



# Life with Cancer®

JANUARY 2020

## 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

|                            |         |
|----------------------------|---------|
| Highlights                 | Pgs 1-2 |
| Education                  | Pgs 2-3 |
| Fitness                    | Pgs 3-4 |
| Stress Reduction           | Pg 5    |
| Support and Networking     | Pgs 6-7 |
| Children, Teens, & Parents | Pg 7    |

## HIGHLIGHTS

### Breast Cancer Rehabilitation Program: A Six-Week Series

●★ Tuesdays, Jan 14-Feb 18, 2020  
6-7:30pm

Life with Cancer Family Center

Participants must be out of active treatment.

Registration is required. We recommend one registers for the complete series.

### Survivorship & Surveillance

Learn what to expect as you transition from breast cancer treatment to survivorship. An oncology nurse navigator will review active surveillance, scan criteria, and follow up guidelines. We'll discuss endocrine therapy & tips for managing associated side effects. Facilitated by Laura Kaminski, BSN, RN, OCN.

### Coping with the Emotional Impact of Survivorship

Survivorship can bring on unanticipated emotional reactions including anxiety. Through this interactive experience, you will gain further insight and understanding into emotions many experience when transitioning into survivorship, contributing factors, and techniques to help manage and cope. Facilitator: Lauren Broschak, MSW, LCSW.

### The Role of Physical Therapy, Occupational Therapy and Speech-Language Pathology in Your Recovery and Survivorship

Do you feel you are "living with the side effects" of your cancer and the effects of all the treatments you have had? Do you have pain, peripheral neuropathy, lymphedema, loss of range of motion and/or strength, impaired coordination, balance, or cognition? This presentation will help you gain a better understanding of therapy options available to you to help you return to your best self. Facilitated by Theresa Bell, MSPT, CLT-LANA.

February classes are listed on the online calendar.

### Surviving the Winter Doldrums

● FC, Tue, Jan 7, 7-8:30pm

After the celebrations of the holiday season have passed, we may dread the long, winter months that stretch ahead of us. In this

workshop, Sarah Brooks, LPC, will discuss strategies for coping with these 'winter doldrums,' and discover ways to bring light, movement, and optimism into the cold winter days.

### Mindfulness for Healthy Living – An Eight-Week Course

● IAH-LWC, Wed, Jan 15-Mar 4, 6:30-8pm

Meditation helps us to increase our energy and build confidence while we ease into disengagement 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 us to experience and integrate key mind-body connections. Please obtain the book: "25 Lessons in Mindfulness" by Rezvan Ameli, Ph.D. Everyone is welcome no matter your spiritual practice or physical ability. Instructor: Nancy Miller, M.Ac., L.Ac., Dipl.Ac. Registration is required.

### Level I Reiki Training Workshop

● FC, Sat, Jan 4, 9:30am-4pm

Reiki is well known for helping to reduce pain and promote recovery from injuries, illness, disease, and depression. Reiki can also help to maintain a state of inner balance and wellness on all levels of the mind, body,



### Weather Policy

Information about cancellations due to inclement weather or an area emergency can be obtained by calling  
**703.698.2520**

Class cancellations do not always follow local public school closings.

To verify Life with Cancer is open check the Cancellations Page at  
**lifewithcancer.org**

### 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.



## LOCATION KEY

- **44055 RP:** 44055 RP, 44055 Riverside Parkway, Suite 424, Lower Level, Leesburg, VA 20176
- **44084 RP:** 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 [www.lifewithcancer.org](http://www.lifewithcancer.org)
- **FO-D:** Fair Oaks Cancer Center, Conference Room D, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- **FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, 3580 Joseph Siewick Drive, Lower Level, Suite 005, Fairfax, VA 22033
- **FO-RO:** Fair Oaks Cancer Center, Radiation Oncology, 3580 Joseph Siewick Drive, Lower Level, Suite 001, Fairfax, VA 22033
- **HEC:** Hylton Education Center, Sentara Northern Virginia Medical Center, 2300 Opitz Blvd, Woodbridge, VA, 22191
- **IAH-HEC 3-5:** Inova Alexandria Hospital Health Education Center, 4320 Seminary Road, Alexandria, VA 22304
- **IAH-LWC:** Inova Alexandria Hospital, Life with Cancer Office, 4320 Seminary Road, Suite 1.NE.5.4, Alexandria, VA 22304
- **ILH-NBC:** ILH Natural Birth Center, 44055 Riverside Parkway, Suite 110, Leesburg, VA, 20176
- **ILH-PER :** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA 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

## HIGHLIGHTS (CONTINUED)

spirit, and emotions. Level I training primarily focuses on the self and self-healing. Class topics include: The History of Reiki Jin Kei Do; Receiving energy attunements that enable a person to channel Reiki energy; Introduction to Meditation; A form of Qigong – a Chinese form of physical exercise similar to Tai Chi; Training in self-treatment of the body and chakras; Six-point awareness meditation which trains the mind to focus; Learning seated treatment for treating the body and chakras of others. Bring your lunch. Space is limited and registration is required.

