



# Life with Cancer®

MARCH 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

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## HIGHLIGHTS

### Bladder Cancer Symposium

● ISCI-RO, Thu, Mar 12, time TBD

Join us for our first Bladder Cancer Symposium in collaboration with the Bladder Cancer Advocacy Network (BCAN) and hear from experts from the Multidisciplinary Team. The evening will include discussions on the latest treatment advances for bladder cancer patients and will also include nutrition and stoma education and resources for this patient population. This event is open to patients, caregivers, and anyone in the community seeking to learn more about bladder cancer. Registration is required.

### Brain Fog: Strategies to Manage Cancer-Related Cognitive Impairment

● FC, Thu, Mar 12-Apr 2, 5:30-7:00pm

Understand the factors involved in the potential cognitive impacts of cancer and cancer treatments. Learn strategies that can help manage the impact

on day to day functioning. Please register for all four sessions. Facilitators: Sam Lolak, MD, Rebecca Babb, MSN, APRN, CPNP-AC, CPHON, Michelle Ferretti, LCSW, OSW-C, and Tyler Pudleiner, MS. Registration is required.



### Cannabis Update

● FC, Thu, Mar 26, 6:30-8pm

Loren Friedman, MD, FAAHPM, Palliative Care, Virginia Cancer Specialists will provide an update on the medical perspective on the use of marijuana-related products. Registration is required.

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

## Financial Resource Series: "Be Informed. Be Smart. Be Sure"

● FC, Tue, Mar 3-31, 5:30-6:30pm

This four-part financial resource series will provide a stronger understanding of how insurance coverage and financial toxicity can affect cancer care. Participants will be given the opportunity to gain in-depth information on insurance and financial assistance resources. Week 1: Medicare/Medicaid, Week 2: Private Insurance, Week 3: Financial Assistance Part I, Week 4: Financial Assistance Part II. Facilitated by Schar Cancer Institute Social Work Case Managers. Registration is required.

## Seminars for Survivors: Fertility and Family Building

● FC, Thu, Mar 19, 5:30-7pm

Please join Dr. Larry Udoff, Reproductive Endocrinologist from Genetics and IVF Institute, as we discuss "Fertility and Family Building after Cancer". Please register. For more information contact Rebecca Babb MSN, APRN, CPNP-AC, CPHON, 703.776.4814 [rebecca.babb@inova.org](mailto:rebecca.babb@inova.org).

## COMING IN APRIL

### Journaling 101

● ILH-PER, Wed, Apr 1-May 6, 10am-12pm

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



## Registration is required 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

- 44055 RP: 44055 Riverside Parkway Suite 424, Lower Level Leesburg, VA 20176
- 44084 RP: 44084 Riverside Parkway Suite 400, Lower Level Leesburg, VA 20176
- FC: Life with Cancer Family Center 8411 Pennell Street Fairfax, VA 22031
- FO-D: Fair Oaks Cancer Center Conference Room D Lower Level 3580 Joseph Siewick Drive Fairfax, VA 22033
- FO-LWC: Fair Oaks Cancer Center Life with Cancer Suite 3580 Joseph Siewick Drive Lower Level, Suite 005 Fairfax, VA 22033
- FO-RO: Fair Oaks Cancer Center Radiation Oncology 3580 Joseph Siewick Drive Lower Level, Suite 001 Fairfax, VA 22033
- IAH-CCWR: Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA 22304
- 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  
*(turn right at the top of the elevator and go all the way to the end of the hall)*
- ISCI-RR: Inova Schar Cancer Center 8081 Innovation Park Drive 2nd Floor Resource Room Fairfax, VA 22031  
*(turn right at the top of the elevator and go all the way to the end of the hall)*
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165

## EDUCATION

### Orientation

- FC, Thu, Mar 12, 11am-12pm
- FC, Mon, Mar 23, 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.



### Look Good...Feel Better

- ILH-RO, Mon, Mar 9, 12-2pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First-time registrants will receive a makeup kit. Family members/friends may not attend this class. Co-sponsored with the Look Good Feel Better Alliance and Personal Care Products Council. To register or for more information, go to <http://lookgoodfeelbetter.org/programs/program-finder/>. If you don't see this class listed, that means it's full; call 703.698.2526 to be placed on a waiting list. No registration through Life with Cancer.

