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 – Mondays, November 6-27, 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. 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 Fairfax Family Center – Tuesdays, November 7-December 5, 1-1:30pm (No class on November 21)
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* Curious about Cancers at the Fairfax Family Center – Thursdays, October 12-November 9, 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.

*CLOSED* 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.

Journey to a Healthier You: A Survivorship Series – Tuesdays, November 4-28, 5:30-7pm
Come join us for this four-part series as we explore the importance of Managing Stress and Anxiety in Survivorship (November 7th), Nutrition (November 14th), Exercise (November 21st) and Insomnia (November 28th) in creating and sustaining a healthier you! This Survivorship series is open to anyone who is looking to improve overall well-being in Survivorship!

Small Group Training at the Fairfax Family Center – Fridays, 12:30pm-1:30pm or 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.

**Turing the Page: Art Therapy Altered Book Series** – **Wednesdays, November 8-December 13, 5:30-7:30pm**

Participants will alter and transform an existing book into a new piece of art while creatively exploring their cancer experience and connecting with others. Using the pages of the book as a canvas, participants will engage in creative reframing and reclaiming through this art-based process. Various art materials will be explored in this 5-week series (Please note: no session on 11/22/2023). No prior artistic experience required. Most art materials will be provided – please register by 11/1/2023 to receive art packages in time. Facilitator: Jane Woo, LPC, ATR-BC.

**Pelvic Floor Health Intro Workshop** – **Mondays, November 6-27, 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 kimblery.lowerywalker@inova.org or 703-698-2524.

**EDUCATION**

**Breast Cancer Series: Cell Free DNA / ctDNA / Tumor Antigens with Dr. Ghana Kang:**

**What’s the evidence in breast cancer?** – **Tuesday, November 14, 5-6pm**

Women with breast cancer, their caregivers and healthcare providers are invited to attend this educational event. The presenter, Dr. Ghana Kang, a Medical Oncologist with the Inova Schar Cancer Loudoun campus will discuss Cell free DNA, circulating tumor DNA (ctDNA) & tumor antigens & how this applies to breast cancer. [View breast cancer support & networking groups]>

**Breast Cancer Surgery Pre-Operative (Pre-Op) Class** – **Various times (12pm, 1pm or 5pm) on November 2, 8, 13 & 21**

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]>

**Journey to a Healthier You: A Survivorship Series** – **Tuesdays, November 4-28, 5:30-7pm**

Come join us for this four-part series as we explore the importance of Managing Stress and Anxiety
in Survivorship (November 7th), Nutrition (November 14th), Exercise (November 21st) and Insomnia (November 28th) in creating and sustaining a healthier you! This Survivorship series is open to anyone who is looking to improve overall well-being in Survivorship!

- **Mindfulness-Based Cancer Recovery (MBCR) Drop-In** – **Wednesday, November 1, 11am-12pm**
  For those that completed the 7-session Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series. Facilitator: Cheryl Hughes, LCSW.

**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, November 14, 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.

**FITNESS & EXERCISE**

- **Cardio Drumming at the Fairfax Family Center (FC) or Online** – **Thursdays, 11-11:45am (No class on November 23)**
  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 (No class on November 22)**
  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 (No class on November 22)**
  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, 8:30-9am (No class November 20)**
  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.

- **Mindfulness in Motion** – Fridays, 1:30-2:15pm (No class November 24)
  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 Online** – Mondays, 3-4pm (No class on Monday, November 20)
  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 (No class on November 16 & 23)
  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 Fairfax Family Center** – Tuesdays, November 7-December 5, 1-1:30pm (No class on November 21)
  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.

- **Series: Small Group Training at the Fairfax Family Center** – Fridays, 12:30pm-1:30pm or 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. [View other series]>

- **Series: Advanced Practice for Pelvic Floor Workshop** – Mondays, November 6-27, 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. 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.

**Series: Pelvic Floor Health Intro Workshop** – Mondays, November 6-27, 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.

**Stay Strong at the Fairfax Family Center (FC) or Online** – Tuesdays, 2:30-3:15pm (No class Tuesday, November 21)
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 Online** – 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** – 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 Online** – Tuesdays & Thursdays, 10-10:45am (No class on November 16, 21 & 23)
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 (No class on November 21)
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, 10:30-11:15am (No class on November 24)
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 Online** – 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, 6:30-7:30pm *(No class on November 20)*
  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 Flow Yoga** – Fridays, 9:30-10:15am *(No class on November 24)*
  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.

- **Somatic Yoga** – Sundays, 6-6:45pm *(No class on November 19 & 26)*
  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 at Inova Schar Cancer Fairfax** – Wednesdays, 11:30am-12pm *(No class on November 22)*
  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, 1-1:45pm *(No class on November 20)*
  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 *(No class on November 21)*
  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**

- **CLOSED** Curious about Cancers at the Fairfax Family Center – Thursdays, October 12-November 9, 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.

