LOCATION

- **In-Person** (masks optional)
- Virtual/Online
- **Family Center** – 8411 Pennell Street, Fairfax, VA 22031
- **Inova Schar Cancer Institute Fairfax** – 8081 Innovation Park Drive, Fairfax, VA, 22031
- **Fair Oaks Cancer Center** – 3580 Joseph Siewick Drive, Lower Level - Suite 005, Fairfax, VA, 22033
- **Inova Loudoun Hospital** – 44045 Riverside Parkway, North Tower, 1st Floor, Leesburg, VA, 20176
- **Inova Alexandria Hospital** – 4320 Seminary Rd, Alexandria, VA 22304

CATEGORIES

Click on the desired topic below to jump to its various free classes, groups & events.

- **Class or Group Series** (multi-week programs where content builds on the week prior. We ask that you attend the full series for the best outcome.)
- **Education**
- **Education – Nutrition**
- **Fitness & Exercise**
- **Fitness & Exercise – Yoga**
- **Pediatrics – Children, Teen & Parents**
- **Stress Reduction**
- **Support Groups & Networking** (many are specific to cancer/disease-type)

Register for free at [events.lifewithcancer.org](http://events.lifewithcancer.org) or scan the QR code
Events are listed in alphabetical order. Click the class/group title to register.

CLASS OR GROUP SERIES

- **Advanced Practice for Pelvic Floor Workshop**  – Thursdays 6-6:45pm from July 13-August 3
  **Requirements- must have completed 2 sessions of PFH Intro or 1 session and semiweekly home practice until July 13.** Breathing, guided visualizations, and yoga asana are used to restore health to the pelvic floor, align the hips, stabilize low-back and build awareness of center. PFH Intermediate practice will run July, September and again in the autumn. This month-long workshop is for those who have participated in a full PFH Beginning/Intro workshop and are able to make time for semiweekly homework. The PFH Intermediate Workshop operates around a EBP 45-minute syllabus for exploration and strength. Understanding of and home practice with the pelvic clock and 4-part breathing is necessary to keep pace with this class. Join Sayde Alexandrescu, MSYT, RYT as we build a bridge back to ourselves! Not ready for advanced? See PFH Intro Workshop below.

- **Mind over Matter**  – Tuesdays, August 22-September 19 from 12:30-2pm
  Learn tips and tools to handle the big feelings that often present throughout a cancer journey. This 5-week class can help you deal with the fears, worries, and sadness that come up for many people. Please note that this class is an interactive, small group series, so please plan to attend and participate for all five sessions. Zoom link will be sent closer to the start of the series. Facilitator: Courtney Weaver, LCSW, OSW-C.

- **Mindfulness-Based Cancer Recovery (MBCR)**  – Wednesdays, August 16-September 27 from 5:30-7pm
  Interested in taking a closer look at mindfulness and meditation? Over seven weeks, learn different meditation practices and explore how mindfulness can help you deal with the stress of a cancer diagnosis. Please be aware that weekly attendance, home practice, and reading assignments are important parts of this course. Please obtain a copy of the book *Mindfulness-Based Cancer Recovery* by Carlson & Speca before the first class. Facilitators: Leigh Ann Caulkins, MSW, LCSW and Cheryl Hughes, MSW, LCSW. For those who have taken MBCR, join the monthly drop-in meditation designed to support continued learning from the MBCR series>>

- **Pelvic Floor Health Intro Workshop**  – Thursdays, August 3-17 from 5-5:45pm
  Welcome to help with alignment, pain, tension, leakage, and grounded-ness in the hips, low back, sacrum, pelvis, and more! Join as we become educated about the tight muscles that cause pelvic pain, leakage, AND the weak muscles that cause prolapses and low back tension. Pelvic Floor dysfunction can result from injury, stress, poor posture, surgery, and more. Sayde Alexandrescu, MSYT, RYT uses breathing, guided visualizations, and yoga asana to restore health to the pelvic floor. PFH Intermediate practice will run July, September and again in the autumn. **Required Materials for Home Practice:**  2 blankets/beach towels, 2 pillows and space to stretch on the floor/bed.