### Cancer Survivorship Series, Class 3: Behavior Modification and Lifestyle Changes

- IAH-CCWR, Wed, Mar 25, 6:30-7:30pm

Join Registered Dietitian and Yoga Teacher, Angie Lord, to learn tools to stay motivated and make changes that stick. There will be a question and answer time at the end of each session to discuss individual questions in a group setting. Family and friends welcome to attend. Register by contacting [Angela.Lord@inova.org](mailto:Angela.Lord@inova.org), or 703.504.7923. No online registration.

### Ask a Dietitian

- FC, Mon, Mar 2, 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, Tue, Mar 3, 5-6:30pm
- ★ FC, Wed, Mar 18, 2-3:30pm
- ★ FO-LWC, Wed, Mar 4, 5-6:30pm
- ★ FO-LWC, Wed, Mar 11, 12:30-2:15pm
- ★ FO-LWC, Wed, Mar 25, 5:30-7:15pm
- ★ ILH-RO, Tue, Mar 10, 4-5:45pm
- ★ ILH-PER, Thu, Mar 26, 1-2:45pm
- ★ ISCI-RR, Fri, Mar 13, 10-11:30am
- ★ ISCI-RR, Tue, Mar 24, 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.

### Survivorship Series for Young Women with Breast Cancer

- ★ FO-RO, Tue, Mar 3-17, 6-7:30pm

Program continues for those already registered. For information on the next series please contact Shairna Bluesteen, RN, BSN, OCN at 703-391-4575.

### Colorectal Surgery Pre-op Class

- ILH-PER, Wed, Mar 4, 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.



### Fighting Cancer with a Fork

- FO-RO, Tue, Mar 17, 12-1pm

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

### Survivorship Nutrition

- FO-LWC, Wed, Mar 11, 5-6:30pm

Are you familiar with the latest evidence-based 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. Registration is required.

## Nutrition Counseling

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

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

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

Our experts can also help with:

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

Contact [lauren.fay@inova.org](mailto:lauren.fay@inova.org) for an appointment

## EDUCATION (CONTINUED)

### The Circle of Life: How the Body Dies

● FC, Mon, Mar 23, 6-7:30pm

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

### Triple-Negative Breast Cancer Tea (TNBC)

●★ FC, Fri, Mar 13, 1:30-3pm

Those with Triple Negative Breast Cancer are invited to join us for afternoon tea to learn more about TNBC. Medical oncologist Kathleen Harnden will share the latest research findings, and TNBC survivor, Tracy Bunch, will share information about the TNBC Foundation and other resources. Please register by March 11. Refreshments provided.



### Chemotherapy Class

● ISCI, Call 703.206.5433 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 571.472.0744 for an appointment

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

## FITNESS

### Barre Tone

● FC, Thu, Mar 5, 19, & 26, 7-8pm\*

\*No class on 3/12. 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.

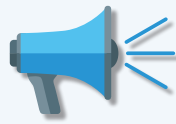
### Buff Bones

● FO-LWC, Thu, Mar 5, 19, & 26, 11:30am-12:30pm\*

\*No class on 3/12. 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.

### 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.



### Important Information for All Fitness Classes

Registration and a signed Physical Activity Waiver is required for each previously unattended class. Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) are encouraged to consider making a donation of \$5 per class. 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.

### Cardio & Core

● 44084 RP, Wed, Mar 5, 10-11am

● 44084 RP, Wed, Mar 18 and 25, 10-11am

● FO-LWC, Wed, Mar 4, 18 & 26, 10:30-11:30am\*

\*No class on 3/11. Using your own body weight and light resistance, this class will help build endurance, and stamina, whilst 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, Mar 5, 19 & 26, 10:30-11:15am\*

\*No class on 3/12. 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, Mar 2, 16-30, 6:30-7:30pm\*

● FC, Mon, Mar 2, 16, 23, and 30, 7-8:30pm

\*No class on 3/9. 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.

### EZ Tai Chi

● FC, Tue, Mar 3, 17-31, 12-1pm\*

\*No class on 3/10. 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.

