

# LIFE WITH CANCER PROGRAM GUIDE MARCH & APRIL 2024

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
	<b>Inova Loudoun Hospital</b> – 44045 Riverside Parkway, North Tower, 1st Floor, Leesburg, VA, 20176
	Inova Alexandria Hospital – 4320 Seminary Road, Alexandria, VA 22304

# CATEGORIES

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

- <u>Class or Group Series</u> (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
- **<u>Support Groups & Networking</u>** (many are specific to cancer/disease-type)

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





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Events are listed in alphabetical order and Eastern Standard Time (EST). Click the class/group title to register unless noted in the description.

# **CLASS OR GROUP SERIES**

# Couples Communicating about Cancer

Tuesdays, February 13 – March 5, 5:30-7:30pm

Join us for a four-week group series for couples impacted by cancer. The intention is for participating couples to learn to improve communication while discovering ways to cultivate connectedness and intimacy and emerge as a more unified team with a mutual understanding of how cancer affects both partners.

#### Curious about Cancer at the Fairfax Family Center

Thursdays, April 4 – May 2, 5:30-7pm

This 5-week program is for kids ages 7-11 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. This program is being offered at the same time as <u>Mind Over Matter for Parents</u> and parents are encouraged to register for both programs. Dinner will be provided. For any questions, please reach out to <u>LWCPeds@inova.org</u>.

# Grieving Parent Support: Navigating Loss Together at the Fairfax Family Center

Tuesday, April 9 – May 14, 6:30-8pm

This 6-week, in-person support group is for parents, guardians, and caregivers (couples or individuals) who are within 3-years of losing a child to pediatric cancer.

#### Meaning-Centered Psychotherapy Group

#### Wednesdays, April 10 – June 5, (no class May 22) 12-1:30pm

This 8-week series helps foster a sense of meaning, peace, and purpose in your life. In this program developed at Memorial Sloan Kettering, each week explores a different source of meaning, drawing from the work of Viktor Frankl. Weekly attendance and participation in home-based assignments are expected.

#### Men's Sexual Health Series

Tuesdays, 6-7:15pm

March 26 – Pelvic Floor Physical Therapy for Men after Treatment

<u>April 2 – Pelvic Floor Movement</u>

<u>April 16 – Psychosexual Adjustment to a Cancer Diagnosis & Treatment for Couples</u> April 30 – Everything You Need to Know about Testosterone, Sexual Health & Cancer

Sexual health is an important aspect of quality of life that can change throughout the trajectory of treatment and survivorship. This 8-week educational series is open to all men who have been diagnosed with cancer and their caregivers. In this presentation, we will hear from pelvic floor and sexual health expert Dr. Susie Gronski, PT, DPT. Coping with changes in bladder, bowel, and sexual function after cancer treatment can be both challenging and distressing. Pelvic health



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therapy plays a crucial role in promoting independence and

confidence in important daily activities like pooping, peeing, and sex. This presentation aims to provide insights into the role of the pelvic floor, the impact of cancer treatment on pelvic health encompassing physical, mental, and emotional aspects, and an overview of rehabilitation approaches for various cancers, including testicular, penile, prostate, bladder, colorectal and anal cancer.

# **Mind Over Matter**

<u>Mondays, 12:30-2pm, March 5 – April 2</u> and <u>Wednesdays, 5:30-7pm, April 3-May 1</u> 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.

#### Mind Over Matter for Black & African American Women: Research Study

<u>Mondays, 6:30-8pm, March 25-May 6</u> and <u>Tuesdays, 7-8:30pm, April 23-June 4</u> Managing cancer is hard. Strong, difficult feelings are normal and are part of every life. And strong feelings are certainly part of a life lived with cancer. You can learn tools to help yourself cope. Research has shown that Black and African American cancer survivors may have higher levels of distress. Inova Life with Cancer has developed a program called Mind Over Matter (MOM) which is designed to teach coping skills to participants to help manage the feelings and side effects associated with an experience of cancer, including diagnosis, treatment, and survivorship. *This study will explore if Mind Over Matter (MOM) is acceptable to Black and African American women who have received a cancer diagnosis and have completed primary treatment. Click <u>here</u> or email <u>mindovermatter@inova.org</u> to learn more.* 

# Mind Over Matter for Parents

Thursdays, April 4 – May 2, 5:30-7pm

\*This offering is open to parents of school-aged children, who also have a cancer diagnosis or has a partner with a cancer diagnosis. This session will run concurrently with <u>Curious About Cancer</u>, a program for children ages 7-11. Dinner will be provided for all participants.