*To learn more about the Mind over Matter or Mindfulness-Based Cancer Recovery series, please contact Kim Lowery Walker, coordinator of the Integrative Psycho-Oncology Program or at kimbler.y.lowerywalker@inova.org or 703-698-2524.*

jump to beginning/first page
EDUCATION

**Breast Surgery Pre-Operative (Pre-Op) Class** – Various times (1pm or 5pm) on August 3, 7, 15, 23 & 31
If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with reconstruction this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator. Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prosthesis and more. Family/friends welcome. [View breast cancer support & networking groups](#)

**Building Resilience** – Wednesday, August 2 from 5:30-7pm
This group will introduce you to strategies for cultivating and building your own resilience through the cancer journey and survivorship.

**Lifestyle Changes & Colorectal Cancer** – Thursday, August 15 from 6-7:30pm
Join us virtually for a presentation with Timothy Cannon, MD, Sheridan Director, Molecular Tumor Board, Co-Director, Gastrointestinal Cancer Program, Inova Schar Cancer as he discusses the state of the research on diet, exercise, and other lifestyle factors for those living with colorectal cancer. Registration is required to receive zoom link.

**Mindfulness-Based Cancer Recovery (MBCR) Drop-In** – Wednesday, August 2 from 11am-12pm
For those that completed the 6-session Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series. Facilitator: Cheryl Hughes, MSW, LCSW.

**Series: Advanced Practice for Pelvic Floor Workshop** – Thursdays 6-6:45pm from July 13-August 3
**Requirements- must have completed 2 sessions of PFH Intro or 1 session and semiweekly home practice until July 13.** Breathing, guided visualizations, and yoga asana are used to restore health to the pelvic floor, align the hips, stabilize low-back and build awareness of center. PFH Intermediate practice will run July, September and again in the autumn. This month-long workshop is for those who have participated in a full PFH Beginning/Intro workshop and are able to make time for semiweekly homework. The PFH Intermediate Workshop operates around a EBP 45-minute syllabus for exploration and strength. Understanding of and home practice with the pelvic clock and 4-part breathing is necessary to keep pace with this class. Join Sayde Alexandrescu, MSYT, RYT as we build a bridge back to ourselves! Not ready for advanced? See PFH Intro Workshop below.

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Sexual Health – Let’s Talk about Sex: Women’s Sexual Health & Cancer – Thursday, August 31, 12-1pm
Have you ever wondered how a cancer diagnosis can affect your sex life? This class is for you! Join us to learn about the impacts of cancer on sexual health for men and strategies to address these challenges. Facilitators: Rebecca DiPatri, BSN, RN, OCN (she/her) & Lauren Broschak, MSW, LCSW, OSW-C (she/her)

Sexual Health – What Every Man Should Know about Cancer & Sexual Health – Tuesday, August 29, 12-1pm
Have you ever wondered how a cancer diagnosis can affect your sex life? This class is for you! Join us to learn about the impacts of cancer on sexual health for men and strategies to address these challenges. Facilitators: Rebecca DiPatri, BSN, RN, OCN (she/her) & Lauren Broschak, MSW, LCSW, OSW-C (she/her)

EDUCATION – NUTRITION

Nutrition During Gynecologic Radiation Treatment – Wednesdays 12-1pm
This class is intended for patients who are about to start or are currently undergoing radiation therapy for gynecologic cancers. We will discuss common side effects of pelvic radiation and nutritional strategies for managing them. Opportunity for Q&A at the end of class. View information on the gynecologic cancer support group>>

Nutrition During Prostate Radiation Treatment – Thursdays 12-1pm
This class is intended for patients who are about to start or are currently undergoing radiation therapy for prostate cancer. We will discuss common side effects of pelvic radiation and nutritional strategies for managing them. Opportunity for Q&A at the end of class. View information on the prostate cancer support group>>

Survivorship Nutrition – Tuesday, August 8, 5-6pm
Are you familiar with the latest evidence-based recommendations for survivorship nutrition? Registered Dietitian, Kelsey Coulter, 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.

