








LIFE WITH CANCER PROGRAM GUIDE ~ SEPTEMBER 2023

LOCATION	
	In-Person (masks optional)
	Virtual/Online
	Family Center – 8411 Pennell Street, Fairfax, VA 22031
	Inova Schar Cancer 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 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, 5-5:45pm

***Requirements- must have completed 2 sessions of PFH Intro or 1 session and semiweekly home practice.* 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.

[Balance for Neuropathy](#) at Inova Schar Cancer Fairfax – Tuesdays, September 12-October 3, 1-1:30pm

Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength.

[*Closed*- Mind over Matter](#) – Tuesdays, August 22-September 19, 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.

[*Closed* - Mindfulness-Based Cancer Recovery \(MBCR\)](#) – Wednesdays, August 16-September 27, 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>>

[Curious about Cancer](#) at the Fairfax Family Center – Wednesdays, September 27-October 25, 5:30-6:30pm

This 5-week program is for kids ages 8-12 with a family member with cancer. This group will provide kids with the opportunity to learn about cancer in age-appropriate way, learn and share coping skills, and be supported by peers with similar experiences. For any questions, please reach out to LWCPeds@inova.org.

[Good Grief](#) at Fairfax Family Center – Tuesdays, September 26-October 24, 6:30-8pm

Good Grief is a seven-week series for those who have experienced the death of a family member from cancer within the last two years. The group aims to give you the opportunity to understand and process a myriad of grief reactions, while sharing stories of caregiving and our loved ones' lives. Facilitator: Sarah Brooks, LPC.

● **[Journal to the Self: The Card Deck](#)** – *Thursdays, September 14-October 12, 11am-12:30pm*

Learn to create and keep a journal using the latest tool from the Center for Journal Therapy. No prior journaling experience is required and for former writing students there are new prompts and new techniques. Your writing can stay safely private – I will teach a safe sharing tool. Card deck purchase is optional, not required for participation.

● **[Meaning-Centered Psychotherapy](#)** – *Wednesdays, September 27-November 15, 1:30-3pm*

NOTE: This course is only open to people who have completed the 7-week Mindfulness-Based Cancer Recovery class (MBCR). This 8-week series developed at Memorial Sloan-Kettering Cancer Center is designed to help foster a sense of meaning, peace, and purpose in their lives. Each week explores a different source of meaning; therefore, weekly attendance and participation in home-based assignments are expected. **To register, please contact the IPOP Coordinator, Kim Lowery Walker, at kimberly.lowerywalker@inova.org.**

● **[Mind over Matter for Breast Cancer Survivors](#)** – *Tuesdays, September 12-October 10, 12-1:30pm*

NOTE: This session of Mind Over Matter is only open to people with a breast cancer diagnosis who have completed active treatment. Learn tips and tools to handle the big feelings that are 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.

● ● **[Small Group Training](#)** at the Fairfax Family Center – *Fridays, September 8, 15 & 22, 1:30-2:30pm*

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.

● **[Pelvic Floor Health Intro Workshop](#)** – *Thursdays, 4-4:45pm*

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. *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 kimberly.lowerywalker@inova.org or 703-698-2524.*

EDUCATION

● **[Breast Cancer Rehabilitation Program \(Series\)](#)** – *Tuesdays, September 12-October 17, 5:30-7pm*

Learn what to expect as you transition from breast cancer treatment to survivorship. An oncology nurse navigator will review active surveillance, scan criteria, and follow up guidelines. Discussion of endocrine therapy & tips for managing associated side effects. Facilitated by Laura Kaminski, BSN, RN, OCN, CBCN. For questions about this online/virtual series, please call: 571-472-0744.