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. For offerings of Mind Over Matter that are open to all, please check the Events Calendar.* 

#### Mindfulness-Based Cancer Recovery (MBCR) Series

*Wednesdays, February 7 – March 20, 2:30-4pm* 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.

#### Pelvic Floor Health Series - Advanced

Mondays, April 1-22, 5-5:45pm



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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 in order to keep pace with this class. Join Sayde as we build a bridge back to ourselves! *Requirements- must have completed 2 sessions of PFH Intro or 1 session and semiweekly home practice.* 

#### Pelvic Floor Health Series - Introduction

#### Mondays, March 18-April 29, 4-4:45pm

Welcome to help with alignment, pain, tension, leakage, and groundedness 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 uses breathing, guided visualizations, and yoga asana to restore health to the pelvic floor.

What you need: yoga materials (if you have them) or 2 blankets/beach towels, 2 pillows and space to stretch on the floor/bed. This workshop restarts every month, so you never have to wait more than a few weeks to join.

# Small Group Training at the Life with Cancer Family Center

Fridays, 12:30-1:30pm and 1:30 – 2:30pm

Looking to get reacquainted with movement focusing on a gentle approach to improving balance, strength endurance while keeping you accountable? Join us IN PERSON for small group training led by our Cancer Exercise Certified Trainer. These classes run on a monthly basis, and we ask that you plan to attend all the sessions in the series so you can experience firsthand the full benefits that exercise has to offer. Don't think about it, just show up and join the supportive encouraging sessions.

*Fitness evaluation required prior to starting. Click <u>here</u> to schedule your fitness consultation to make sure this program is right for you.* 

#### Turning the Page: An Art Therapy Altered Book Series

Wednesday, April 3 – May 1, 5:20-7:30pm

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. Several different art materials will be explored in this 5-week series. No prior artistic experience required. This series is for participants in survivorship/off active treatment. Facilitator: Jane Woo, LPC, ATR-BC

# **EDUCATION**

Breast Cancer Surgery Pre-Operative (Pre-Op) Class Various Times (12pm, 1pm or 5pm EST) in <u>March</u> and <u>April</u> If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with



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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 and networking groups>>

#### Breast Cancer: San Antonio Breast Cancer Symposium Update with Dr. Harnden

#### Monday, April 22, 4-5pm

Please join Medical Oncologist, Dr. Kathleen Harnden as she discusses the latest research findings from the San Antonio Breast Cancer Symposium held in December 2023. Facilitator: Christine Stone RN, MSN, OCN. Online registration is required by Friday, April 19th. <u>View breast cancer support and networking groups>></u>

#### Colorectal/Ostomy Surgery Pre-Operative (Pre-Op) Class

Tuesday, April 2, 5-6:30pm

This is a monthly virtual pre-op education class for patients scheduled for colorectal surgeries who will likely have temporary or permanent ostomies. Topics include nursing care, complication prevention, nutrition, and living with an ostomy. Have questions? E-mail annabel.anderson@inova.org.

#### Dental Health Before, During, & After Treatment: Q&A with Dr. Sebastian Viski Tuesday, April 30, 6:30-8pm

Join prosthodontist Sebastian Viski, DDS MMSc for an informal Q&A about how to care for your mouth and teeth before, during and after cancer treatments. Come with your questions or submit them ahead of time to Sarah Brooks, LPC: <u>sarah.brooks@inova.org</u>.

#### Introduction to Pelvic Floor Health Series

Mondays, March 18-April 29, 4-4:45pm

Welcome to help with alignment, pain, tension, leakage, and groundedness 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 uses breathing, guided visualizations, and yoga asana to restore health to the pelvic floor.

What you need: yoga materials (if you have them) or 2 blankets/beach towels, 2 pillows and space to stretch on the floor/bed. This workshop restarts every month, so you never have to wait more than a few weeks to join.

#### Introduction to Self-Compassion

Thursday, March 28, 5:30-7pm

Would you like to learn how to be kinder to YOURSELF? Self-Compassion is linked to improved resilience, interpersonal relationships, and an increased sense of well-being. You will learn more about what self-compassion is (and is not), the science behind the practice, how the brain and body respond when we are self-compassionate, and ways to add this important skill to your everyday life. Throughout the workshop, we will provide opportunities to practice self-compassion through exercises and meditations.