### Functional Fitness

● FO-LWC, Mon, Mar 2, 16-30, 10-11am\*

\*No class on 3/9. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility, and balance. Registration is required.

### Oncology Massage: Free and Reduced Cost at Life with Cancer in partnership with Inova Healwell

Three free massage sessions are available for

- Patients in active treatment
- Patients experiencing significant treatment side effects
- Patients in stages of advanced disease

To schedule a free appointment complete the intake form at <https://hushforms.com/lifewithcancermassage>

Reduced cost massage sessions are available for

- All other patients and caregivers (\$60 for a 1-hour massage)
- Physician approval is required for patients
- Arrive 15 minutes early for your first appointment to complete forms
- Provide 24 hour notice if you need to cancel. After two missed appointments without notification, referral to massage options in the community will be provided.

To schedule a reduced cost appointment call 703-698-2534.

### LOCATIONS

Life with Cancer Family Center

8411 Pennell Street, Fairfax, VA 22031

Fair Oaks Cancer Center

3580 Joseph Siewick Drive, LL, Ste. 005, Fairfax, VA 22033

Inova Loudoun Hospital

44055 Riverside Parkway, Ste. 242, Leesburg, VA 20176

Inova Schar Cancer Institute

8081 Innovation Park Drive, 2nd Floor, Life with Cancer Suite, Fairfax, VA 22031

### Fitness Cornucopia

● FC, Wed, Mar 4, 18-25, 3-3:45pm\*

\*No class 3/11. 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. If you crave variety this is the class for you! Registration is required.

### Gentle Yoga

● FC, Thu, Mar 5, 19, 26, 1-2pm\*

● IAH-HEC 3-5, Mon, Mar 2, 4:15-5:30pm

● IAH-HEC 3-5, Mon, Mar 16-30\*\*, 4-5:30pm\*\*\*

\*No class 3/12. \*\*No class 3/9. \*\*\*New time beginning 3/16. 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.





## FITNESS (CONTINUED)

### Joyful Belly Dance

● FC, Wed, Mar 11 & 25, 11am-12pm

Immerse yourself in the music, rhythms, patterns and pure joy of Middle Eastern belly dance! Learn shimmies, belly rolls, undulations, isolations and more as you feel your body getting stronger, more relaxed and more limber. Belly dance is an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

### Keeping Fit

● FC, Mon, Mar 2, 16-30, 3-4pm\*

No class on 3/9. 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

● FC, Mon, Mar 2, 16-30, 2-2:45pm\*

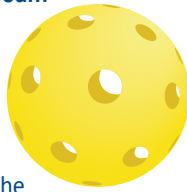
● FC, Wed, Mar 4, 18, 25, 2-2:45pm\*\*

\*No class 3/9. \*\*No class 3/11. 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, Mar 18, 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). Class is limited to 8 participants. Registration is required.



### Restorative Yoga

● 44084 RP, Wed, Mar 4, 18, 25, 1:30-2:30pm\*

● FC, Fri, Mar 6 & 27, 10:15-11:45am

\*No class 3/11. 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, breathwork, and guided meditation deepen your practice. Please bring a blanket. Registration is required. Registration is required.

### StayStrong

● IAH-HEC 3-5, Tue, Mar 3, 17-31, 6:30-7:30pm\*

\*No class 3/10. 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

● FC, Tue, Mar 3, 17-31, 6-7pm\*

● ISCI-LWC, Wed, Mar 3, 17-31, 2:30-3:30pm

\*No class 3/10. 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, Mar 3, 17-31, 10-11am\*

● 44084 RP, Thu, Mar 5, 19-26, 10-11am\*\*

\*No class 3/10. \*No class 3/12. An energizing workout combining cardio, strengthening, balance, and core in one workout. Registration is required.

### Yin Yoga for Those in Treatment

● FO-LWC, Fri, Mar 6, 20-27, 1-2:30pm\*

\*No class 3/13. 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, Mar 3, 17-31\*, 1-2pm

\*No class 3/10. 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 Gold

● 44084 RP, Fri, Mar 6, 20, 27, 10:30-11:30am\*

\*No class 13. Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Registration is required.



