10:30-11:30am**

● **FC, Tue, Oct 8-29*, 7-8pm**

● **IAH-HEC 3-5, Mon, Oct 7-28, 7-8pm**

*There will be no class on October 22. 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.

Acupuncture at Life with Cancer



To schedule an appointment call
703.698.2526.

LOCATIONS:

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

Life with Cancer, Fair Oaks
3580 Joseph Siewick Drive
LL, Suite 005, Fairfax, VA 22033

Life with Cancer
Inova Schar Cancer Institute
8081 Innovation Park Drive
Fairfax, VA 22031

Life with Cancer, Leesburg
44055 Riverside Parkway, Ste. 242
Leesburg, VA 20176

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.

Registration is required for all groups and programs

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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

Drop-In Mindfulness-Based Cancer Recovery Group

- FC, Tue, Oct 1, 11am-12pm
- FC, Tue, Oct 8, 7-8pm
- IAH-LWC, Tue, Oct 15, 6:30-7:30pm

For those that completed the 6-session Mindfulness-Based Cancer Recovery Program or Mindfulness for Healthy Living, 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. Facilitator: Tuesday- Michelle Ferretti, LCSW, OSW-C; Thursday- Micheline Toussaint, LCSW, RYT, OSW-C; IAH- Adrienne Bacchus, LCSW. Registration is required.

Drop-In Writing Your Life Stories Monthly Group

- FC, Fri, Oct 18, 2:30-4pm

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



Energy Therapies

- FC, Mon, Oct 14, 6-7pm and 7-8pm
- FC, Wed, Oct 23, 6-7pm and 7-8pm
- 44084 RP, Thu, Oct 24, 5-6pm, 6:30-7:30pm, 7:30-8:30pm
- ISCI-LWC, Wed, Oct 9 and 23, 9-10am and 10-11am
- FO-LWC, Tue, Oct 15, 6-7pm and 7-8pm

Registration opens on specific days (see the online calendar). Patients and one support person may 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 a 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. 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.

Healing through Art Therapy

- FC, Mon, Oct 14, 1-3:30pm

Registration begins 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 art with a variety of media and approaches. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend. Facilitator: Sarah Schmidt, MA, LPC, ATR-BC. 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.



Journaling 101

- FO-RO, Thu, Oct 3-17, 10am-12pm
- Class continues for those already registered.

Knitting & Crocheting Circle

- FC, Fri, Oct 4 & 18, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us to work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. 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.



Meditation and Guided Imagery

- FC, Thu, Oct 3-31, 2-3pm
- ISCI-LWC, Thu, Oct 10 and 24, 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. 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.

Mind Over Matter

- FO-RO, Tue, Oct 1-29, 6-7:30pm
- ILH-NBC, Tue, Oct 15-Nov 12, 2-3:30pm
- IAH-LWC, Wed, Oct 2-30, 2-3:30pm

This 5-session program uses evidence-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. Facilitators: FO-Maureen Broderick, MSW, LCSW & Karen Archer, MSW, LCSW ; ILH-Elise

Schneider, MSW, LCSW & Courtney Weaver, MSW, LCSW; IAH-David McGinness, MSW, LCSW, OSW-C. Registration required.

Mind Over Matter

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

Class continues for those already registered.

Mindfulness for Healthy Living

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

Class continues for those already registered.

Mindfulness-Based Cancer Recovery

- FC, Wed, Oct 16-Dec 4*, 2:30-4pm

*There will be no group on November 26.

Learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health and well-being. Requirements for registration: Attendance at orientation 10/16 at 2:30 pm; purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice. Space is limited. Facilitators: Michelle Ferretti, LCSW, OSW-C, and Teassa Eddy, MSW, LCSW. Registration is required.

Writing Through Transitions

- FC, Tue, Oct 1-15, 10am-12pm

Class continues for those already registered.