FITNESS & EXERCISE

Cardio Drumming at the Fairfax Family Center (FC) or Virtual/Online – Thursdays, August 3, 10 & 17 from 11-11:45am
An energetic, full-body workout that’s just plain fun! We work on cardiovascular endurance, balance, and perform movements that challenge the brain. Come and be part of our supportive community and enjoy this joyful connected with others. Plan to substitute plastic kitchen utensils in lieu of drumsticks or, just use your arms!
EZ Tai Chi – Wednesdays, August 2, 9 & 16 from 6-6:45pm
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.

Joyful Belly Dance – Wednesdays, August 2, 9 & 16 from 11-11:45am
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.

Love the Mat – Mondays, August 7 & 14 from 8:30-9am
Take a different position on strength and join Stacey on the floor for thirty minutes of flexibility and a total body workout. Being able to get down on the floor, on all fours, and on your back is necessary. A good mat or comfy carpet to lie on is essential and weights are optional.

Mind, Body + Pause at Inova Schar Cancer Fairfax (2nd Floor – Meditation Room) – Tuesday, August 1 & 15 from 2:30-3:15pm
Come join one of our Life with Cancer yoga therapists for a refreshing afternoon break. Each session will include one or a combination of: gentle chair based or standing movement, a breath practice and/or a guided visualization. Leave feeling refreshed and calm for the rest of your day. Come as you are, no special clothing or equipment required.

Mindfulness in Motion – Fridays, August 4 & 11 1:30-2:15pm
Join Life with Cancer’s peaceful movement class based on ancient Tai Chi principles. The sequences will involve coordinating slow-flowing movements with calm and deep rhythmic breathing to restore the mind and body to a state of ease. This is a 45-minute moving meditation practice. All fitness abilities are welcome. Please wear comfortable clothing and footwear.

Osteoblast at the Fairfax Family Center or Virtual/Online – Mondays, August 7 & 14 from 2-3pm
This class is the advanced version of Buff Bones. 60-minutes in length, this class will address the mind and body with breathwork and flow from the lower body to the upper body to the floor followed by a cool down. Weight-bearing exercises will be performed. Please have a set of weights or resistance bands that are appropriate for your fitness level (light to medium). Participants must be able to work from the floor. Modifications for various conditions and fitness levels will be provided.

Series: Small Group Training at the Fairfax Family Center – Fridays 12:30-1:30pm August 4, 11 & 18
Attendees who have completed previous series are welcome to join again if they have consistent attendance. Space will be limited to 6 people per class. Fitness evaluation required prior to starting. View other series>>

Series: Advanced Practice for Pelvic Floor Workshop – Thursdays 6-6:45pm from July 13-August 3
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the pelvic floor, align the hips, stabilize low-back and build awareness of center. PFH Intermediate practice will run July, September and again in the autumn. This month-long workshop is for those who have participated in a full PFH Beginning/Intro workshop and are able to make time for semiweekly homework. The PFH Intermediate Workshop operates around a EBP 45-minute syllabus for exploration and strength. Understanding of and home practice with the pelvic clock and 4-part breathing is necessary to keep pace with this class. Join Sayde Alexandrescu, MSYT, RYT as we build a bridge back to ourselves! Not ready for advanced? See PFH Intro Workshop below.

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**StayStrong at the Fairfax Family Center or Virtual** – Tuesdays, August 1, 8 & 15 2:30-3:15pm
Need to build muscle and strength as well as maintain your cardio fitness? Stay Strong 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. If joining online, you may substitute water bottles, canned, goods, bags of dried beans, or rice for weights.

**Tai Chi at the Fairfax Family Center (FC) or Virtual** - Wednesdays
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 a form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. **Tai Chi 1 at FC or Virtual** – August 2, 9 & 16 from 3:15-3:45pm: This class will teach basic movements. **Tai Chi 2 at FC or Virtual** – August 2, 9 & 16 from 3:45-4:30pm: Designed for people that have learned some of the basic movements and are ready for some advancement in their practice.