- **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. Visit https://createcalm.org/classes-trainings/inova-on-demand/.

- **Toys for Kids with Washington Commanders’ Casey Toohill & Boredom Busters at the Fairfax Family Center** – *Monday, November 27, 5-6:30pm*
  Come meet Washington Commanders Casey Toohill who will be providing a bag of toys for kids and teens, in partnership with Boredom Busters. There will also be an opportunity to take a photo* with Casey and get his autograph. Open to children & teens (ages 1-18) with cancer or with a loved one with cancer. Light refreshments will be provided.

- **Where to Start: How to Support your Child After Your Cancer Diagnosis** – *Monday, November 27, 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, November 9, 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 questions or more information about our Pediatric Program, please email LWCPeds@inova.org.

**STRESS REDUCTION**

- **15-Minute Mindfulness Break** – *Wednesdays, 12:45-1pm (No group on November 22)* | Zoom Link to Join on Wednesdays
  Join us for a mindfulness break! All are welcome for a weekly mindful activity and optional discussion led by Life with Cancer staff members. Take a moment from your day to re-focus, relax, and re-energize. In November, our theme will be gratitude. This session will focus on guided meditation. If you’d like an email reminder ahead of the break, please register via the event registration system.

- **Healing through Art Therapy at the Fairfax Family Center** – *Monday, November 6, 1-3:30pm and Virtual/Online** – *Monday, November 13, 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. Consider compiling any of the following materials in preparation for the group: paper
and art materials of your choice. Some examples include paint, markers, collage materials (glue, scissors, old magazines), and colored pencils. Facilitated by: Jane Woo, MA, ATR-BC.

**Journaling Group** – **Wednesday, November 15, 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.*

**Meditation & Guided Imagery** – **Tuesdays, 11-11:45am (No class on November 21)**
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 Skills Building Group** – **Wednesday, November 8, 5:30-6:30pm**
Have you already taken Mind Over Matter and want to keep learning more? Join us for a monthly drop-in skills building group, where we will take a deeper dive into the skills and tools covered in Mind Over Matter. Each month we will practice a relaxation exercise together, discuss our challenges and successes using tools from Mind Over Matter, and explore a skill or tool. November’s session will focus on thinking styles and patterns. **NOTE:** this program is only open to people who have already completed the Mind over Matter series.

**Mindfulness-Based Cancer Recovery (MBCR) Drop-In** – **Wednesday, November 1, 11am-12pm**
For those that completed the 7-session Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series. Facilitator: Cheryl Hughes, LCSW.

**Mindfulness in Motion** – **Fridays, 1:30-2:15pm (No class on November 24)**
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.

**CLOSED** 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.

- **Somatic Yoga** – Sundays, 6-6:45pm (No class on November 19 & 26)
  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 (No class on November 23)
  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, 1-1:45pm (No class on November 20)
  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**

- **Bladder Cancer Group** – Tuesday, November 28, 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, November 15, 6-7:30pm
  Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant brain tumors at this monthly meeting. Facilitators: Alicia Gray, MSW, LCSW, OSW-C and Mary Kay Mecca, BSN, RN, OCN.

- **Breast Cancer Group, Advanced-Coalesce 1** – Monday, November 27, 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, November 7, 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. Facilitators: Maureen
Broderick, LCSW, OSW-C and Kaitlyn Hegarty, BSN, RN, OCN & CBCN. If attending for the first-time, please call Maureen Broderick at 703-391-4180 or Kaitlyn Hegarty at 703-391-3673.

**Breast Cancer Group, Young Women, Non-Metastatic – Tuesday, November 6, 6-7:30pm or Tuesday, November 14, 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. Nov. 6 Facilitators: Maureen Broderick, LCSW, OSW-C and Sofi Goerdt, MSN, ONN; If attending for the first-time call Maureen Broderick 703-391-4180 or Sofi Goerdt 703-776-8768. Nov. 14 Facilitators: Karen Sachse, MSN, RN, CNS-BC, and Jenna Sangastiano, LPC.

**Breast Cancer Support Group, Stage 0-3 – Monday, November 20, 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, CSAC.

**Breast Cancer Support Group, Stage 0-3 at the Fairfax Family Center – Tuesday, November 28, 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 Nina Neill, MD.

**Breast Cancer Support Group, Stage 0-3 at Inova Loudoun-LWC Suite – Thursday, November 2, 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, November 29, 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, November 14, 6-7:30pm**

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.