### Your Brain on Ink

● **FC, Tue, Jan 14-Feb 18, 10am-12pm**  
The ancient art of creating a keeping a journal meets the newer findings in neuroscience. Our brains can and do change and we can use that knowledge to create and reinforce the pathways that lead to greater resilience and improved well-being. Learn how to use your pen and journal in service of your intention, attention, and action. Chemo and/or radiation brain strategies are discussed. You are not asked to share your writing. I teach a sharing process that preserves privacy. There is a \$15 materials fee for the cost of the workbook.

### Art Therapy Series: Honoring Your Journey

● **FC, Mon, Jan 27-Mar 9\*, 1-3:30pm**

\*Note: No group on 2/10. Discover the power of your creativity, intuition, and resilience through this 6-week art therapy group for those who are currently in treatment or out of treatment within 2 years. This group provides opportunities for connection, integration of the mind and body, and reflection through art therapy and mindfulness approaches. Artistic ability is not necessary, just a willingness to explore and be a part of a supportive, creative community. Attendance at each session is recommended as each week will build on the week prior. Facilitator: Sarah Schmidt, MA, LPC, ATR-BC. Registration is required.



## EDUCATION

### Orientation to Life with Cancer

● **FC, Thu, Jan 9, 11am-12pm**

● **FC, Mon, Jan 27, 6:30-7:30pm**

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

### Ask a Dietitian

● **FC, Mon, Jan 6, 5-6pm**

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Registered Dietitian, Lauren Fay, will be available to answer your nutrition-related questions. She will provide evidence-based answers to clarify any confusion you may have. Registration is required.



### Diet and Inflammation

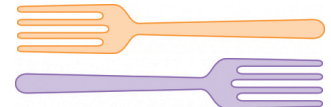
● **FC, Wed, Jan 29, 5-6pm**

Have you heard of an "anti-inflammatory" diet? Registered Dietitian, Lauren Fay, will review how diet can impact inflammation in your body, and how this has the ability to impact your disease risk and overall health. Registration is required.

### Fighting Cancer with a Fork

● **FO-RO, Tue, Jan 21, 12-1pm**

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

## 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
- Nausea
- Weight loss/gain
- Taste changes

## EDUCATION (CONTINUED)

### Look Good...Feel Better

● FC, Tue, Jan 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 should not register. Register at <https://lookgoodfeelbetter.org/>. If you do not see this class listed on the site, that means this class is full.

### Survivorship Nutrition

● FC, Wed, Jan 22, 5-6:30pm

Do you know the American Institute for Cancer Research recommendations for survivorship nutrition? Registered Dietitian, Lauren Fay, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence. Includes a cooking demonstration! Registration is required.

### Breast Surgery Pre-Op Class

●★ FC, Tue, Jan 7, 5-6:30pm

●★ FC, Wed, Jan 15, 2-3:30pm

●★ FO-LWC, Mon, Jan 6, 12:30-2pm

●★ FO-LWC, Wed, Jan 22, 5:30-7:15pm

●★ FO-LWC, Wed, Jan 29, 12:30-2pm

●★ ILH-RO, Tue, Jan 14, 4-5:45pm

●★ ILH-PER, Thu, Jan 23, 1-2:45pm

●★ ISCI-RR, Fri, Jan 24, 10-11:30am

●★ ISCI-RR, Tue, Jan 28, 5-6:30pm

An oncology nurse navigator will explain 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.

### Colorectal Surgery Pre-op Education

● ILH-PER, Wed, Jan 8, 4-5:30pm

If you are scheduled for colorectal surgery at Inova Loudoun Hospital, this class will help you prepare. An oncology nurse navigator, an ostomy nurse, and a registered dietitian will present an overview of what to expect. Family members may attend without registration. Facilitator: Mary Kay Mecca RN, BSN, OCN. Questions? Contact [MaryKay.Mecca@Inova.org](mailto:MaryKay.Mecca@Inova.org) or call 703.858-6615.

### Chemotherapy Class

● ISCI, Call 571.472.0744 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

●★ ISCI, Call 71.472.0744 for an appointment

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

## FITNESS

### Barre Tone

● FC, Thu, Jan 9-30, 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, Jan 9-30, 11:30am-12:30pm

Fun and functional, these workouts help 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, Jan 8-29, 10:30am-11:30pm

● 44084 RP, Wed, Jan 8-29, 10-11am

Using your own body weight and light resistance, this class will help build endurance, and stamina, while strengthening all the muscles that make up your core. If you're looking to get your heart and total body stronger, this class is for you! Registration is required.

### Cardio Drumming

● FC, Thu, Jan 2-30, 10:30-11:15am

Combining drumming, cardio and strength training, Cardio Drumming is an energetic, full-body, 45-minute workout. Registration is required.



### Evening Gentle Yoga

● 44084 RP, Mon, Jan 6, 13, and 27\*,

6:30-7:30pm

● FC, Mon, Jan 6 and 27, 7-8:30pm

● FO-LWC, Mon, Jan 6, and 13, 7-8:30pm

\*LWC is closed on Mon, Jan 20. This class is best for those in active treatment or recovering from surgery. Blending gentle movement, breathing, and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Please bring a blanket and a small towel. Registration is required.