**Total Body Conditioning** – Tuesdays & Thursdays 10-10:45am
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.

**Zumba – Summer Dance Party! at the Fairfax Family Center (FC) or Virtual** – Tuesday, August 1 from 7-8pm
Come and get out of the house and enjoy the LWC community as we celebrate the remaining days of summer with this team taught Zumba class. Zumba combines slow and fast rhythm with resistance training while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, Zumba can help to lift your mood and improve your general sense of well-being.

**Zumba** – Tuesdays, August 8 & 15 from 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, Zumba can help to lift your mood and improve your general sense of well-being.

- **Zumba Gold** – Fridays, August 4, 11 & 18 from 10:30-11:15am
  Easy-to-follow choreography that promotes balance, range of motion, and coordination. Come prepared to sweat!

**FITNESS & EXERCISE – YOGA**

- **Chair Yoga** – Wednesdays, August 2, 9, 16 & 23 from 1-1:45pm
  Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breathwork, and gentle stretches all without the stress of getting up and down off the floor. The chair is used for seated postures and meditation and for greater stability in standing and balance postures. You will also learn techniques to calm the mind and body that can be practiced anywhere. All levels and abilities are welcome.

- **Gentle Yoga** – Mondays, August 7 & 14 from 6:30-7:30pm
  Blending gentle movement to increase flexibility and stamina, breath work, and guided relaxation to help restore balance and harmony to your body and mind. You’ll learn movements that stretch, strengthen, and relax muscles.

- **Lymphatic Yoga** – Fridays, August 4, 11 & 18 from 9:30-10:15am
  Lymphatic Flow Yoga is a moderately-paced class that can increase circulation, and blood flow, and support the lymphatic drainage process. Using a combination of yoga flow, static holds, and gravity, this class is accessible for all levels using props to explore modifications and increase your confidence. Learn more about your immune system and techniques to use in your daily life.

- **Mind, Body + Pause** at Inova Schar Cancer Fairfax (2nd Floor – Meditation Room)
  – Tuesday, August 1 & 15 from 2:30-3:15pm
  Come join one of our Life with Cancer yoga therapists for a refreshing afternoon break. Each session will include one or a combination of: gentle chair based or standing movement, a breath practice and/or a guided visualization. Leave feeling refreshed and calm for the rest of your day. Come as you are, no special clothing or equipment required.

- **Pelvic Floor Intro Workshop Series** – Thursdays, August 3-17 from 5-5:45pm
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- **Qigong 20-minute Practice** – Thursday, August 24 from 2-2:20pm
  This class is a specialized program designed to provide support, relief, and healing for individuals recently diagnosed, living with or in recovery from cancer. Qigong (Chi-gong) is an ancient Chinese
practice that combines gentle movements, rhythmic breathing, and meditation, and scientific studies have shown remarkable benefits for cancer patients and seniors alike. Moreover, the community aspect of Qigong classes can provide a sense of peace and connectedness, combating feelings of isolation that many experience while dealing with illness.

- **Somatic Yoga** – Sundays, August 6 & 13 from 6-6:45pm
  Somatic Yoga is a movement therapy that is accessible to everyone. Many mitigate persistent stress, physical and emotional pain, stiffness, and postural imbalances with this subtle practice. By observing the brain-to-muscle behaviors, we may be able to mindfully re-educate the patterns and have long-lasting and immediate results.

- **Yoga Nidra Mindfulness Meditation** – Mondays, August 7 & 14 from 1:15-2pm
  Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. This meditation is for all levels and no experience is required. Blankets, pillows, and towels may be used as supportive props.

- **Yoga Sculpt** – Tuesdays, August 8 & 15 from 1-1:45pm
  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.

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**PEDIATRICS – CHILDREN, TEENS & PARENTS**

- **Grief Circle for Kids** – Friday, August 18, 3-4:15pm
  This one-time grief workshop is for children 7-12 years old with a loved one who died from cancer in the last 4 years. The purpose of this group is to provide kids a safe-space to learn about grief, explore shared experiences, and talk about their loss in a peer-supportive environment.