### Zumba

● FO-LWC, Thu, Mar 5, 6:30-7:30pm

● FO-LWC, Thu, Mar 19 and 26, 6:30-7:30pm

● FC, Tue, Mar 3-31, 7-8pm

● IAH-HEC 3-5, Mar 2, 7-8pm

● IAH-HEC 3-5, Mar 16-30, 7-8pm

Zumba combines slow and fast rhythms with resistance training while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing.

## STRESS REDUCTION

### Art Therapy for Long-Term Survivors

● FC, Wed, Mar 4, 1-3:30pm

This class is meeting on a Wednesday in the month of March. 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.

### Art Therapy Series: Honoring Your Journey

● FC, Mon, Mar 2 & 9, 1-3:30pm

Group continues for those already registered.



### 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.

*Feeling overwhelmed?  
Schedule an appointment.*

**A Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

**A Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

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

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

## STRESS REDUCTION (CONTINUED)

### Breath Workshop

● ISCI-LWC, Thu, Mar 5, 2-3:30pm

This workshop will give you a basic understanding of respiration and explore the effects of various breathing practices on the body-mind complex. Join us to discover ways to reduce tension and stress, improve circulation, create a sense of grounding and ease, and increase resilience through self-inquiry of your breath. Registration is required.

### Cultivating Compassion

● FC, Wed, Mar 4 & 11, 2:30-4pm

Series continues for those already registered.

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

● FC, Tue, Mar 3, 11am-12pm

● FC, Tue, Mar 10, 7-8pm

● ILH-NBC, Mon, Mar 2, 2-3pm

For those who already 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

● FC, Mon, Mar 9, 6-7pm, 7-8pm

● FC, Mon, Mar 25, 6-7pm, 7-8pm

● FO-LWC, Tue, Mar 17, 6-7pm, 7-8pm

● ISCI-LWC, Wed, Mar 4 and 18, 10-11am, 11am-12pm

● 44084 RP, Thu, Mar 26, 6:30-7:30pm, 7:30-8:30pm

Registration opens on the 1st business day of the month by 9:15am. Patients and one support person may schedule only 1 appointment per month, including all locations. Reiki and Healing Touch practices are relaxing and nurturing 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, and emotional 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, Wed, Mar 11, 1-3:30pm

Registration opens on the 1st business day for the month. March's class is moved to Wednesday. Experience the power of your creativity through art therapy, relaxation, and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently

### Acupuncture:

Free and Reduced Cost at  
Life with Cancer in  
partnership with Inova Well

To schedule an appointment call  
Inova Well at 571.472.1680.

Six free sessions are available for patients in treatment or experiencing significant disease or treatment side effects. For all others, there is a \$75 fee for the first session and a \$50 fee for each additional session

To schedule an appointment  
call 571-472-1680

### LOCATIONS:

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

Life with Cancer  
3580 Joseph Siewick Drive  
Lower Level, Suite 005, Fairfax, VA 22033

Life with Cancer-ISCI  
8081 Innovation Park Drive, 2nd Floor,  
Life with Cancer, Fairfax, VA 22031

Life with Cancer  
44055 Riverside Parkway, Suite 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 dry mouth, fatigue, neuropathy, or hot flashes, but limited studies have shown some possible patient benefit.

in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Registration 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

### Knitting & Crocheting Circle

● FC, Fri, Mar 6 & 20, 1-2:30pm

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



### Laughter Yoga

● FC, Thu, Mar 5, 2-3pm

Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity, reduced stress

and an enhanced feeling of well-being. No need to get on the floor; laughter yoga can be done seated in a chair. Registration is required.

### Meditation and Guided Imagery

● FC, Thu, Mar 19 & 26, 2-3pm

● ISCI-LWC, Thu, Mar 26, 3:30-4:30pm  
Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each session begins with breath work and a relaxation technique that leads to a guided meditation. Registration is required.

### Mindfulness for Healthy Living

● IAH-LWC, Wed, Mar 4, 6:30-8pm  
Series continues for those already registered.