**Participants must be out of active treatment. [View breast cancer support & networking groups>>](#)

● **[Breast Cancer Surgery Pre-Operative \(Pre-Op\) Class](#)** – *Various times (1pm or 5pm) on September 7, 11, 13, 19 & 28*

If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with reconstruction this online/virtual, 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>>](#)

● **[Breast Cancer – American Society of Clinical Oncology \(ASCO\) Annual Update with Dr. Kathleen Harnden](#)** – *Monday, September 25, 5-6pm*

Dr. Kathleen Harnden, medical oncologist, will provide breast cancer updates from the ASCO Annual Meeting. [View breast cancer support & networking groups>>](#)

● **[Breast Cancer – Triple Negative Talk with Dr. Angela Pennisi](#)** – *Monday, September 11, 5:30-7pm*

Those with triple negative breast cancer are invited to join us to hear Dr. Angela Pennisi share the latest research findings. [View breast cancer support & networking groups>>](#)

● **[Hot Topics for Young Adults: Sex after Cancer](#)** – *Tuesday, September 19, 6-7pm*

For young adults, sexuality is a vital, rich, and pleasurable part of life; and young adults with cancer may experience changes in their sex lives during and after treatment. There are often unique questions and concerns about sex and sexuality that may not always get addressed. Join us as we have a frank and honest conversation, and provide accurate information to help support a safe, healthy, and pleasurable approach to sex after cancer. Facilitator: Lauren Broschak, MSW, LCSW, OSW-C (she/her).

● **[Mindfulness-Based Cancer Recovery \(MBCR\) Drop-In](#)** – *Wednesday, September 6, 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, 5-5:45pm*

**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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EDUCATION – NUTRITION

● **[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, September 12, 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 – *Thursdays, 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, 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, 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, September 11, 18 & 25, 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) – *Tuesdays, 9:30-10:15am*

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, September 8, 15, 22 & 29, 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 – *Mondays, September 11, 18 & 25, 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.

● **Qigong** – *Thursdays, 2-2:45pm*

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.

●● **Series: Balance for Neuropathy** at Inova Schar Cancer Fairfax – *Tuesdays, September 12-October 3, 1-1:30pm*

Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength.

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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>>](#)

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● ● ● **[StayStrong](#)** at the Fairfax Family Center(FC) or Virtual – *Tuesdays, 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, September 6, 13, 20 & 27*

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](#) – *3:15-3:45pm*: This class will teach basic movements.

Tai Chi 2 at [FC](#) or [Virtual](#) – *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](#)** at the Fairfax Family Center (FC) or Virtual – *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** – Tuesdays, 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, September 8, 15, 22 & 29, 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 at [Inova Loudoun Hospital LWC Suite](#) or [Virtual](#)** – Wednesdays, 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, September 11, 18 & 25, 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, 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)** – Tuesdays, 9:30-10:15am

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.

● **Somatic Yoga** – Sundays, September 10, 17 & 24, 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.

●● **Yin Yoga** – Tuesdays, September 13, 20 & 27, 11:30am-12pm

Yin Yoga is a slow and deep practice to open the connective tissues including joints of the hips, legs, and spine. The postures are all practiced on the floor, and the most poses would be held for about 3-

5 minutes. The benefits include increased joint health, flexibility, and improved circulation. This class is open for anyone as long as one can get up and down off of the floor. Please bring a mat or towel to be able to lie down.

● **[Yoga Nidra Mindfulness Meditation](#)** – *Mondays, September 11, 18 & 25, 1-1:45pm*
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, 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.

PEDIATRICS – CHILDREN, TEENS & PARENTS

● ● **[Curious about Cancers](#)** at the Fairfax Family Center – *Thursday, September 28-October 26, 5:30-6:30pm*

This 5-week program is for kids ages 8-12 with a family member with cancer. This group will provide kids with the opportunity to learn about cancer in age-appropriate way, learn and share coping skills, and be supported by peers with similar experiences. For any questions, please reach out to LWCPeds@inova.org.

● ● **[Grief Circle for Kids](#)** at the Fairfax Family Center – *Wednesday, September 13, 4:30-5:45pm*

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/>.

● ● **[Teen Connect – Welcome Back at the Fairfax Family Center](#)** – *Tuesday, September 19, 5-6:30pm*

Join us for an afternoon of games & pizza to say hello to the new school year. 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, September 12, 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, September 25, 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, September 14, 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 LWCped@inova.org.