- **On-Demand Movement Classes/Videos** – Available at your leisure!
  In partnership with Create Calm, enjoy mindfulness-based movement and yoga ranging from quick 1-minute videos to 20-30-minute videos, in both English & Spanish. Great for the entire family. [https://createcalm.org/classes-trainings/inova-on-demand/](https://createcalm.org/classes-trainings/inova-on-demand/).

- **Teen Connect - Summer Send Off Party** at the Fairfax Family Center – Friday, August 18, 1-2:30pm
  Join us for an afternoon of games & pizza to say goodbye to summer. This event is a part of the LWC Teens Connect program, which strives to provide bimonthly social opportunities to teens who have a loved one with cancer. No previous participation is required. If you have questions, please reach out to us at LWCpeds@inova.org.

- **Peds Caregiver Connection Group** – Tuesday, August 8, 8-9pm
  For those caring with a child or teen with cancer – drop in as you’re able. Network with other caregivers, share tips and encouragement, and learn from one another. For more information, contact jessica.gana@inova.org or shari.langer@inova.org.
Where to Start: How to Support your Child After Your Cancer Diagnosis – Monday, August 28, 11-12am
If you or your partner have been recently diagnosed with cancer, this class will provide information and guidance on how to support your children throughout your cancer journey. You will learn strategies for engaging your children in conversations around cancer, in addition to learning what to look out for in case your child needs additional support. This is a one-time educational class that serves as an introduction to the Pediatric Life with Cancer Program and the resources available to support your family. Parents or caregivers are welcome.

Young Adults in Treatment Hangout – Thursday, August 10, 7-8pm
This casual Zoom hangout (for ages 16-23) is a safe place to connect with other teens and young adults with cancer to share, listen, support one another, and make friends. Drop-in when you can. All are welcome! For more information, contact shari.langer@inova.org.

For questions or more information about our Pediatric Program, please email LWCpeds@inova.org.

STRESS REDUCTION

15-Minute Mindfulness Break – Wednesdays 12:45-1pm
Paused for the summer and will resume in the fall!

Healing through Art Therapy – Monday, August 7 (In-Person at the Fairfax Family Center) and August 14 (Online), 1-3:30pm
Engage in the creative process through art therapy and connect with others. No prior artistic experience is necessary, just a willingness to explore and be part of a supportive, creative community. Art materials will be provided at the Family Center. Facilitated by: Jane Woo, MA, ATR-BC.

Meditation & Guided Imagery – Tuesday, August 15 from 11-11:45am
Guided imagery can quickly calm your body whilst simultaneously relaxing your mind. Gentle stretches, breathwork, and guided meditation deepen your practice. If you don't have props at home, pillows, blankets, and towels can be substituted.

Mind over Matter Series – Tuesdays, August 22-September 19 from 12:30-2pm
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- **Mindfulness in Motion** – Fridays, August 4 & 11 1:30-2:15pm
  Join Life with Cancer’s peaceful movement class based on ancient Tai Chi principles. The sequences will involve coordinating slow-flowing movements with calm and deep rhythmic breathing to restore the mind and body to a state of ease. This is a 45-minute moving meditation practice. All fitness abilities are welcome. Please wear comfortable clothing and footwear.

- **Music Therapy** – Tuesday, August 8, 15, 22 & 29 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 psychosocial 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. Facilitated by: Raymond Leone, MMT, MT-BC.

- **Somatic Yoga** – Sundays, August 6 & 13 from 6-6:45pm
  Somatic Yoga is a movement therapy that is accessible to everyone. Many mitigate persistent stress, physical and emotional pain, stiffness, and postural imbalances with this subtle practice. By observing the brain-to-muscle behaviors, we may be able to mindfully re-educate the patterns and have long-lasting and immediate results.

- **Sound Bath Meditation** – Thursdays, August 3, 10 & 17 from 6-6:45pm
  A sound bath is a meditative experience where those in attendance are “bathed” in sound waves. These waves are produced by various sources, including healing instruments such as gongs and singing bowls. From the comfort of your own home, immerse yourself in sound and vibrations that will restore you to a state of ease so you can rest and feel more ready for sleep.