### Mindfulness-Based Cancer Recovery

● 44084 RP, Wed, Mar 11-Apr 1, 15, 22, 3:30-5pm\*

● FO-LWC, Mon, Mar 9-Apr 13, 6-7:30pm

● IAH-LWC, Tue, Mar 10-April 21, 2:30-4pm

\*No Class 4/8. This is a seven-week series during which you will 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: Purchase of the book Mindfulness-Based Cancer Recovery, regular attendance, commitment to assigned reading and home-based practice. For more information please contact Michelle Ferretti at michelle.ferretti@inova.org or 703.698.2524.

### Writing Your Life Stories

● FC, Fri, Mar 20, 2:30-4pm

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

### Zentangle

● 44084 RP, Tue, Mar 10, 1:30-3pm

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: Olive, Again by Elizabeth Strout

● FO-RO, Wed, Mar 18, 6-7:30pm

"The iconic Olive (Kitteridge) struggles to understand not only herself and her own life but also the lives of those around her in the town of Crosby, Maine. Whether with a teenager coming to terms with the loss of her father, a young woman about to give birth during a hilariously inopportune moment, a nurse who confesses a secret high school crush, or a lawyer who struggles with an inheritance she does not want to accept, the unforgettable Olive will continue to startle us, to move us, and to inspire moments of transcendent grace." – goodreads.com book review. Registration is required.



### Brain Tumor Support Group

● FC, Wed, Mar 18, 6-7:30pm

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

### Breast Cancer Support Group

●★ FC, Wed, Mar 4, 6:30-8pm

●★ IAH-LWC, Mon, Mar 16, 5:30-7pm

●★ ILH-RO, Mon, Mar 23, 5:30-7pm

Current and former breast cancer patients and survivors are invited to learn, share and discuss ways of meeting the challenges of breast cancer. Registration is required.

### Breast Cancer Support Group

●★ FO-LWC, Wed, Mar 11, 6:30-7:30pm\*

\*We will have an abbreviated meeting this month following the Survivorship Nutrition class. For women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Facilitator: Maureen Broderick, MSW, LCSW & Kaitlyn Hegarty, RN, BSN, OCN. Registration required.

### Carcinoid/Neuroendocrine Cancer Group

● FC, Sat, Mar 14, 10am-12pm

Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with carcinoid tumors, a type of neuroendocrine tumor. For more information email cacsnets@gmail.com.

### 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.

### Caregiver Connection

● FC, Mon, Mar 9, 7-8:30pm

● FO-D, Wed, Mar 11, 5:30-7pm

● ILH-RO, Tue, Mar 10, 6-7:30pm

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



### Caregiver Tea and Talk

● ISCI-LWC, Tue, Mar 3-31, 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.

### Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Mar 6-27,

Contact facilitator 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, 703.698.2522, Tuesdays, Wednesdays and Fridays.

### Coalesce II

●★ FC, Tue, Mar 10 & 24

Contact facilitator for time

Meet with women of all ages who are living with Advanced/Metastatic Breast Cancer to share life's joys and challenges. Registration is required. Facilitator: Micheline Toussaint, LCSW, RYT, OSW-C, 703-698-2521.

### Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Mar 17, 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 Group

● FC, Wed, Mar 4, 7-9pm

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

### Good Grief

● FC, Tue, Mar 3, 7:15-9pm

Class continues for those already registered. For information on the next eight-week series contact Darah Curran, LCSW, 703.206.5435, [darah.curran@inova.org](mailto:darah.curran@inova.org).

### Gynecologic Cancer Support Group

● FC, Wed, Mar 25, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. 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.

### Head and Neck Cancers Group

● FC, Wed, Mar 11, 5:30-7pm

● FO-RO, Wed, Mar 25, 6-7:30pm

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

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

● ILH-PER, Thu, Mar 26, 3-4:30pm

Living with an advanced cancer diagnosis does not mean that the good days are behind you. Join other patients and caregivers to learn different strategies and information each month 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. If you have any questions, please call Courtney at 703-858-8942 or e-mail courtney.weaver@inova.org. Registration required.

### Just for the Guys

● IAH-LWC, Thu, Mar 19, 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, Mar 16, 10-11:30am

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

### Living with Advanced Disease

● FO-LWC, Thu, Mar 12, 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. Registration is required.