## Important Information for All Fitness 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. 2020 Waivers:** You will be asked to complete new Physical Activity Waiver for all new fitness classes you attend in 2020.
- 4. Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies):** please consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or online at [www.lifewithcancer.org/donate](http://www.lifewithcancer.org/donate). Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship.

### EZ Tai Chi

● FC, Tue, Jan 7-28, 12-1pm

Using the "Harvard Medical School Guide to Tai Chi" protocol, 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.

### Fitness Cornucopia

● FC Wed, Jan 8-29, 3-3:45pm

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

## Oncology Massage

### Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Call 703.698.2526

### Life with Cancer Studio

44084 Riverside Pkwy, LL, Suite 400

Leesburg, VA 20176

Call 703.851.0995 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.
- 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.

## FITNESS (CONTINUED)

### Functional Fitness

● **FO-LWC, Mon, Jan 6, 13, and 27\*, 10-11am**  
\*LWC is closed on Mon, Jan 20. Using resistance equipment, body weight, and different movement patterns you'll build strength, cardio, flexibility, and balance. Registration is required.

### Gentle Yoga

● **FC, Thu, Jan 9-30, 1-2pm**  
● **IAH-HEC 3-5, Mon, Jan 6 and 13, 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, Jan 22, 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. It's an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

### Keeping Fit

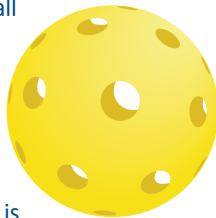
● **FC, Mon, Jan 6, 13 and 27\*, 3-4pm**  
\*LWC is closed on Mon, Jan 20. If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got a perfect class! Registration is required.

### Launch into Fitness

● **FC, Mon, Jan 6, 13 and 27\*, 2-2:45pm**  
● **FC, Wed, Jan 8-29, 2-2:45pm**  
\*LWC is closed on Mon, Jan 20. An energizing workout combining cardio, strength, and flexibility all modified to accommodate anyone with balance issues, recent surgeries or are 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.

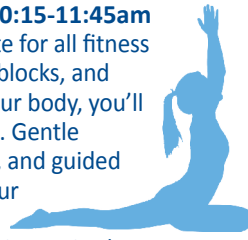
### Pickleball

● **FC, Wed, Jan 15, 10-11:30am**  
Helen White, USA Pickleball Association District Ambassador, and breast cancer survivor 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. The class is limited to 8 participants.



### Restorative Yoga

● **44084 RP, Wed, Jan 8-29, 1:30-2:30pm**  
● **FC, Fri, Jan 3-31, 10:15-11:45am**  
This class is appropriate for all fitness levels. Using bolsters, blocks, and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breathwork, and guided meditation deepen your practice. Please bring a blanket. Registration is required.



### StayStrong

● **IAH-HEC 3-5, Tue, Jan 7-28, 6:30-7:30pm**  
Need to build muscle and strength as well as maintain your cardio fitness? StayStrong is what you're looking for. This all-level class builds muscle and strength by incorporating exercise bands and body weight to get and keep you strong. Please bring a mat. Registration is required.

### Tai Chi

● **ISCI-LWC, Wed, Jan 15, 2:30-3:30pm**  
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 born out of a form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, balance, and flexibility. This class will teach basic movements. Registration is required.

### Total Body Conditioning

● **44084 RP, Tue, Jan 7-28, 10-11am**  
● **44084 RP, Thu, Jan 9-30, 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, Jan 10-31, 1-2:30pm**  
This class is appropriate for all fitness 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, Jan 7-28, 1-2pm**  
Yoga Sculpt combines yoga, light weight training, core work, and cardio, for a full-body workout. It is designed to help tone and strengthen muscles, and improve balance and overall fitness. Bring a small towel and water. Registration is required.

### Zumba!

● **FC, Tue, Jan 7-28, 7-8pm**  
● **IAH-HEC 3-5, Mon, Jan 13 and 27\*, 7-8pm**  
● **FO-LWC, Thu, Jan 9-30, 6:30-7:30pm**  
\*LWC is closed on Mon, Jan 20. Come party to a fusion of Latin and International music and 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. No experience necessary! Registration is required.

### Zumba Gold

● **44084 RP, Fri, Jan 10-31, 10:30-11:30am**  
This class offers easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! 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.

### 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

### Acupuncture

- 44055 RP, Ste 242, Wed, Jan 8, 15, 22 and 29, 12:30-2pm
- FC, Wed, Jan 8, 10am-12pm
- FO-LWC, Thu, Jan 2-30, 9-11am
- ISCI-LWC, Tue, Jan 7-28, 10am-2pm

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 benefits: dry mouth, fatigue, neuropathy, hot flashes. Call Inova Well at 571-472-1680 for an appointment. No online registration.

### Art Therapy for Long-Term Survivors

- FC, Mon, Jan 6, 1-3:30pm

Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration for this group begins on the 1st of each month. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend. Sarah Schmidt, MA, LPC, ATR-BC. Registration is required.