- **Yoga Nidra Mindfulness Meditation** – Mondays, August 7 & 14 from 1:15-2pm
  Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. This meditation is for all levels and no experience is required. Blankets, pillows, and towels may be used as supportive props. [View other yoga classes]>

*To learn more about the Mindfulness-Based Cancer Recovery or Mind over Matter series, please contact Kim Lowery Walker, coordinator of the Integrative Psycho-Oncology Program or at kimblery.lowerywalker@inova.org or 703-698-2524.*
SUPPORT GROUPS & NETWORKING

Healing through Art Therapy – Monday, August 7 (In-Person at the Fairfax Family Center) and August 14 (Online), 1-3:30pm
Engage in the creative process through art therapy and connect with others. No prior artistic experience is necessary, just a willingness to explore and be part of a supportive, creative community. Art materials will be provided at the Family Center. Facilitated by: Jane Woo, MA, ATR-BC.

Bladder Cancer Group – Tuesday, August 22, 2-3:30pm
This group is open to all bladder cancer patients as well as their caregivers to provide connection for the community of bladder cancer patients, as well as provide psychoeducation for bladder cancer patients and their families on both local and national resources, treatment changes and clinical trials. Facilitators: Karen Sachse, MSN, RN, CNS-BC and Jenna Sangastiano, LPC.

Breast Cancer Group, Advanced-Coalesce 1 – Mondays, August 14 & 28, 12-1pm
This support group is for any patient living with metastatic breast cancer. Join us to meet with women of all ages to share life's joys and sorrows. Facilitator: Kim Lowery Walker, LCSW.

Breast Cancer Group, Young Adults with Metastatic – Tuesday, August 15, 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, please call Maureen Broderick, LCSW at 703-391-4180. Facilitators: Maureen Broderick, LCSW, OSW-C and Kaite Hegarty, BSN, RN, OCN & CBCN.

Breast Cancer Group, Young Women, Non-Metastatic – Tuesday, August 8, 6:30-8pm
Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others to gather information and learn how to best navigate survivorship. Facilitators: Karen Sachse, MSN, RN, CNS-BC and Jenna Sangastiano, LPC.

Breast Cancer Support Group, Young Women, Non-Metastatic – Monday, August 28, 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, please contact Maureen Broderick 703-391-4180 or Sofi Goerdt 703-776-8768.

Breast Cancer Support Group, Stage 0-3 – Monday, August 21, 5:30-7pm
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. Facilitators: Karen Sachse, MSN, RN, CNS-BC and Jenna Sangastiano, LPC.

Breast Cancer Support Group, Stage 0-3 at the Fairfax Family Center – Tuesday, August 22, 6-7:30pm
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. Facilitators: Rebecca Berley, LCSW and Sofi Goerdt, MSN, ONN.
Breast Cancer Support Group at Inova Loudoun-LWC – Thursday, August 3, 5:30-7pm
For women diagnosed with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Facilitated by oncology therapist, Barbara Legnini MSW, LCSW and Oncology Nurse Navigator, Christine Stone RN, MSN, OCN.

Breast Cancer Support Group-Triple Negative – Wednesday, August 23, 5:30-7pm
Provides a safe space to connect with others about the experience of having triple negative breast cancer. This group is facilitated by oncology clinical therapist Kelly Conen-Jablonski, LCSW and oncology nurse navigator Laura Kaminski, BSN, RN, OCN, CBCN.

Carcinoid/Neuroendocrine Cancer (CACSNET) Support Group – Saturday, August 12, 10am-12pm
Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with carcinoid tumors, a type of neuroendocrine tumors. For more information, please email cacsnets@gmail.com.

Caregiver Connection – Monday, August 14, 7-8:30pm
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. July 10th Facilitators: Durene LeFlouria, MSW, LCSW and Rebecca DiPatri, BSN, RN, OCN. July 26th Facilitator: Karen Archer, MSW, LCSW, OSW-C and Mary Kay Mecca, RN, BSN.