STRESS REDUCTION

● **15-Minute Mindfulness Break** – Wednesdays 12:45-1pm

Paused for the summer and will resume in the fall!

● **[*Closed* - Mind over Matter Series](#)** – Tuesdays, August 22-September 19, 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.

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● **[Healing through Art Therapy](#)** – Monday, September 11, 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.

● **[Journaling Group](#)** – Wednesday, September 20, 1-2:30pm

If you have taken a journaling workshop offered by Deborah Ross, then continue the journey with a

monthly writing group. Writing prompts from a variety of sources will be offered along with technique refreshers. Each month will have a different theme. * You must have taken a previous writing workshop to attend this drop in.

● **[Series: Meaning-Centered Psychotherapy](#)** – *Wednesdays, September 27-November 15, 1:30-3pm*

NOTE: This course is only open to people who have completed the 7-week Mindfulness-Based Cancer Recovery class (MBCR). This 8-week series developed at Memorial Sloan-Kettering Cancer Center is designed to help foster a sense of meaning, peace, and purpose in their lives. Each week explores a different source of meaning; therefore, weekly attendance and participation in home-based assignments are expected. **To register, please contact the IPOP Coordinator, Kim Lowery Walker, at kimberly.lowerywalker@inova.org.**

● **[Meditation & Guided Imagery](#)** – *Tuesdays, 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.

● **[Mindfulness-Based Cancer Recovery \(MBCR\) Drop-In](#)** – *Wednesday, September 6, 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, LCSW.

● ● **[Mindfulness-Based Cancer Recovery \(MBCR\) Silent Retreat](#)** at the Fairfax Family Center – *Saturday, September 30, 8:30am-1pm*

This in-person, half-day, silent retreat is open to anyone who has completed the 7-week Mindfulness-Based Cancer Recovery (MBCR) class series. Join us for a deeper exploration of mindfulness practices that combines sitting meditation, walking meditation, mindful movement, and mindful eating. We will gather for a light breakfast at 8:30am and begin the formal program at 9:00am.

● **[Mindfulness in Motion](#)** – *Fridays, September 8, 15, 22 & 29, 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](#)** – *Tuesdays, 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.

● **[Series: Journal to the Self: The Card Deck](#)** – *Thursdays, September 14-October 12, 11am-12:30pm*

Learn to create and keep a journal using the latest tool from the Center for Journal Therapy. No prior journaling experience is required and for former writing students there are new prompts and new techniques. Your writing can stay safely private – I will teach a safe sharing tool. Card deck purchase is optional, not required for participation.

● **[Series: Mind over Matter for Breast Cancer Survivors](#)** – *Tuesdays, September 12-October 10, 12-1:30pm*

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● **[Somatic Yoga](#)** – *Sundays, September 10, 17 & 24, 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. [View other yoga classes>](#)

● **[Sound Bath Meditation](#)** – *Thursdays, 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, September 11, 18 & 25, 1-1:45pm*

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, September 11, 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, September 26, 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.

● **Brain Tumor Group** – *Wednesday, September 20, 6-7:30pm*

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Alicia Gray, MSW, LCSW, OSW-C, Lindsey Wise, MSW, LCSW, and Mary Kay Mecca, BSN, RN, OCN.

● **Breast Cancer Group, Advanced-Coalesce 1** – *Mondays, September 11 & 25, 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, September 5 & 19, 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 at 703-391-4180 or Kaitlyn Hegarty at 703-391-3673. Facilitators: Maureen Broderick, LCSW, OSW-C and Kaitlyn Hegarty, BSN, RN, OCN & CBCN.

● **Breast Cancer Group, Young Women, Non-Metastatic** – *Tuesday, September 12, 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, Stage 0-3** – *Monday, September 18, 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, September 26, 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 Goerd, MSN, ONN.