Zentangle

- 44084 RP, Tue, Oct 8, 1:30-3pm

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



SUPPORT & NETWORKING

Brain Tumor Support Group

- FC, Wed, Oct 16, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant brain tumors at this monthly meeting. Facilitators: Sarah Schmidt, MA, LPC, ATR-BC, and Ashley Thompson, BSN, RN, OCN. Registration is required.

Registration is required for all groups and programs

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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)

Breast Cancer Support Group

●★ FC, Wed, Oct 2, 6:30-8:00pm

●★ FO-LWC, Wed, Oct 9, 5:30-7pm

●★ IAH-LWC, Mon, Oct 21, 5:30-7pm

●★ ILH-RO, Mon, Oct 28, 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: FC- Laura Kaminski & Tyler Pudleiner; FO- Maureen Broderick and Katie Hegarty; IAH- Adrienne Bacchus; ILH- Christine Stone, Elise Schneider. Registration required.

Carcinoid Cancer Group

● FC, Sat, Oct 12, 10am-12pm

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

Caregiver Connection

● ILH-RO, Tue, Oct 8, 6-7:30pm

● FC, Mon, Oct 14, 7-8:30pm

● FO-D, Wed, Oct 9, 5:30-7pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Facilitators: Karen Archer, LCSW and Shairna Bluesteen, RN, BSN, OCN. Registration required.



Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Oct 4-25, 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, Shara Sosa, LCSW, OSW-C: sosa@inova.org, 703.698.2522, Tuesdays, Wednesdays and Fridays.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Oct 8 & 22, 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, 703.698.2521 on Tuesdays and Wednesdays.

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Oct 15, 6-7:30pm

This support 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, Sat, Oct 12, 10am-12pm

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

Good Grief

● FC, Tue, Oct 1-Nov 5, 7:15-9pm

Group continues for those already registered. For information on next eight-week bereavement group contact Darah.Curran@inova.org.

Gynecologic Cancer Group

● FC, Wed, Oct 23, 5:30-7pm

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

Head and Neck Cancers Group

● FC, Wed, Oct 9, 5:30-7pm

● FO-RO, Mon, Oct 21, 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. FC facilitators: Lauren Broschak, MSW, LCSW, and Kate Skoczylas, RN, BSN, OCN. FO-RO facilitators: Maureen Broderick, LCSW, and Amy Bohoslav, BSN, RN, OCN. Registration is required.

Just for the Guys Support Group

● IAH-LWC, Thu, Oct 17, 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, Oct 21, 10-11:30am

Patient and/or their caregivers are invited to meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Facilitators: Sarah Brooks, LCSW, and Jillian Powers, BSN, RN, OCN. Registration is required by previous Friday.

Living with Advanced Disease

● FO-LWC, Thu, Oct 10, 1-2:30pm

● ILH-NBC, Wed, Oct 23, 1-2:30pm

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

Lung Cancer Group

● FC, Wed, Oct 2, 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.

Multiple Myeloma: Open Discussion

● FC, Tue, Oct 15, TBD

Our meeting time has changed.

Check the online calendar for

new time. 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. Registration is required.

Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Oct 12, 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.



Registration is required for all groups and programs

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SUPPORT & NETWORKING (CONTINUED)

Spirituality Quest: Walking the Labyrinth, Walking your Spiritual Journey

● FC, Tue, Oct 8, 10:30am-12pm

Join us as we continue on our spiritual journey and discipline of self-discovery. "Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation; continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing of courage, of beauty, of wisdom, of power, of dignity, and of love." -Caroline Adams. Facilitator: Chaplain, Enyonam Tetteh. Registration is required.



Us Too Prostate Cancer Group

● FC, Tue, Oct 8, 7:30-9pm

Noted journalist Bob Rosenblatt will speak on the "Status of US Drug Prices for Prostate Cancer Treatment." Bob is a prostate cancer survivor and a member of our support group. He also is a news media blogger and former newspaper reporter on various medical issues, especially prostate cancer. After his presentation he will take questions from the attendees on prostate cancer drug prices. Please register

Us Too Prostate Cancer Group

● LCSC, Tue, Oct 8, 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, Oct 10, 6-7:30pm

This monthly group includes a presentation by a physician or other health professional followed by an opportunity to share with and learn from other survivors both in and out of treatment. 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, Wed, Oct 2, 5-6pm

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, Less than 3 yrs.