## SUPPORT & NETWORKING (CONTINUED)

### Lung Cancer Support Group

● FC, Wed, Mar 4, 6:30-8pm

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

### Melanoma Group

● FC, Thu, Mar 5, 6:30-8pm

This group meets quarterly to share experiences and learn from one another. Facilitators David McGinness, MSW, LCSW, OSW-C, and Rebecca Babb, RN. Registration is required.

### Multiple Myeloma

● FC, Tue, Mar 17, 12-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. March will feature special guest speaker Mitul Gandhi, MD of Virginia Cancer Specialists who will present on, "The Next Generation of Therapy for Multiple Myeloma". Please register so we can plan for light refreshments. Facilitators: Drucilla Brethwaite, MSW, LCSW and Rebecca DiPatri, BSN, RN, OCN. Co-sponsored with Leukemia & Lymphoma Society. Registration is required.

### Myelodysplastic Syndromes (MDS) Support Group

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

### Pancreatic Cancer Support Group

● FO-LWC, Wed, Mar 4, 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 for patients only. Facilitators: Karen Archer, MSW, LCSW, and Shairna Blues-teen, RN, BSN, OCN. Registration is required.

### Spirituality Quest: The Spiritual Celebration of Imagination

● FC, Tue, Mar 10, 10:30am-12pm

Join us for an unpredictable journey of the imagination, which leads us through the wonderful game called life. "Logic will get you from A to B. Imagination will take you everywhere" –Albert Einstein. Facilitator: Chaplain, Enyonam Tetteh. 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.

### Us Too Prostate Cancer Group

● LCSC, Tue, Mar 10, 6-8pm

Join others for an opportunity to network and learn about valuable prostate cancer information and resources. Questions? Contact Courtney. Weaver@inova.org or call 703.858.8942. Loved ones are welcomed. Registration is required.

### Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Mar 12, 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

● FC, Tue, Mar 10, 7:30-9pm

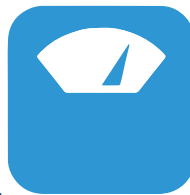
This is a patient-led support group that alternates monthly meetings with open discussion and special guest speakers presenting information of interest to our patients, survivors, and caregiver group members. Registration is required.

### Weight Management after Breast Cancer Support Group

● FC, Wed, Mar 4, 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.



### Women's Survivorship Group, Less than 3 yrs.

● ILH-RO, Thu, Mar 12, 6-7:30pm

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

### Women's Survivorship Group, More than 3 yrs.

● FC, Tue, Mar 10, 5-6:30pm

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

### Young Adult Group

● FC, Tue, Mar 24, 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, Mar 17, 6:30-8pm

●★ FO-RO, Wed, Mar 4, 6-7:30pm

●★ IAH-LWC, Tue, Mar 10, 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

### Pediatric Oncology Parent Night

● FC, Tue, Mar 24, 6-8:30pm

Help for parents of children diagnosed with Cancer; learn tips and tools for coping with distressing aspects of cancer. Please Register with Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703-531-1515.

### Art Therapy Group for Teens in Treatment

● FC, Wed, Mar 4, 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. Registration is required with Sarah.Schmidt@inova.org or call 703.776-2403. 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:

Amanda Thompson, PhD  
Chief, Pediatric Psychology  
703.698.2537

Amanda.Thompson@Inova.org

# MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
<b>2</b> 10am Functional Fitness (FO-LWC) 1pm Art Therapy Series: Honoring Your Journey (FC) 2pm Drop-in MBCR (ILH-NBC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4:15pm Gentle Yoga (IAH-HEC 3-5) 5pm Ask a Dietitian (FC) 6:30pm Evening Gentle Yoga (44084 RP) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC)	<b>3</b> 10am Total Body Conditioning (44084 RP) 11am Drop-In MBCR (FC) 12pm EZ Tai Chi (FC) 12pm Caregiver Tea and Talk (ISCI-LWC) 1pm Yoga Sculpt (FO-LWC) 5pm Breast Surgery Pre-Op (FC) 5:30pm Financial Resource Series (FC) 6pm Tai Chi (FC) 6pm Survivorship Series (FO-RO) 6:30pm StayStrong (IAH-HEC 3-5) 7pm Zumba (FC) 7:15pm Good Grief (FC)	<b>4</b> 10am Cardio & Core (44084 RP) 10am Energy Therapies (ISCI-LWC) 10:30am Cardio & Core (FO-LWC) 11am Energy Therapies (ISCI-LWC) 1pm Art Therapy for Long-Term Survivors (FC) 1pm Pancreatic Cancer Group (FO-LWC) 1:30pm Restorative Yoga (44084 RP) 2pm Launch into Fitness (FC) 2:30pm Tai Chi (ISCI-LWC) 2:30pm Cultivating Compassion (FC) 3pm Fitness Cornucopia (FC) 4pm Colorectal Surgery Pre-op (ILH-PER ) 5pm Breast Surgery Pre-Op (FO-LWC) 5pm Weight Management after Br Ca (FC) 5:30pm Art Therapy Group for Teens (FC) 6pm Young Women with Breast Cancer (FO-RO) 6:30pm Breast Cancer Group (FC) 6:30pm Lung Cancer Group (FC) 6:30pm Mindfulness for Healthy Living (IAH-LWC) 7pm Cutaneous Lymphoma Group (FC)	<b>5</b> 10am Total Body Conditioning (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 2pm Breath Workshop (ISCI-LWC) 2pm Laughter Yoga (FC) 6:30pm Melanoma Group (FC) 6:30pm Zumba (FO-LWC) 7pm Barre Tone (FC)	<b>6</b> Coalesce (FC) 10:30am Zumba Gold (44084 RP) 10:15am Restorative Yoga (FC) 1pm Knitting & Crocheting Circle (FC) 1pm Yin Yoga (FO-LWC)
				7
				8
<b>9</b> 12pm Look Good...Feel Better (ILH-RO) 1pm Art Therapy Series: Honoring... (FC) 6pm Energy Therapies (FC) 6pm MBCR (FO-LWC) 7pm Caregiver Connection (FC) 7pm Energy Therapies (FC) 7pm Zumba! (IAH-HEC 3-5)	<b>10</b> Coalesce II (FC) 10:30am Spirituality Quest (FC) 12pm Caregiver Tea and Talk (ISCI-LWC) 1:30pm Zentangle (44084 RP) 2:30pm MBCR (IAH-LWC) 4pm Breast Surgery Pre-Op (ILH-RO) 5pm Women's Survivorship Group 3+ years (FC) 5:30pm Financial Resource Series (FC) 6pm Caregiver Connection (ILH-RO) 6pm Prostate Cancer Group (LCSC) 6pm Survivorship Series (FO-RO) 6:30pm Young Women with Br Ca (IAH-LWC) 7pm Drop-In MBCR (FC) 7pm Zumba (FC) 7:30pm Prostate Cancer Group (FC)	<b>11</b> 11am Joyful Belly Dance (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Healing through Art Therapy (FC) 2:30pm Cultivating Compassion (FC) 2:30pm Tai Chi (ISCI) 3:30pm MBCR (44084 RP) 5pm Survivorship Nutrition (FO-LWC) 5:30pm Caregiver Connection (FO-D) 5:30pm Head and Neck Cancers Group (FC) 6:30pm Breast Cancer Group (FO-LWC)	<b>12</b> 11am Orientation (FC) 1pm Living with Advanced Disease (FO-LWC) 5:30pm Brain Fog (FC) 6pm Prostate Cancer Group (IAH-LWC) 6pm Women's Survivorship Group <3yrs (ILH-RO)	<b>13</b> Coalesce(FC) 10am Breast Surgery Pre-Op (ISCI-RR) 1:30pm Triple Negative Br Ca Tea (TNBC) (FC)
				14
				15