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

- FC, Tue, Jan 7, 11am-12pm
- IAH-LWC, Tue, Jan 21, 6:30-7:30pm

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

### Energy Therapies

- 44084 RP, Thu, Jan 23, 5:30-6:30pm, 6:30-7:30pm and 7:30-8:30pm
- FC, Mon, Jan 13, 6-7pm and 7-8pm
- FC, Wed, Jan 22, 6-7pm and 7-8 pm
- FO-LWC, Tue, Jan 21, 6-7pm and 7-8 pm
- ISCI-LWC, Wed, Jan 15, 10-11am, 11am-12pm

Registration opens on the 1st business day of the month by 9:15am. Patients and one support person may schedule a total of 1 appointment per month. Reiki practitioners and Healing Touch practices are relaxing and nurturing energy therapies, in which the

### Acupuncture at Life with Cancer



Individuals in treatment or managing side effects can receive 6 free acupuncture sessions.

Otherwise a discount rate of \$75 for the initial intake and \$50 for follow-up sessions is available.

To schedule an appointment call Inova Well at 571.472.1680.

#### 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

The National Comprehensive Cancer Network (NCCN) and the Society for Integrative Oncology (SIO)\* endorse acupuncture as a complementary therapy in the treatment of pain and 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 benefits: dry mouth, fatigue, neuropathy, or hot flashes.

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 and emotional health. Dress comfortably and bring a blanket. Registration is required.

### Healing through Art Therapy

- FC, Mon, Jan 13, 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. Artistic ability is not 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.

### Knitting & Crocheting Circle

- FC, Fri, Jan 3 & 17, 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, Jan 9-30, 2-3pm
- ISCI-LWC, Thu, Jan 9 & 23, 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 weekly session begins with breathwork and a relaxation technique that leads to a guided meditation. Come to one or all sessions, but please register by the preceding day.

### Mind Over Matter

- FC, Tue, Jan 21-Feb 18, 10:30am-12pm

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: Michelle Ferretti, MSW, LCSW, and Teassa Eddy, MSW, LCSW. Registration is required.

### Writing Your Life Stories

- FC, Fri, Jan 17, 2:30-4pm

Group continues for those already registered.

### Zentangle

- 44084 RP, Tue, Jan 14, check online calendar

Zentangle is 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. Instructor: Roberta Hughes, CZT. 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

### Book Group: The Gifts of Imperfection

● **FO-RO, Wed, Jan 15, 6-7:30pm**

"A motivational and inspiring guide to whole-hearted living. With this groundbreaking work Brené Brown, Ph.D., bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling. With original research and plenty of encouragement, she explores the psychology of releasing our definitions of an "imperfect" life and embracing living authentically." This New York Times bestselling book has something to offer everyone.

### Brain Tumor Support Group

● **FC, Wed, Jan 15, 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.

### Breast Cancer Group

● **★ IAH-LWC, Mon, Jan 20, 5:30-7pm**

● **★ FC, Wed, Jan 8\*, 6:30-8pm**

● **★ FO-LWC, Wed, Jan 8, 5:30-7pm**

● **★ ILH-RO, Mon, Jan 27, 5:30-7pm**

\*Date (FC) change due to New Year holiday. This group is for women diagnosed with stage 0-3 breast cancer, up to 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration Required.



### Carcinoid/Neuroendocrine Cancer Group

● **FC, Sat, Jan 11, 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 carcinoid tumors, a type of neuroendocrine tumor. For more information email [catherine.intartaglia@inova.org](mailto:catherine.intartaglia@inova.org).

### Caregiver Connection

● **FC, Mon, Jan 13, 7-8:30pm**

● **FO-D, Wed, Jan 8, 5:30-7pm**

● **ILH-RO, Tue, Jan 14, 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. Registration required.



### Caregiver Tea and Talk

● **ISCI-LWC, Tue, Jan 7-28, 12-1pm**

Do you support or care for someone with cancer? Join us and connect with other caregivers as we share experiences, discuss challenges, and enhance coping strategies. Light refreshments will be available. Facilitated by an Oncology Clinical Therapist. Registration is required.

### Coalesce II: An Advanced Breast Cancer Group

● **★ FC, Tue, Jan 14 & 28, call for time**

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

### Coalesce: An Advanced Breast Cancer Group

● **★ FC, Fri, Jan 3-31, 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 the facilitator, Shara Sosa, LCSW, OSW-C: [shara.sosa@inova.org](mailto:shara.sosa@inova.org), 703.698.2522, Tuesdays, Wednesdays and Fridays.

### Colorectal Cancer Support Group-Advanced Stage

● **FC, Tue, Jan 21, 6-7:30pm**

This support group is for any patient living with metastatic colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Facilitators: Micheline Toussaint, LCSW, RYT, OSW-C, and Anissa Nahabedian, RN. Registration is required.

### Cutaneous Lymphoma

● **FC, No meeting in January**

### Gynecologic Cancer Support Group

● **FC, Wed, Jan 22, 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. Note: In December we'll meet on the 18th due to the Christmas holiday. Facilitators: Rebecca Babb, MSN, RN, PNC-AC, and Teassa Eddy, LCSW. Registration is required.