● ILH-RO, Thu, Oct 10, 6-7:30pm

For women who are in maintenance therapy or have completed treatment for any type of cancer less than three years ago. 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 Ackerman, MSW, LCSW, and Christine Stone, RN, MSN, OCN. Registration is required.

Young Adult Group

● FC, Tue, Oct 22, 7-8:30pm

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, Oct 15, 6:30-8pm

●★ FO-LWC, Wed, Oct 2, 6-7:30pm

●★ IAH-LWC, Tue, Oct 8, 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. FC facilitators: Shara Sosa, MSW, LCSW, OSW-C, and Miranda Gingrich, RN, BSN, OCN. IAH facilitators:

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.

Adrienne Bacchus, MEd, MSW, LCSW, and Carrie Friedman BSN, RN, OCN. If attending for the first time, please call Adrienne Bacchus at 703.504.7921. FO-LWC facilitators: Facilitators: Maureen Broderick, MSW, LCSW, and Katie Hegarty, RN, BSN, OCN. If attending for the first time call Maureen Broderick at 703-391-4180. Registration required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Oct 14, 5:30-7pm

Explore your creative side using a variety of techniques and materials. Artistic ability is NOT necessary - just a willingness to have some fun and make art with other teens who are also impacted by cancer.

To register contact Sarah.Schmidt@inova.org or call 703.776-2403. Registration is required. If you cannot attend a class/group for which you are registered, CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.



Curious about Cancer for SIBLINGS

● FC, Thu, Oct 3-24*, 6-7pm

* There will be no group on October 10.

Group continues for those already registered. For more information about an upcoming group contact Michelle Bronzo, MA, LPC, CT at 703-698-2539 or michelle.bronzo@inova.org.

Curious about Cancer for PARENTS

● FC, Wed, Oct 2-23*, 6-7pm

* There will be no group on October 9.

Group continues for those already registered. For more information about an upcoming group contact Michelle Bronzo, MA, LPC, CT at 703-698-2539 or michelle.bronzo@inova.org.

Pediatric Oncology Parent Night Halloween Party

● FC, Tue, Oct 22, 6:00-8:30pm

Halloween Party -Pediatric oncology families of all ages, on and off treatment are welcome. Come in costume for dinner, games, fun and treats. RSVP DCCandlelighters@gmail.com, 202-747-7191 OR Cathy Bottrell 703-531-1515, Cathy.Botrell@Inova.org.



Registration is required for all groups and programs

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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.