● ● **Breast Cancer Support Group, Stage 0-3 at Inova Loudoun-LWC Suite** – *Thursday, September 7, 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, September 27, 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.

● **[Breast Cancer Support Group, Weight Management After BC](#)** – *Tuesday, September 12, 6-7pm*

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. Facilitator: Lauren Fay, MPH, RD-AP, CSO, CNSC.

● **[Carcinoid/Neuroendocrine Cancer \(CACSNET\) Support Group](#)** – *Monday, September 11, 10am-12pm*

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

● **[Caregiver Connection](#)** – *[Monday, September 11, 7-8:30pm](#) and [Wednesday, September 27, 5:30-7pm](#)*

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. Sept. 11 Facilitators: Durene LeFlouria, MSW, LCSW and Rebecca DiPatri, BSN, RN, OCN. Sept. 27 Facilitators: Karen Archer, MSW, LCSW, OSW-C and Mary-Kay Mecca, RN, BSN, OCN .

● **[Colorectal Cancer Support Group, Advanced Stage](#)** – *Thursday, September 21, 6-7:30pm*

This support group is for any patient living with metastatic colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Facilitator: Lauren Broschak, MSW, LCSW, OSW-C and Annabel Anderson, MSN/MPH, RN.

● **[forGing ahead \(Gastrointestinal Cancer Group\)](#)** – *Thursday, September 7, 6-7pm*

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, September 27, 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](#)** – *[Wednesday, September 13, 5:30-7pm](#) and [Monday, September 18, 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. Sept. 13 Facilitators: Lauren Broschak, MSW, LCSW, OSW-C & Zenaida Ferguson, RN, BSN. Sept. 18 Facilitators: Amy Bohoslav, RN, OCN and Maureen Broderick, LCSW, OSW-C - If attending for the first time, please contact maureen.broderick@inova.org.

- **[Just for the Guys Support Group](#)** – *Thursday, September 21, 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, LCSW.
- ● **[Leukemia & Lymphoma Support Group](#)** **at the Fairfax Family Center** –
Wednesday, September 13, 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, September 12, 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, September 14 & 28, 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 Support & Education Group](#)** – *Tuesday, September 12, 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, September 7, 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, September 19, 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, September 9, 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, September 6, 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, September 12, 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, September 14, 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.
- ● **[Series: Good Grief at Fairfax Family Center](#)** – *Tuesdays, September 26-October 24 from 6:30-8pm*
 Good Grief is a seven-week series for those who have experienced the death of a family member from cancer within the last two years. The group aims to give you the opportunity to understand and process a myriad of grief reactions, while sharing stories of caregiving and our loved ones' lives. Facilitator: Sarah Brooks, LPC.
- **[Sexual Health - Get your Groove Back: Sexuality & Sensuality After Cancer Diagnosis for Women](#)** – *Wednesday, September 27, 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, September 20, 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, September 12, 10:30-11:30am*
 Spirituality of Rest: We often think of spirituality as a collection of practices we do: prayer, meditation, religious services, yoga, volunteering—the list is nearly endless. It's easy to forget that doing “nothing” can be a spiritual practice too! How do you incorporate rest into your spiritual life? Come and discuss with the group. “Resting is not a waste of time. It's an investment in well-being” – Adam Grant. Facilitator: Rev. Caroline Bass, M.Div., BCC.
- **[Survivorship Support Group, Stage 0-3](#)** – *Tuesday, September 19, 6:30-7:30pm*
 Safe space for stages 0-3 survivors with any diagnosis to come together and share their experiences in survivorship and support one another. Facilitator: Molly Harden, MSW and Eva Ruiz Olivares, BSN, RN.

● **Women's Survivorship Support Group** – Thursday, September 14, 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: Oncology Therapist, Sarah McHale and Oncology Nurse Navigator, Christine Stone.

● **Young Adult Group** – Thursday, September 28, 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, September 14, 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 may be accessed 1-hour before class or group begins by logging into your account and clicking on "My Account" > "My Classes." An email reminder will also be sent at this time.*
- *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 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.](#)

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