# Men's Sexual Health Series

Tuesdays, 6-7:15pm

<u>March 26 – Pelvic Floor Physical Therapy for Men after Treatment</u> <u>April 2 – Pelvic Floor Movement</u> <u>April 16 – Psychosexual Adjustment to a Cancer Diagnosis & Treatment for Couples</u>

<u>April 30 – Everything You Need to Know about Testosterone, Sexual Health & Cancer</u> Sexual health is an important aspect of quality of life that can change throughout the trajectory of treatment and survivorship. This 8-week educational series is open to all men who have been diagnosed with cancer and their caregivers. In this presentation, we will hear from pelvic floor and sexual health expert Dr. Susie Gronski, PT, DPT. Coping with changes in bladder, bowel, and sexual function after cancer treatment can be both challenging and distressing. Pelvic health therapy plays a crucial role in promoting independence and confidence in important daily activities like pooping, peeing, and sex. This presentation aims to provide insights into the role of the pelvic floor, the impact of cancer treatment on pelvic health encompassing physical, mental, and emotional aspects, and an overview of rehabilitation approaches for various cancers, including testicular, penile, prostate, bladder, colorectal and anal cancer.

# Planning Ahead: Funeral Planning

Tuesday, March 19, 6:30-8pm

Cory Evans, Manager and Funeral Director at Jefferson Funeral Chapel in Alexandria, will review what is necessary when making funeral arrangements, including burial and cremation options, state regulations and cultural/ religious considerations.

# **EDUCATION – NUTRITION**

#### Nutrition During Prostate Radiation Treatment

Thursdays, 12-1pm in <u>March</u> and <u>April</u>

This class is intended for patients who are about to start or are 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>>

#### Nutrition Recommendations after a Breast Cancer Diagnosis

#### Mondays, 11am-12pm in March and April

Do you have questions about diet and nutrition after a new diagnosis of breast cancer? Join oncology Registered Dietitian, Lauren Fay, to learn correctly interpreted evidence-based recommendations about nutrition and breast cancer to alleviate confusion and stress. View breast cancer support and networking groups>>

# Nutrition Recommendations When Receiving Chemotherapy for Breast Cancer

Wednesdays, 11am-12pm in March and April

Do you have questions about diet and nutrition as you start chemotherapy to treat breast cancer? Join oncology Registered Dietitian, Lauren Fay, to learn correctly interpreted evidence-based recommendations about nutrition and breast cancer to alleviate confusion and stress.



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View breast cancer support and networking groups>>

# Survivorship Nutrition

Tuesday, March 12 & April 9, 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**

Note: Online fitness classes have transitioned to Microsoft Teams. For any questions, please reach out to <u>lifewithcancer@inova.org</u>.

# Body Positivity Belly Dancing

Wednesdays, 11-11:45am in March

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.

# Cardio Drumming at the Fairfax Family Center or Online

#### Thursdays, 11-11:45am in March and April

An energetic, full-body workout that's just plain fun! We work on cardiovascular endurance, balance, and perform movements that challenge the brain. Come be part of our supportive community and enjoy this joyful connection with others. Plan to substitute plastic kitchen utensils in lieu of drumsticks or, just use your arms!

# Chair Yoga at Inova Loudoun Hospital-LWC Suite or Online

#### Wednesdays, 1-1:45pm in March and April

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.

# EZ Tai Chi

#### Wednesdays, 6-6:45pm in March and April

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.

# **Love the Mat**

*Mondays, 8:30-9am, <u>March 18</u> and <u>April</u> Take a different position on strength and join Stacey on the floor for thirty minutes of flexibility and a* 



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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; weights are optional.

## **Mindfulness in Motion**

#### Fridays, 1:30-2:15pm in March and April

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.

#### Nordic Walking – Enjoying the Spring at ISC Fairfax Campus

#### Monday, April 22, 12:30-1pm

Join us for a 30-minute walk to learn a new walking technique, connect with nature, and the Life with Cancer Community. *What you will learn*: Learn how to adjust and hold the poles and explore the walking technique that can help walk faster, engage more muscles and burn more calories than traditional walking. This modality can improve core, upper and lower body strength, reduce your risk of falling. This form of exercise is moderate in intensity and a safe substitute when traditional weight training is not necessarily the best fit.

Participants will meet at ISCI Entrance by the water fountain. No Equipment needed: Nordic Walking poles will be provided for the class.