### Good Grief

● **FC, Tue, Jan 14-Mar 3, 7:15-9pm**

This eight-week series provides an opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years. We will discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, changes in role and lifestyle, and coping with special dates. Facilitator: Sarah Brooks, LPC. Registration is required. For information contact Darah Curran, LCSW, 703.206.5435, [darah.curran@inova.org](mailto:darah.curran@inova.org).

### Head and Neck Cancers Group

● **FC, Wed, Jan 8, 5:30-7pm**

● **FO-RO, Wed, Jan 22\*, 6-7:30**

\*FO location will meet on a new day in 2020. 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.

### How to Have More Good Days with an Advanced Cancer Diagnosis

● **ILH-PER, Thu, Jan 23, 3-4:30pm**

Living with an advanced cancer diagnosis does not mean that the good days are behind you. Join other patients and caregivers each month to learn strategies and information on how to make more good days and live well despite an advanced cancer diagnosis. Facilitators: Courtney Weaver, MSW, LCSW, and Mary Kay Mecca, RN, BSN, OCN. Registration is required.

### Just for the Guys

● **IAH-LWC, Thu, Jan 16, 6-7:30pm**

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. Join us in a place where you will be among brothers who truly understand. Note this group is for men with cancer, not caregivers. Facilitator: David McGinness, MSW, LCSW, OSW-C. Registration is required.

### Leukemia and Lymphoma Support Group

● **FC, Mon, Jan 13, 10-11:30am\***

\*Date change due to holiday. 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, Jan 9, 1-2:30pm**

This group is for people who are exploring ways to learn to live with advanced/metastatic/stage IV cancer and the many questions and life decisions that come along with the diagnosis. Join with others who can support you throughout your journey. Facilitators: Karen Archer, MSW, LCSW and Kaitlyn Hegarty, RN, BSN, OCN. Questions? Call 703.391.3691 or e-mail [Karen.Archer@inova.org](mailto:Karen.Archer@inova.org). Registration is required.

### Lung Cancer Support Group

● **FC, Wed, Jan 8, 6:30-8pm**

Note: Our January meeting is on a different date due to the New Year holiday. Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and it's treatments. Registration is required. Facilitators: Carrie Friedman, RN, BS, OCN, and David McGinness, MSW, LCSW, OSW-C. Registration is required.

## SUPPORT & NETWORKING (CONTINUED)

### Multiple Myeloma – Katerina Galvez, Celgene

● FC, Tue, Jan 21, 10:30am-12pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This meeting will feature Katherina Galvez, MSN, Clinical Nurse Consultant, Celgene Corp, who will speak on “Multiple Myeloma: How has our Understanding Evolved?” This presentation will highlight current thinking in multiple myeloma that supports clonal evolution and discuss its potential impact on clinical decisions. It will also cover treatment sequencing and the importance of duration of therapy. Facilitators: Drucilla Brethwaite, LCSW, Rebecca DiPatri, BSN, RN, OCN, and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Registration is required.

### Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Jan 11, 10:30-12pm

This patient-led support group provides patients, caregivers, and families a safe place to explore the emotional aspects of MDS, share with others, and to hear from local MDS-related healthcare professionals. Light refreshments. To register email [Brian.S.Anderson65@gmail.com](mailto:Brian.S.Anderson65@gmail.com) or call 703.984.9379.

### Pancreatic Cancer Support Group

● FO-LWC, Wed, Jan 8\*, 1-2:30pm

\*Alternate meeting date due to New Year holiday. 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 for patients only. Facilitators: Karen Archer, MSW, LCSW, and Shairna Bluesteen, RN, BSN, OCN. Registration is required.

### Spirituality Quest: New Year, New Beginning

● FC, Tue, Jan 14, 10:30am-12pm

Another year is over, a new one has begun. We hope this year brings each of you joy, happiness, and many new dreams come true. Each year we are given an opportunity to start anew, do all the things we did not do in the past. We hope this year each of you will choose to be brave and do something new. As we begin this

### 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.

new year, what things are each of you hoping to do differently or new? Facilitator: Chaplain, Enyonam Tetteh. Registration is required.

### Us Too Prostate Cancer Group

● LCSC, Tue, Jan 14, 6-8pm

Join others for an opportunity to network and learn about valuable prostate cancer information and resources. Questions? Contact [Courtney.Weaver@inova.org](mailto:Courtney.Weaver@inova.org) or call 703.858.8942. Registration is required.

### Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Jan 9, 6-7:30pm

This monthly group provides an opportunity to share and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! Registration is required.

### Us Too, Prostate Cancer Group, Open Discussion

● FC, Tue, Jan 14, 7:30-9pm

Do you know the American Institute for Cancer Research recommendations for survivorship nutrition? Join us for our January meeting featuring Registered Dietitian, Lauren Fay, CSO, CNSC, who will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence. Registration is required.

### Weight Management after Breast Cancer Support Group

● FC, Wed, Jan 8, 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 [lauren.fay@inova.org](mailto:lauren.fay@inova.org). No online registration.