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 10am Acupuncture (ISCI-LWC) 10am Acupuncture (FC) 10am Total Body Conditioning (44084 RP) 10am Writing Through Transition (FC) 11am Drop-In MBCR Group (FC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 6pm Mindful Movement (FC) 6pm Mind Over Matter (FO-RO) 6pm Tai Chi (FC) 7:15pm Good Grief (FC)	2 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11am Launch into Fitness (ISCI-LWC) 12:30pm Acupuncture (ILH-Ste 242) 1pm Pancreatic Cancer Group (FO-LWC) 2pm Launch into Fitness (FC) 2pm Mind Over Matter (IAH-LWC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 4pm Colorectal Surgery Pre-op (ILH-NBC) 5pm Weight Management after Br Ca Group (FC) 6:30pm Breast Cancer Support Group (FC) 6pm Curious about Cancer for PARENTS (FC) 6pm Mindfulness for Healthy Living (IAH-LWC) 6pm Young Women with Br Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC)	3 9am Acupuncture (FO-LWC) 10am Journaling 101 (FO-RO) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Mind Over Matter (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture (FC) 6pm Curious about Cancer for SIBLINGS (FC) 7pm Barre Tone (FC)	4 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 for Those in Treatment (FO-LWC) 5 9am Breast Cancer Symposium (ISCI) 9am Breast Cancer Symposium (IAH) 6
7 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Breast Surgery Pre-Op Class (FC) 6pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba (IAH-HEC 3-5)	8 Coalesce II Group (FC) 10am Acupuncture (FC) 10am Acupuncture (ISCI-LWC) 10am Total Body Conditioning (44084 RP) 10am Writing through Transition (FC) 10:30am Spirituality Quest: Labyrinth (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Caregiver Connection (ILH-RO) 6pm Mindful Movement (FC) 6pm Mind Over Matter (FO-RO) 6pm Tai Chi (FC) 6pm Us Too, ILH (LCSC) 6:30pm Young Women with Br Cancer (IAH-LWC) 7pm Drop-In MBCR (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer Group (FC)	9 9am Energy Therapies (ISCI-LWC) 10am Cardio & Core (44084 RP) 10am Energy Therapies (ISCI-LWC) 10:30am Cardio & Core (FO-LWC) 11am Chair Exercise (ISCI-LWC) 11am Launch into Fitness (ISCI-LWC) 11am-12pm Joyful Belly Dance (FC) 12:30pm Acupuncture (ILH-Ste 242) 12:30pm Breast Surgery Pre-Op (FO-LWC) 2pm Launch into Fitness (FC) 2pm Mind Over Matter (IAH-LWC) 3pm Cross-Train Challenge (FC) 5:30pm Breast Cancer Support Group (FO-LWC) 5:30pm Caregiver Connection (FO-D) 5:30pm Head and Neck Cancers Group (FC)	10 9am Acupuncture (FO-LWC) 10am Journaling 101 (FO-RO) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 4pm Meditation and Guided Imagery (ISCI-LWC) 4:30pm Acupuncture: Family Center (FC) 6pm Us Too, Prostate Group (IAH-LWC) 6pm Women's Survivorship Group, <3 yrs. (ILH-RO) 7pm Barre Tone (FC)	11 Coalesce 2019: An Advanced Breast Cancer Group (FC) 10:15am Restorative Yoga, FC (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga, ILH (44084 RP) 1pm Yin Yoga for Those in Treatment (FO-LWC) 12 10am Carcinoid Cancer Group (FC) 10am Cutaneous Lymphoma Group (FC) 10:30am MDS Support Group (FC) 13
14 1pm Healing through Art Therapy (FC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Ask a Dietitian (FC) 5:30pm Art Therapy Group 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)	15 Multiple Myeloma (FC) 10am Acupuncture (FC) 10am Acupuncture (ISCI-LWC) 10am Total Body Conditioning (44084 RP) 10am Writing Through Transition (FC) 12pm EZ Tai Chi (FC) 12pm Fighting Cancer with a Fork (FO-LWC) 1pm Yoga Sculpt (FO-LWC) 2pm Mind Over Matter (ILH-NBC) 6pm Colorectal Cancer Support Group (FC) 6pm Energy Therapies (FO-LWC) 6pm Mindful Movement, FC (FC) 6pm Mind Over Matter (FO-RO) 6pm Tai Chi (FC) 6:30pm Drop-In MBCR Group (IAH-LWC) 6:30pm Young Women with Breast Cancer (FC) 7pm