Colorectal Cancer Support Group, Advanced Stage – Thursday, August 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. Facilitator: Lauren Broschak, MSW, LCSW, OSW-C and Annabel Anderson, MSN/MPH, RN.

forGIng ahead (Gastrointestinal Cancer Group) – Thursday, August 3, 6-7:30pm
Provides support to patients diagnosed with Stage 0-3 gastrointestinal cancers (Anal, colon, esophageal, gallbladder, liver, pancreatic, rectal, stomach). Facilitators: Anna Harkins-Joseph, LCSW and Dr. Rakesh Biswas.

Gynecologic Cancer Support Group – Wednesday, August 23, 5:30-7pm
Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Facilitators: Leigh Ann Caulkins, LCSW and Emily Hirsch, BSN, RN, OCN.

Head and Neck Cancer Group – Monday, August 21, 6-7:30pm
This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship. Facilitators: Amy Bohnslav, RN, OCN and Maureen Broderick, LCSW, OSW-C at 703-391-4180.

Just for the Guys Support Group – Thursday, August 17, 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! Facilitator: David McGinness, MSW, LCSW, OSW-C.

- **Leukemia & Lymphoma Support Group** – **Wednesday, August 9, 10-11:30am**
  This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. The group’s format is open discussion of such topics as coping with uncertainty and treatment side effects, alleviating anxiety, and expressing the many reactions to a cancer diagnosis. Group alternates every other month between in-person and Zoom/virtual. Facilitators: Sarah Brooks, LPC and Jillian Powers, RN, BSN.

- **LGBTQ+ Virtual Cancer Group** – **Tuesday, August 8, 6-7pm**
  This virtual group is for individuals living with cancer or survivors who identify as members of the LGBTQ+ community. Our monthly meeting is a safe, inclusive space for LGBTQ+ individuals to connect, build community, and process together. Please register online to join us! Facilitator: Kat O'Donnell, LCSW (they/she).

- **Living Well With Advanced Cancer** – **Thursday, August 10 & 24, 1-2:30pm**
  Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Meets the 2nd & 4th Thursday of each month. Facilitators: Karen Archer, MSW, LCSW, OSW-C and Kaitlyn Hegarty, RN, BSN, OCN.

- **Lung Cancer Group** – **Tuesday, August 8, 6-7:30pm**
  Join other patients, survivors, family members, and friends to discuss the challenges of living with lung cancer and its treatments. Facilitator: David McGinness, MSW, LCSW, OSW-C.

- **Melanoma Support Group** – **Thursday, August 3, 6:30-8pm**
  Patient and family members are invited to come together to discuss the challenges, and experiences following a Melanoma diagnosis. This group is facilitated by Keela Lowry, MSW. Co-facilitator: Maryann Fix, RN.

- **Multiple Myeloma** – **Tuesday, July 18, 12-1:30pm**
  This month’s group will be held via Zoom and is designed for patients and families to get together to discuss, learn and share the challenges of living with multiple myeloma. This month, Kirstie Pomeranski, LWC Fitness Program manager will be presenting on Bone Health. Facilitators: Darah Curran, LCSW and Rebecca H. DiPatri, BSN, RN, OCN®, Oncology Nurse Navigator. Co-sponsored with Leukemia & Lymphoma Society.

- **Myelodysplastic Syndromes (MDS) Support Group** – **Saturday, August 12, 10:30am-12pm**
  A patient-led support group open to all individuals affected by MDS. The objective for this group is to provide patients, caregivers and families a safe place to cope with the emotional aspects of MDS, to share with others their feelings and challenges and to hear from local MDS healthcare professionals. Please register with Brian Anderson at brian.s.anderson65@gmail.com or call 703.984.9379.

- **Pancreatic Support Group** – **Wednesday, August 2, 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, OSWC and Mary-Kay Mecca, RN, BSN, OCN.
• **Peds Caregiver Connection Group** – *Tuesday, August 2, 8-9pm*
For those caring with a child or teen with cancer – drop in as you’re able. Network with other caregivers, share tips and encouragement, and learn from one another. For more information, contact jessica.gana@inova.org or shari.langer@inova.org.

• **Prostate Cancer Support/Education Group-Alexandria** – *Thursday, August 10, 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! David McGinness, MSW, LCSW, OSW-C.