#### Osteoblast at the Fairfax Family Center or Online

#### Mondays, 2-3pm in <u>March</u> and <u>April</u>

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.

#### Pickleball: Learn the Basics at the Fairfax Family Center

#### Wednesdays, April 3, 10 & 17, 11-11:55am

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 in March and April

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.



# Small Group Training at the Fairfax Family Center

*Fridays, April 12-May 17, 12:30-1:30pm* and *Fridays, April 5-May 10, 1:30 – 2:30pm* Looking to get reacquainted with movement focusing on a gentle approach to improving balance, strength endurance while keeping you accountable? Join us IN PERSON for small group training led by our Cancer Exercise Certified Trainer. These classes run on a monthly basis, and we ask that you plan to attend all the sessions in the series so you can experience firsthand the full benefits that exercise has to offer. Don't think about it, just show up and join the supportive encouraging sessions.

*Fitness evaluation required prior to starting. Click <u>here</u> to schedule your fitness consultation to make sure this program is right for you.* 

# Stay Strong at the Fairfax Family Center or Online

#### Tuesdays, 2:30-3:15pm in March and April

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 Level I at Fairfax Family Center or Online Wednesdays, 3:15-3:30pm Tai Chi Level II at Fairfax Family Center or Online Wednesdays, 3:45-4:30pm <u>March</u> and <u>April</u>

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 I – learn basic movements 3:15-3:45pm (30-minute practice). Continue your practice and stay online for Tai Chi Level II – 3:45-4:30pm.

#### **Total Body Conditioning at the Fairfax Family Center or Online** *Tuesdays & Thursdays. 10-10:45am in March and April*

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 in March and April

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 in <u>March</u> and <u>April</u> Easy-to-follow choreography that promotes balance, range of motion, and coordination. Come* 



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prepared to sweat!

# FITNESS & EXERCISE – YOGA

# Chair Yoga at Inova Loudoun – LWC Suite or Online

#### Wednesdays, 1-1:45pm in March and April

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, <u>March 18</u>, <u>April 1</u>, <u>April 8</u>, <u>April 15</u>, <u>April 22</u> & <u>April 29</u>, 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 Flow Yoga

#### Fridays, 9:30-10:15am in March and April

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 in March and April

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, 1-1:45pm in March and April

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.

# Yin Yoga at Inova Schar Cancer Fairfax

#### Wednesdays, 11:15am-12pm in <u>March</u> and <u>April</u>

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



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mat or towel to be able to lie down. *Class will be held on the Life with Cancer Suite Second Floor Library. Please bring your own yoga mat and water. Please Park in the visitor's lot.* 

# **PEDIATRICS – CHILDREN, TEENS & PARENTS**

#### Curious about Cancer - Fairfax Family Center

Thursdays, April 4 – May 2, 5:30-7pm

This 5-week program is for kids ages 7-11 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. This program is being offered at the same time as <u>Mind Over Matter for Parents</u> and parents are encouraged to register for both programs. Dinner will be provided. For any questions, please reach out to <u>LWCPeds@inova.org</u>.

# Curious about Cancer - Loudoun

# Thursdays, February 15 – March 14, 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 <u>LWCPeds@inova.org</u>.

# Grief Circle for Kids, ages 7-11 at the Fairfax Family Center

#### Tuesday, March 5, 3-4:15pm

This one-time grief workshop is for children 7-11 years old with a loved one who died from cancer in the last 4 years. The purpose of this activities-based 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.

# Grief Circle for Teens, ages 14-18 at the Fairfax Family Center

#### Monday, April 1, 3-4:15pm

This Grief Circle workshop for teens and will provide a space to explore their grief experience and connect with peers. Participants will engage in the "Kintsugi" process and how it can relate to their grief experience. Kintsugi is a Japanese art form in which breaks and repairs become a part of the object's history. This workshop is for teens ages 14-18 with a loved one who died from cancer in the last 4 years.

#### <u>Grieving Parent Support: Navigating Loss Together Series</u> at the Fairfax Family Center

#### Tuesday, April 9 – May 14, 6:30-8pm

This 6-week, in-person support group is for parents, guardians, and caregivers (couples or individuals) who are within 3-years of losing a child to pediatric cancer.

# Mind Over Matter for Parents

Thursdays, April 4 – May 2, 5:30-7pm



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\*This offering is open to parents of school-aged children, who also

have a cancer diagnosis or has a partner with a cancer diagnosis. This session will run concurrently with <u>Curious About Cancer</u>, a program for children ages 7-11. Dinner will be provided for all participants.