Energy Therapies (FO-LWC) 7pm Zumba (FC) 7:15pm Good Grief (FC)	16 10am Cardio & Core (44084 RP) 10am Pickle ball (FC) 10:30am Cardio & Core (FO-LWC) 11am Launch into Fitness (ISCI-LWC) 12:30pm Acupuncture, (ILH-Ste 242) 2pm Breast Surgery Pre-Op Class (FC) 2pm Launch into Fitness (FC) 2pm Mind Over Matter (IAH-LWC) 2:30pm MBCR (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 6pm Brain Tumor Support Group (FC) 6pm Curious about Cancer for PARENTS (FC)	17 9am Acupuncture (FO-LWC) 10am Journaling 101 (FO-RO) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture: Family Center (FC) 6pm Curious about Cancer for SIBLINGS (FC) 6pm Just for the Guys (IAH-LWC) 7pm Barre Tone (FC)	18 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 for Those in Treatment (FO-LWC) 2:30pm Drop-In Writing Your Life Stories (FC) 19 20
21 10am Functional Fitness (FO-LWC) 10am Leukemia and Lymphoma Group (FC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm 2019 Look Good...Feel Better (FC) 5:30pm Breast Cancer Support Group (IAH-LWC) 6pm Evening Gentle Yoga (44084 RP) 6pm Head and Neck Group (FO-RO) 7pm Evening Gentle Yoga (FO-LWC) 7pm Evening Gentle Yoga, FC (FC) 7pm Zumba (IAH-HEC 3-5)	22 Coalesce II (FC) 10am Acupuncture (ISCI-LWC) 10am Acupuncture (FC) 10am Total Body Conditioning (44084 RP) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 2pm Mind Over Matter (ILH-NBC) 6pm Peds-Onc Halloween Party (FC) 6pm Mindful Movement (FC) 6pm Mind Over Matter (FO-RO) 6pm Tai Chi (FC) 7pm Young Adult Group (FC) 7:15pm Good Grief (FC)	23 9am Energy Therapies (ISCI-LWC) 10am Energy Therapies (ISCI-LWC) 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11am Launch into Fitness (ISCI-LWC) 12:30pm Acupuncture (ILH-Ste 242) 1pm Living with Advanced Disease (ILH-NBC) 2pm Breast Surgery Pre-Op Class (ISCI-LWC) 2pm Launch into Fitness (FC) 2pm Mind Over Matter (IAH-LWC) 2pm Mind Over Matter (FC) 3pm Cross-Train Challenge (FC) 5pm Survivorship Nutrition (FC) 5:30pm Breast Surgery Pre-Op Class (FO-LWC) 5:30pm Gynecologic Cancer Group (FC) 6pm Curious about Cancer for PARENTS (FC) 6pm Energy Therapies (FC) 7pm Energy Therapies (FC)	24 9am Acupuncture (FO-LWC) 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Breast Surgery Pre-Op (ILH-PER) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 4pm Meditation and Guided Imagery (ISCI-LWC) 4:30pm Acupuncture (FC) 5pm Energy Therapies (44084 RP) 6pm Curious about Cancer for SIBLINGS (FC) 6:30pm Energy Therapies (44084 RP) 7pm Barre Tone (FC) 7:30pm Energy Therapies (44084 RP)	25 Coalesce (FC) 9:30am Living Well w/ Advanced Br Ca Branch (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga for Those in Treatment (FO-LWC) 26 11am Breast Cancer Survivors' Retreat (NCC) 27
28 10am Functional Fitness (FO-LWC) 2pm Launch into Fitness (FC) 5:30pm Breast Cancer Support Group (ILH-RO) 6pm Evening Gentle Yoga (44084 RP) 6:00pm Making Healthcare Decisions (FC) 6:30pm Orientation (FC) 7pm Evening Gentle Yoga (FC) 7pm Zumba (IAH-HEC 3-5)	29 10am Acupuncture (ISCI-LWC) 10am Acupuncture (FC) 10am Breast Surgery Pre-Op (ISCI-LWC) 10am Total Body Conditioning (44084 RP) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 2pm Mind Over Matter (ILH-NBC) 6pm Mind Over Matter (FO-RO) 6pm Mindful Movement (FC) 6pm Tai Chi (FC) 6pm Survivor Series for Yo Wom w/Br Ca (FO-RO) 7pm Zumba (FC) 7:15pm Good Grief (FC)	30 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 12:30pm Acupuncture (ILH-Ste 242) 2pm Launch into Fitness (FC) 2pm Mind Over Matter (IAH-LWC) 2:30pm MBCR (FC) 6pm Curious about Cancer for PARENTS (FC) 6:30pm Seminars for Survivors Fear of Recurrence (FC)	31 9am Acupuncture (FO-LWC) 10am Total Body Conditioning (44084 RP) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 4:30pm Acupuncture (FC) 7pm Barre Tone (FC)	