### Women's Survivorship Group, < 3 years

● ILH-RO, Thu, Jan 9, 6-7:30pm

For women who are in maintenance therapy or have completed treatment for any type of cancer within the last 3 years. 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. Facilitators: Julie Ackerman, MSW, LCSW, and Christine Stone, RN, MSN, OCN. Registration is required.

### Young Adult Support Group

● FC, Tue, Jan 28, 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 “ish” age range. Facilitators: Shara Sosa, LCSW, OSW-C, and Eric Cohen, RN, BSN, OCN. Registration is required.

### Young Women with Breast Cancer Group

● ★ FC, Tue, Jan 21, 6:30-8pm

● ★ FO-RO, We will not meet in January

● ★ IAH-LWC, Tue, Jan 14, 6:30-8pm

Women in their 20s, 30s, and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Registration is required.

## CHILDREN, TEENS & PARENTS

### Art Therapy Group for Teens in Treatment

● FC, Mon, Jan 13, 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 or for more information contact Sarah Schmidt, MA, LPC, ATR-BC at [sarah.schmidt@inova.org](mailto:sarah.schmidt@inova.org) or call 703.776-2403. No online registration.

### Curious About Cancer

● FC, Wed, Jan 22 –Feb 25, 6-7pm

This 6-week group is for children aged 6-12 (1st-6th grade) who have a parent or sibling diagnosed 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 Darah Curran, MSW, LCSW, OSW-C at [carah.curran@inova.org](mailto:carah.curran@inova.org) or (703) 206-5435. No online registration.




### Life with Cancer Programs and Services for Children, Teens and Parents

- Individual and family counseling for children, teens, and parents
- Art therapy, play therapy, sand tray therapy
- Guidance in how to talk with your child or teen about cancer
- SCCIP-ND: a three-session program intervention which provides techniques to help parents/caregivers cope more effectively when they have a child diagnosed with cancer
- Support in navigating the end of treatment and survivorship
- Grief support
- Information and referral to services in the community

For more information or to schedule an appointment please contact [Darah.Curran@inova.org](mailto:Darah.Curran@inova.org) or call 703.206.5435