**Breast Cancer Support Group, Women’s Survivorship – Thursday, November 9, 6-7pm**

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 breast cancer treatment and/or are on maintenance therapy. Facilitated by oncology therapist, Sarah McHale and Oncology Nurse Navigator, Christine Stone.
**Carcinoid/Neuroendocrine Cancer (CACSNET) Support Group** – *Saturday, November 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 and to register, please email cacsnets@gmail.com.

**Caregiver Connection** – *Monday, November 13, 7-8:30pm and Wednesday, November 15, 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. Nov. 13 Facilitators: Durene LeFlouria, MSW, LCSW and Rebecca DiPatri, BSN, RN, OCN. Nov. 15 Facilitators: Karen Archer, MSW, LCSW, OSW-C and Mary-Kay Mecca, RN, BSN, OCN.

**Colorectal Cancer Support Group, Advanced Stage** – *Thursday, November 16, 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, November 2, 6-7pm*

Provides support to patients diagnosed with Stage 0-3 gastrointestinal cancers (Anal, colon, esophageal, gallbladder, liver, pancreatic, rectal, stomach). Facilitator: Anna Harkins-Joseph, LCSW.

**Gynecologic Cancer Support Group** – *Wednesday, November 29, 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, November 8, 5:30-7pm and Monday, November 20, 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. Nov. 8 Facilitators: Lauren Broschak, MSW, LCSW, OSW-C & Zenaida Ferguson, RN, BSN. Nov. 20 Facilitators: Amy Bohnslav, 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, November 16, 6-7:30pm*

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. Join us in a place where you will be among brothers who truly understand. Note this group is for men with cancer not caregivers. Facilitator: David McGinness, LCSW.
Leukemia & Lymphoma Support Group – Wednesday, November 8, 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, November 14, 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. Facilitator: Kat O’Donnell, LCSW (they/she).

Living Well With Advanced Cancer – Thursday, November 9, 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, November 14, 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.

Lung Cancer: Shine a Light Event – Wednesday, November 15, 6-8pm
Shine a light symposium will inform patients and caregivers about recent updates in Lung Cancer research and treatment and provide attendees the opportunity to ask questions. Facilitator: Keela Lowry, MSW.

Melanoma Support Group – Thursday, November 2, 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 Group – Tuesday, November 21, 12-1:30pm
This month’s group will be held online via Zoom and is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Our featured speaker this month is Becky Bosley, IMF Director, Support Groups, who will present on a variety of topics to include: brief history of Myeloma medications and drug approvals, breakdown of how bispecific therapies work, CAR-T therapy and the pillars of the IMF’s mission, and IMF resources. Facilitators: Darah Curran, LCSW and Rebecca H. DiPatri, BSN, RN, OCN®, Oncology Nurse Navigator. Co-sponsored with Leukemia & Lymphoma Society.

Melanoma Support Group – Saturday, November 11, 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 MDShealthcare
professionals. Please register with Brian Anderson at brian.s.anderson65@gmail.com or call 703.984.9379.

- **Pancreatic Support Group** – *Wednesday, November 1, 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.

- **Prostate Cancer Support/Education Group** – *Thursday, November 9, 6-7:30pm*
  This monthly group provides an opportunity to share and learn from other survivors both in and out of treatment. Spouses/partners/loved ones welcome! Facilitator: David McGinness, MSW, LCSW, OSW-C.

- **Sexual Health - Get your Groove Back: Sexuality & Sensuality After Cancer Diagnosis for Women** – *Wednesday, November 29, 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, November 15, 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, November 14, 10:30-11:30am*
  **Spirituality of Hospitality:** The practice of welcoming someone or something into our lives can be spiritual, in the sense that it opens us to new perspectives and ways of being. What guests (expected and unexpected, literal and figurative) have you entertained this year? What have they taught you about your spiritual path? Come and discuss with the group. “Hospitality, therefore, means primarily the creation of a free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people, but to offer them space where change can take place.” –Henri Nouwen. Facilitator: Rev. Caroline Bass, M.Div., BCC.

- **Survivorship Support Group, Stage 0-3** – *Tuesday, November 14, 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.

- **Turing the Page: Art Therapy Altered Book Series** – *Wednesdays, November 8-December 13, 5:30-7:30pm*
  Participants will alter and transform an existing book into a new piece of art while creatively exploring their cancer experience and connecting with others. Using the pages of the book as a canvas, participants will engage in creative reframing and reclaiming through this art-based
process. Various art materials will be explored in this 5-week series (Please note: no session on 11/22/2023). No prior artistic experience required. Most art materials will be provided – please register by 11/1/2023 to receive art packages in time. Facilitator: Jane Woo, LPC, ATR-BC.

**Young Adult Group** – Thursday, November 30, 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, November 9, 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 jemma.stratton@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, links for virtual/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](https://lifewithcancer.org/subscribe) at lifewithcancer.org/subscribe.

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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).

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Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.
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注意: 如果你說中文，可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。