• **Sexual Health - Get your Groove Back: Sexuality & Sensuality After Cancer Diagnosis for Women** – *Wednesday, August 23, 12-1pm*
This group is open to women who have been diagnosed with cancer. Join us to discuss the impact of cancer on sexual health, share how cancer has affected your sexuality, connect with others who have similar experiences, and learn from each other. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C (she/her) and Jennifer Bires, MSW, LCSW, OSW-C (she/her).

• **Sexual Health - Sex and Cancer for Men: A Group for Exploring Sexuality and Sensuality After a Cancer Diagnosis** – *Wednesday, August 16, 12-1pm*
This group is open to men who have been diagnosed with cancer. Join us to discuss the impact of cancer on sexual health, share how cancer has affected your sexuality, connect with others who have similar experiences, and learn from each other. Facilitator: Lauren Broschak, MSW, LCSW, OSW-C (she/her) and Jennifer Bires, MSW, LCSW, OSW-C (she/her).

• **Spirituality Quest** – *Tuesday, August 8, 10:30-11:30am*
Flower Power: Late summer is peak season for sunflowers, which hold a variety of symbolic meanings in different cultures. Some see a parallel between the way sunflowers follow the sun and the way people search for light and truth in our spiritual lives. Does the symbol of the sunflower resonate with your spiritual journey? Are there other spiritual symbols that are meaningful to you? Come and discuss with the group. “Sunflowers end up facing the sun, but they go through a lot of dirt to find their way there.” Facilitator: Rev. Caroline Bass, M.Div., BCC.

• **Women’s Survivorship Support Group** – *Thursday, August 10, 6-7:30pm*
Your cancer treatment is done, now what? This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various modalities so that you can go from surviving to thriving. This group is intended for women who have completed cancer treatment and or are on maintenance therapy. Facilitators: Julie Ackerman, LCSW, OSW-C and Christine Stone, RN, MSN, OCN.

• **Young Adult Group** – *Thursday, August 24, 7-8pm*
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: Kelly Conen-Jablonski, LCSW and Mythri Mudireddy, MD.

• **Young Adults in Treatment Hangout** – *Thursday, August 10, 7-8pm*
This casual Zoom hangout (for ages 16-23) is a safe place to connect with other teens and young adults with cancer to share, listen, support one another, and make friends. Drop-in when you can. All are welcome! For more information, contact shari.langer@inova.org.
REMINDERS

- Registration is required, unless noted in the descriptions. Registration enables us to appropriately plan for materials, send you Zoom details for online/virtual events and contact you in case the class is cancelled or postponed.
- If you cannot attend a class/group for which you are registered, please cancel your registration as soon as possible.
- Registration closes for a class or group 3pm the day prior, Monday-Friday. If an event falls on Monday, registration closes Friday at 3pm.
- Zoom links are sent 1-hour before class or group begins via email and will become available in the “My Classes” section.
- Please check your Junk Mail or SPAM folder for class or event invitations.
  - If you are creating a new account / signing up, please ensure you verify your email in order to receive notifications (registration confirmation, virtual links for online classes, etc.)
- Colored circles indicate virtual or in-person and the location. View color key.

Register for free at events.lifewithcancer.org or scan the QR code

OTHER LIFE WITH CANCER SERVICES

- Free Therapeutic & Art Therapy/Counseling - One-on-One, Couples and Pediatrics
- Free Nutrition Counseling
- Free Nursing Consultation / Navigation
- Free Fitness Consultation
- Oncology Psychiatry: fee-based services usually covered by health insurance. Accepting adults in-treatment with Inova.
- Free Massage & Acupuncture for patients in-treatment with Inova. Reduced cost massages of $70/session are available for all other patients & caregivers. Acupuncture is also available for patients experiencing side effects from treatment within the last 12-months.

To receive news on upcoming Life with Cancer events and other resources, sign up for the weekly LWC e-newsletter.

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Need help or have questions? We’re here for you.
Please contact lifewithcancer@inova.org or call 703.206.5433(LIFE).