# JANUARY 2020

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRI/SAT/SUN  |
|---|---|--|---|--|
|   |   | <p>1</p>    | <p>2</p> <p>9am Acupuncture (FO-LWC)<br/>10am am Acupuncture (FO-LWC)<br/>10:30am Cardio Drumming (FC)<br/>11am Acupuncture (FO-LWC)</p>  | <p>3</p> <p>Coalesce (FC)<br/>10:15am Restorative Yoga (FC)<br/>1pm Knitting &amp; Crocheting Circle (FC)</p> <p>4</p> <p>9:30am Level I Reiki Workshop (FC)</p> <p>5</p>  |
| <p>6</p> <p>10am Functional Fitness (FO-LWC)<br/>12:30pm Breast Surgery Pre-Op (FO-LWC)<br/>1pm Art Therapy for Long-Term Survivors (FC)<br/>2pm Launch into Fitness (FC)<br/>3pm Keeping Fit (FC)<br/>4pm Gentle Yoga (IAH-HEC 3-5)<br/>5pm Ask a Dietitian (FC)<br/>6:30pm Evening Gentle Yoga (44084 RP)<br/>7pm Evening Gentle Yoga (FO-LWC)<br/>7pm Evening Gentle Yoga (FC)</p>   | <p>7</p> <p>10am Acupuncture (ISCI-LWC)<br/>10am Total Body Conditioning (44084 RP)<br/>11am Drop-In MBCR (FC)<br/>12pm EZ Tai Chi (FC)<br/>12pm Caregiver Tea &amp; Talk (ISCI-LWC)<br/>1pm Yoga Sculpt (FO-LWC)<br/>5pm Breast Surgery Pre-Op (FC)<br/>6:30pm StayStrong (IAH-HEC 3-5)<br/>7pm Zumba (FC)<br/>7pm Surviving the Winter Doldrums (FC)</p>  | <p>8</p> <p>10am Acupuncture (FC)<br/>10am Cardio &amp; Core (44084 RP)<br/>10:30am Cardio &amp; Core (FO-LWC)<br/>12:30pm Acupuncture (44055 RP)<br/>1pm Pancreatic Cancer Group (FO-LWC)<br/>1:30pm Restorative Yoga (44084 RP)<br/>2pm Launch into Fitness (FC)<br/>3pm Fitness Cornucopia (FC)<br/>4pm Colorectal Surgery Pre-Op (ILH-PER)<br/>5pm Weight Mgmt. Br Ca Group (FC)<br/>5:30pm Breast Cancer Group (FO-LWC)<br/>5:30pm Head &amp; Neck Cancers Group (FC)<br/>6:30pm Breast Cancer Group (FC)<br/>5:30pm Caregiver Group (FO-D)<br/>6:30pm Lung Cancer Group (FC)</p>                                   | <p>9</p> <p>9am Acupuncture (FO-LWC)<br/>10am Acupuncture (FO-LWC)<br/>10am Total Body (44084 RP)<br/>10:30am Cardio Drumming (FC)<br/>11am Acupuncture (FO-LWC)<br/>11am Orientation (FC)<br/>11:30am Buff Bones (FO-LWC)<br/>1pm Gentle Yoga (FC)<br/>1pm Living with Advanced Disease (FO-LWC)<br/>2pm Meditation &amp; Guided Imagery (FC)<br/>4pm Meditation &amp; Guided Imagery (ISCI-LWC)<br/>6pm Women's Survivorship Group (ILH-RO)<br/>6pm Us Too Prostate Group (IAH-LWC)<br/>7pm Barre Tone (FC)</p> | <p>10</p> <p>Coalesce (FC)<br/>10:15am Restorative Yoga (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>1pm Yin Yoga (FO-LWC)</p> <p>11</p> <p>10am Carcinoid/Neuroendocrine Cancer Group (FC)<br/>10:30am MDS Support Group (FC)</p> <p>12</p> |
| <p>13</p> <p>10am Functional Fitness (FO-LWC)<br/>10am Leukemia &amp; Lymphoma (FC)<br/>1pm Healing through Art Therapy (FC)<br/>2pm Launch into Fitness (FC)<br/>3pm Keeping Fit (FC)<br/>4pm Gentle Yoga (IAH-HEC 3-5)<br/>5:30pm Art Therapy Group for Teens (FC)<br/>5:30pm Breast Cancer Group (IAH-LWC)<br/>6pm Energy Therapies (FC)<br/>6:30pm Evening Gentle Yoga (44084 RP)<br/>7pm Caregiver Connection (FC)<br/>7pm Energy Therapies (FC)<br/>7pm Evening Gentle Yoga (FO-LWC)<br/>7pm Zumba! (IAH-HEC 3-5)</p> | <p>14</p> <p>Coalesce II (FC)<br/>10am Acupuncture (ISCI-LWC)<br/>10am Your Brain on Ink (FC)<br/>10am Total Body Conditioning (44084 RP)<br/>10:30am Spirituality Quest (FC)<br/>12pm Caregiver Tea &amp; Talk (ISCI-LWC)<br/>12pm EZ Tai Chi (FC)<br/>1pm Yoga Sculpt (FO-LWC)<br/>1:30pm Zentangle (44084 RP)<br/>4pm Breast Surgery Pre-Op (ILH-RO)<br/>6pm Br Ca Rehab: Survivorship &amp; Surveill. (FC)<br/>6pm Caregiver Connection (ILH-RO)<br/>6pm Us Too Prostate Cancer Group (LCSC)<br/>6:30pm Young Women w/ Br Ca (IAH-LWC)<br/>6:30pm StayStrong (IAD-HEC 3-5)<br/>7pm Zumba (FC)<br/>7:15pm Good Grief (FC)<br/>7:30pm Us Too Prostate Cancer Group (FC)</p> | <p>15</p> <p>10am Cardio &amp; Core (44084 RP)<br/>10am Energy Therapies (ISCI-LWC)<br/>11am Energy Therapies (ISCI-LWC)<br/>10am Pickleball (FC)<br/>10:30am Cardio &amp; Core (FO-LWC)<br/>12:30pm Acupuncture (44055 RP)<br/>1:30pm Restorative Yoga (44084)<br/>2pm Breast Surgery Pre-Op (FC)<br/>2pm Launch into Fitness (FC)<br/>2:30pm Tai Chi (ISCI-LWC)<br/>3pm Fitness Cornucopia (FC)<br/>6pm Book Group (FO-RO)<br/>6pm Brain Tumor Support Group (FC)<br/>6:30pm Mindfulness for Healthy Living (IAH-LWC)</p>  | <p>16</p> <p>9am Acupuncture (FO-LWC)<br/>10am Total Body (44084 RP)<br/>10:30am Cardio Drumming (FC)<br/>11:30am Buff Bones (FO-LWC)<br/>1pm Gentle Yoga (FC)<br/>2pm Meditation &amp; Guided Imagery (FC)<br/>6pm Just for the Guys (IAH-LWC)<br/>7pm Barre Tone (FC)</p>   | <p>17</p> <p>Coalesce (FC)<br/>10:15am Restorative Yoga (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>1pm Yin Yoga (FO-LWC)<br/>1pm Knitting &amp; Crocheting Circle (FC)<br/>2:30pm Writing Your Life Stories (FC)</p> <p>18</p> <p>19</p>   |