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. For offerings of Mind Over Matter that are open to all, please check the Events Calendar.

#### On-Demand Movement Classes/Videos – Available at your leisure!

In partnership with Create Calm, enjoy mindfulness-based movement and yoga ranging from quick 1minute videos to 20-30-minute videos, in both English and Spanish. Great for the entire family. Visit https://createcalm.org/classes-trainings/inova-on-demand/.

# Where to Start: How to Support your Child After Your Cancer Diagnosis

Monday, March 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 single 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.

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

# **STRESS REDUCTION**

# **Community Energy Therapy** at the Fairfax Family Center

Thursday, March 7, 12-12:50pm & 1-1:50pm, <u>Monday, March 18, 11-11:45am and 12-</u> <u>12:45pm</u>, and <u>March 28, 1 – 1:50 pm</u>

Thursday, <u>April 4</u>, <u>April 15</u>, & <u>April 25</u>, 12-12:50pm

Through volunteer support, we provide free community 50-minute Healing Touch/ Reiki sessions to cancer patients, survivors, and family members. Patients and Caregivers are limited to 1 appointment per month, 3 sessions per year. These sessions will be held in the Group Exercise Studio with 1:1 patient/provider ratio with up to 4 people in a shared space at a time.

Healing through Art Therapy at the Fairfax Family Center & Online

In-Person - Monday, March 4 & April 4, 1-3:30pm

Online – Monday, March 11 & April 8, 1-3:30pm;

Online Virtual Studio – Wednesday, April 3, 5:30-7:30pm

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. For online sessions, 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.



# Introduction to Self-Compassion

Thursday, March 28, 5:30-7pm

Would you like to learn how to be kinder to YOURSELF? Self-Compassion is linked to improved resilience, interpersonal relationships, and an increased sense of well-being. You will learn more about what self-compassion is (and is not), the science behind the practice, how the brain and body respond when we are self-compassionate, and ways to add this important skill to your everyday life. Throughout the workshop, we will provide opportunities to practice self-compassion through exercises and meditations.

# Journaling Group

#### Wednesday, March 20 & April 17, 1-2:30pm

Guided imagery can quickly calm your body whilst 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.

# Meaning-Centered Psychotherapy Group

#### Wednesdays, April 10-June 5, 12-1:30pm

This 8-week series helps foster a sense of meaning, peace, and purpose in your life. In this program developed at Memorial Sloan Kettering, each week explores a different source of meaning, drawing from the work of Viktor Frankl. Weekly attendance and participation in home-based assignments are expected. *This class runs from April 10th through June 5th, with no class on May 22. Registration closes on April 9th. This course is only open to people who have completed the 7-week Mindfulness-Based Cancer Recovery class (MBCR). To register, please contact the IPOP* 

Coordinator, Kim Lowery Walker, at kimberly.lowerywalker@inova.org.

#### Meditation & Guided Imagery

#### Tuesdays, 11-11:45am in March and April

Guided imagery can quickly calm your body whilst 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) Silent Retreat

Saturday, March 23, 8:30am-1pm

*This in-person, half-day, silent retreat is open to anyone who has completed the 7-week Mindfulness-Based Cancer Recovery class.* 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-Based Cancer Recovery (MBCR) Series

#### Wednesdays, February 7 – March 20, 2:30-4pm

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.



# Mind over Matter Skills Building Group

Wednesdays, March 13 & April 3, 5:30-6:30pm

This monthly meditation group is designed to support continued learning from MBCR Series. For those who completed the 7-session Mindfulness-Based Cancer Recovery Program.

# Mindfulness-Based Cancer Recovery (MBCR) Drop-in

#### Wednesdays, March 6 & April 10, 11am-12pm

This monthly meditation group is designed to support continued learning from MBCR Series. For those who completed the 7-session Mindfulness-Based Cancer Recovery Program.

#### Mindfulness-Based Cancer Recovery (MBCR) Silent Retreat

#### Saturday, March 23, 8:30-1pm

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. \**This in-person, half-day, silent retreat is open to anyone who has completed the 7-week Mindfulness-Based Cancer Recovery class.* 

#### Mindfulness in Motion

#### Fridays, 1:30-2:15pm in March and April

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 in <u>March</u> and <u>April</u>

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. Facilitator: Raymond Leone, MMT, MT-BC.

#### Sound Bath Meditation

#### Thursdays, 6-6:45pm in <u>March</u> and <u>April</u>

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.