<b>16</b> 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) 5:30pm Breast Cancer Group (IAH-LWC) 6pm MBCR (FO-LWC) 6:30pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Zumba! (IAH-HEC 3-5)	<b>17</b> 10am Total Body Conditioning (44084 RP) 12pm EZ Tai Chi (FC) 12pm Fighting Cancer with a Fork (FO-RO) 12pm Caregiver Tea and Talk (ISCI-LWC) 12pm Multiple Myeloma (FC) 1pm Yoga Sculpt (FO-LWC) 2:30pm MBCR (IAH-LWC) 5:30pm Financial Resource Series (FC) 6pm Tai Chi (FC) 6pm Survivorship Series (FO-RO) 6pm Colorectal Cancer Group, Advanced Stage (FC) 6pm Energy Therapies (FO-LWC) 6:30pm Young Women with Breast Cancer (FC) 6:30pm StayStrong (IAH-HEC 3-5) 7pm Zumba (FC) 7pm Energy Therapies (FO-LWC)	<b>18</b> 10am Energy Therapies (ISCI-LWC) 10am Cardio & Core (44084 RP) 10am Pickleball (FC) 10:30am Cardio & Core (FO-LWC) 11:am Energy Therapies (ISCI-LWC) 1:30pm Restorative Yoga (44084 RP) 2pm Launch into Fitness (FC) 2pm Breast Surgery Pre-Op (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Fitness Cornucopia (FC) 3:30pm MBCR (44084 RP) 6pm Book Group (FO-RO) 6pm Brain Tumor Group (FC)	<b>19</b> 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) 5:30pm Brain Fog (FC) 5:30pm Seminars for Survivors: Fertility (FC) 6pm Just for the Guys (IAH-LWC) 6:30pm Zumba (FO-LWC) 7pm Barre Tone (FC)	<b>20</b> Coalesce (FC) 10:30am Zumba Gold (44084 RP) 1pm Knitting & Crocheting Circle (FC) 1pm Yin Yoga (FO-LWC) 2:30pm Writing Your Life Stories (FC)
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				22
<b>23</b> 10am Functional Fitness (FO-LWC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Breast Cancer Group (ILH-RO) 6pm MBCR (FO-LWC) 6pm The Circle of Life (FC) 6:30pm Orientation (FC) 6:30pm Evening Gentle Yoga (44084 RP) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC)	<b>24</b> Coalesce II (FC) 10am Total Body Conditioning (44084 RP) 12pm Caregiver Tea and Talk (ISCI-LWC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 2:30pm MBCR (IAH-LWC) 5pm Breast Surgery Pre-Op (ISCI-RR) 5:30 Financial Resources (FC) 6pm Tai Chi (FC) 6pm Pediatric Oncology Parent Night (FC) 6:30pm StayStrong (IAH-HEC 3-5) 7pm Young Adult Group (FC) 7pm Zumba (FC)	<b>25</b> 10am Cardio & Core (44084 RP) 10:30am Cardio & Core (FO-LWC) 11am Joyful Belly Dance (FC) 1:30pm Restorative Yoga (44084 RP) 2pm Launch into Fitness (FC) 3pm Fitness Cornucopia (FC) 3:30pm MBCR (44084 RP) 5:30pm Breast Surgery Pre-Op (FO-LWC) 5:30pm Gynecologic Cancer Group (FC) 6pm Energy Therapies (FC) 6pm Head and Neck Group (FO-RO) 6:30pm Cancer Survivorship, Class 3: (IAH-CCWR) 7pm Energy Therapies (FC)	<b>26</b> 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) 3pm More Good Days (ILH-PER) 3:30pm Meditation and Guided Imagery (ISCI-LWC) 5:30pm Brain Fog (FC) 6:30pm Cannabis Update (FC) 6:30pm Energy Therapies (44084 RP) 6:30pm Zumba (FO-LWC) 7pm Barre Tone (FC) 7:30pm Energy Therapies (44084 RP)	<b>27</b> Coalesce(FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Yin Yoga (FO-LWC)
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<b>30</b> 10am Functional Fitness (FO-LWC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 6pm MBCR (FO-LWC) 6:30pm Evening Gentle Yoga (44084 RP) 7pm Zumba! (IAH-HEC 3-5) 7pm Evening Gentle Yoga (FC)	<b>31</b> 10am Total Body Conditioning (44084 RP) 12pm Caregiver Tea and Talk (ISCI-LWC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 2:30pm MBCR (IAH-LWC) 5:30pm Financial Resource Series (FC) 6pm Tai Chi (FC) 6:30pm StayStrong (IAH-HEC 3-5) 7pm Zumba (FC)			