| <p>20</p> <p>LIFE WITH CANCER IS CLOSED<br/>for Martin Luther King Day</p>  | <p>21</p> <p>10am Acupuncture (ISCI-LWC)<br/>10am Total Body Conditioning (44084 RP)<br/>10am Your Brain on Ink (FC)<br/>10:30am Mind Over Matter (FC)<br/>10:30am Multiple Myeloma (FC)<br/>12pm Caregiver Tea &amp; Talk (ISCI-LWC)<br/>12pm EZ Tai Chi (FC)<br/>12pm Fighting Cancer with a Fork (FO-RO)<br/>1pm Yoga Sculpt (FO-LWC)<br/>6pm Br Ca Rehab: Coping w/ Emo. Impact (FC)<br/>6pm Colorectal Cancer Group Adv. Stage (FC)<br/>6pm Energy Therapies (FO-LWC)<br/>6:30pm Young Women w/ Br Ca (FC)<br/>6:30pm Drop-In MBCR (IAH-LWC)<br/>7pm Energy Therapies (FO-LWC)<br/>7pm Zumba (FC)<br/>7:15pm Good Grief (FC)</p>   | <p>22</p> <p>10am Cardio &amp; Core (44084 RP)<br/>10:30am Cardio &amp; Core (FO-LWC)<br/>11am Joyful Belly Dance (FC)<br/>12:30pm Acupuncture (44055 RP)<br/>1:30pm Restorative Yoga (44084 RP)<br/>2pm Launch into Fitness (FC)<br/>3pm Fitness Cornucopia (FC)<br/>5:30pm Breast Surgery Pre-Op (FO-LWC)<br/>5:30pm Gynecologic Cancer Group (FC)<br/>6pm Curious About Cancer (FC)<br/>6pm Energy Therapies (FC)<br/>6pm Head &amp; Neck Group (FO-RO)<br/>5pm Survivorship Nutrition (FC)<br/>6:30pm StayStrong (IAH-HEC 1-2)<br/>6:30pm Mindfulness for Healthy Living (IAH-LWC)<br/>7pm Energy Therapies (FC)</p> | <p>23</p> <p>9am Acupuncture (FO-LWC)<br/>10am Total Body (44084 RP)<br/>10:30am Cardio Drumming (FC)<br/>11:30am Buff Bones (FO-LWC)<br/>1pm Breast Surgery Pre-Op (ILH-PER)<br/>1pm Gentle Yoga (FC)<br/>2pm Meditation &amp; Guided Imagery (FC)<br/>3pm More Good Days (ILH-PER)<br/>4pm Meditation &amp; Guided Imagery (ISCI-LWC)<br/>5pm Energy Therapies Leesburg (44084 RP)<br/>5:30pm Energy Therapies (44084 RP)<br/>7pm Barre Tone (FC)<br/>7:30pm Energy Therapies (44084 RP)</p>                    | <p>24</p> <p>Coalesce (FC)<br/>10am Breast Surgery Pre-Op (ISCI-RR)<br/>10:15am Restorative Yoga (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>1pm Yin Yoga (FO-LWC)</p> <p>25</p> <p>26</p>  |
| <p>27</p> <p>10am Functional Fitness (FO-LWC)<br/>1pm Art: Honoring Your Journey (FC)<br/>2pm Launch into Fitness (FC)<br/>3pm Keeping Fit (FC)<br/>5:30pm Breast Cancer Group (ILH-RO)<br/>6:30pm Evening Gentle Yoga (44084 RP)<br/>6:30pm Orientation (FC)<br/>7pm Evening Gentle Yoga (FC)<br/>7pm Zumba! (IAH-HEC 3-5)</p>   | <p>28</p> <p>Coalesce II (FC)<br/>10am Total Body Conditioning (44084 RP)<br/>10am Acupuncture (ISCI-LWC)<br/>10am Your Brain on Ink (FC)<br/>10:30am Mind Over Matter (FC)<br/>12pm Caregiver Tea &amp; Talk (ISCI-LWC)<br/>12pm EZ Tai Chi (FC)<br/>1pm Yoga Sculpt (FO-LWC)<br/>5pm Breast Surgery Pre-Op (ISCI-RR)<br/>6pm Breast Cancer Rehab: PT/OT/SLP (FC)<br/>6:30pm StayStrong (IAH-HEC 3-5)<br/>7pm Young Adult Group (FC)<br/>7pm Zumba (FC)<br/>7:15pm Good Grief (FC)</p>   | <p>29</p> <p>10am Cardio &amp; Core (44084 RP)<br/>10:30am Cardio &amp; Core (FO-LWC)<br/>12:30pm Acupuncture (44055 RP)<br/>12:30pm Breast Surgery Pre-Op (FO-LWC)<br/>1:30pm Restorative Yoga (44084 RP)<br/>2pm Launch into Fitness (FC)<br/>3pm Fitness Cornucopia (FC)<br/>5pm Diet &amp; Inflammation (FC)<br/>6pm Curious About Cancer (FC)<br/>6:30pm Mindfulness for Healthy Living (IAH-LWC)</p>   | <p>30</p> <p>9am Acupuncture (FO-LWC)<br/>10am Total Body (44084 RP)<br/>10:30am Cardio Drumming (FC)<br/>11:30am Buff Bones (FO-LWC)<br/>1pm Gentle Yoga (FC)<br/>2pm Meditation &amp; Guided Imagery (FC)<br/>7pm Barre Tone (FC)</p>   | <p>31</p> <p>Coalesce (FC)<br/>10:30am Zumba Gold (44084 RP)<br/>10:15am Restorative Yoga (FC)<br/>1pm Yin Yoga (FO-LWC)</p>   |