

Music Therapy

8/3/2021 10-11AM

Music Therapy is the clinical and evidence-based use of music to further development, emotional, physical, and social goals in an individual. Music therapy can help support the physical and psycho-social needs of patients and family members who are dealing with cancer. This weekly group will offer the opportunity to discover how the healing nature of rhythm and sound can be integrated into your cancer experience. Sessions may include music meditation, guided visualization, live improvisation, drumming, toning, song writing and song sensation. No past music experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration is required. Facilitated by: Raymond Leone, MMT, MT-BC.

Breast Cancer Support Group - Fairfax

8/4/2021 6:30-8PM

For women with stage 0-3 breast cancer who are no more than two years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Register is required. Facilitators: Laura Kaminski, BSN, RN, OCN & Tyler Pudleiner, MSW.

Pre-Op Breast Surgery Class

8/3/2021 12-1:30PM

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

Art Therapy for Long-Term Survivors

8/2/2021 1-3:30PM

Experience the power of your creativity through art therapy, relaxation, and mindfulness using our virtual platform! Join us as we engage in the creative process and stay connected. No prior artistic experience is necessary, just a willingness to explore and be a part of a supportive and creative community. This group will provide opportunities for reflection, personal growth, and self-expression. This month, we will focus on landscapes and using it as a metaphor for emotions. Please consider compiling acrylic paint, watercolors, or other medium of your choice.

*This group is for those off active treatment or bereaved for more than 2 years.

Melanoma Support Group

8/5/2021 6:30-8PM

Patient and family members are invited to come together to discuss the challenges, and experiences following a Melanoma diagnosis. Registration is required.

Barre Tone

8/4/2021 11-11:45AM

Jazz up your routine and have fun with the latest trend in a full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility. Please have a sturdy chair and a mat available. Small ball or weights optional. Registration is required.

Buff Bones

8/5/2021 1-1:45PM

Fun and functional, this workout helps 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. You may substitute water bottles, canned goods, bags of dried beans or rice for weights. Registration is required.

Cardio & Core

8/2/2021 1-1:45PM

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! If you don't have weights at home you may substitute with water bottles, canned goods, bags of dried beans or rice. Registration is required.

Cardio Drumming

8/5/2021 11-11:45AM

An energetic, full-body workout that's just plain fun! You don't need drum sticks or drums, just enthusiasm and a willingness to move! Plan to substitute plastic kitchen utensils in lieu of drumsticks or, just use your arms. Registration is required.

EZ Tai Chi

8/4/2021 6PM

Paired with a tai-chi-based warm-up and cool down exercise EZ Tai Chi addresses the key components of fitness while relieving tension, stress and improving balance. Using the "Harvard Medical School Guide to Tai Chi" protocol, you'll learn 5 easy-to-remember movements that can be practiced at home, work or while traveling. Registration is required.

Gentle Yoga

8/2/2021 2:30-3:13PM

Explore gentle movements which, when linked with your breath, allows you to flow from pose to pose, increasing your flexibility and stamina. Breath work and guided relaxation, restore balance and harmony to your body and mind. Registration is required.

Launch Into Fitness

8/4/2021 1-1:45PM

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. The class can be done while seated or standing. If you don't have weights at home you may substitute with water bottles, canned, goods, bags of dried beans or rice. Registration is required.

Meditation & Guided Imagery

8/3/2021 11-11:45AM

Guided imagery can quickly calm your body whilst simultaneously relax your mind. Gentle stretches, breath work, and guided meditation deepen your practice. If you don't have props at home, pillows, blankets and towels can be substituted. Registration is required.

Restorative Yoga

8/5/2021 2:30-3:15PM

With the use of props for support you'll hold poses for longer periods of time allowing for deeper relaxation and release. Registration is required.

Stay Strong

8/3/2021 2:30-3:15PM

8/5/2021 6:30-7:15PM

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 weights and body weight to get and keep you strong. You may substitute water bottles, canned, goods, bags of dried beans or rice for weights. Registration is required.

Tai Chi

8/6/2021 1:30-2:15PM

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

Total Body Conditioning

8/6/2021 12-12:45PM

Designed for all levels, TBC, combines aerobic conditioning with strength training and balance elements, to keep your fitness routine fresh. Don't have weights, no problem! Water bottles, body weight or cans of soup will do the trick. Registration is required.

Yoga Nidra

8/4/2021 2:30-3:15PM

Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. Blankets, pillows and towels may be used as supportive props. Registration is required.

Yoga Sculpt

8/3/2021 1-1:45PM

8/5/2021 6:30-7:15PM

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. Have a small towel and water available. Registration is required.

Zumba Gold

8/6/2021 10:30-11:15AM

Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Registration is required.

Zumba

8/3/2021 7-7:45PM

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. Registration is required.

Young women with breast cancer - Fair Oaks

8/4/2021 6-7:30PM

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to two years completion of active treatment, are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first time call Maureen Broderick 703-391-4180 or Shairna Curtis 703-391-4575. Registration required.

Pancreatic Cancer Support Group - Fair Oaks

8/4/2021 1-2:30PM

Join us as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with diagnosis and treatment. For patients only. Facilitators: Karen Archer, MSW, LCSW and Shairna Curtis, MSN, FNP-BC, OCN

Breast Surgery Pre-Op - Fair Oaks

8/4/2021 6-7:30PM

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

Young Adult Metastatic Breast Cancer Group - Fair Oaks

8/3/2021 5:30-7PM

Young adults in their 20s, 30s and 40s with metastatic breast cancer are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first time call Maureen Broderick 703-391-4180 or Shairna Curtis 703-391-4575. Registration required.

Ask A Dietitian

8/3/2021 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.