#### Turning the Page: An Art Therapy Altered Book Series

*Wednesday, April 3 – May 1, 5:20-7:30pm* Participants will alter and transform an existing book into a new piece of art while creatively



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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. Several different art materials will be explored in this 5-week series. No prior artistic experience required. This series is for participants in survivorship/off active treatment. Facilitator: Jane Woo, LPC, ATR-BC

# **SUPPORT GROUPS & NETWORKING**

#### Bladder Cancer Group

Tuesday, March 26 & April 23, 2-3:30pm

This group serves as a way for the community of bladder cancer patients and their caregivers to connect. Facilitators also offer psycho-education for patients and their families on local and national resources, treatment changes, and clinical trials. Facilitators: Karen Sachse, MSN, RN, CNS-BC and Jenna Sangastiano, LPC.

# Brain Tumor Group

#### Wednesday, March 20 & April 17, 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 Support Group, Advanced-Coalesce

Online - Monday, <u>March 11 & 25</u>, <u>April 8 & 22</u>, 12-1pm Hybrid (Family Center & Online): Fridays. 11am-12:30pm

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. Online facilitator: Kim Lowery Walker, LCSW and Hybrid facilitator: Sarah Brooks, LPC.

# Breast Cancer Support Group, Stage 0-3

Tuesday, March 18 & April 15, 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, March 26 & April 23, 6-7:30pm

For women with stage 0-3 breast cancer who are no more than 2-years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Facilitators: Rebecca Berley, LCSW and Nina Neill, MD.

# Breast Cancer Support Group, Stage 0-3 at Inova Loudoun-LWC Suite

*Thursday, <u>March 7</u> & <u>April 4</u>, 5:30-7pm* For women diagnosed with stage 0-3 breast cancer who are no more than 2-years out of active



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treatment. Facilitators: Barbara Legnini MSW, LCSW and Christine Stone RN, MSN, OCN.

## Breast Cancer Support Group, Triple Negative

*Wednesday, <u>March 20</u> & <u>April 24</u>, 5:30-7pm* Provides a safe space to connect with others about the experience of having triple negative breast cancer. Facilitators: Kelly Conen-Jablonski, LCSW and Laura Kaminski, BSN, RN, OCN, CBCN.

# Breast Cancer Support Group, Weight Management After BC

Tuesday, <u>March 12</u> & <u>April 9</u>, 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.

# Breast Cancer Support Group, Women's Survivorship

Thursday, March 14 & April 11, 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 breast cancer treatment and/or are on maintenance therapy. Facilitators: Sarah McHale, MSW, LCSW, OSW-C and Christine Stone, RN, MSN, OCN.

# Breast Cancer Support Group, Young Adults, Metastatic

Tuesday, March 5 & 19 and April 2 & 16, 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: Barbara Legnini, LCSW and Laura Kaminski, Oncology Nurse Navigator. If attending for the first-time, please call Barbara Legnini at 703-858-8619.

# Breast Cancer Support Group, Young Women, Non-Metastatic

Monday, March 4 & April 1, 6-7:30pm and Tuesday, March 12 & April 9, 6:30-8pm

For women in their 20s, 30s, and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Monday facilitators: Courtney Weaver, LCSW, OSW-C and Sofi Goerdt Oncology Nurse Navigator. Tuesday facilitators: Jenna Sangastiano, LPC, CSAC and Karen Sachse, Oncology Nurse Navigator.

# Caregiver Connection

<u>Monday, March 11 & April 8, 7-8:30pm</u> and <u>Wednesday, March 27 & April 24, 5:30-7pm</u> 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. Monday facilitators: Durene LeFlouria, MSW, LCSW and Rebecca DiPatri, BSN, RN, OCN. Wednesday facilitators: Karen Archer, MSW, LCSW, OSW-C and Mary-Kay Mecca, RN, BSN, OCN.

# Colorectal Cancer Support Group, Advanced Stage

Thursday, <u>March 21</u> & <u>April 18</u>, 6-7:30pm



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

# Couples Communicating about Cancer Series

Tuesdays, February 13 – March 5, 5:30-7:30pm

Join us for a four-week group series for couples impacted by cancer. The intention is for participating couples to learn to improve communication while discovering ways to cultivate connectedness and intimacy and emerge as a more unified team with a mutual understanding of how cancer affects both partners.

# Grieving Parent Support: Navigating Loss Together Series at the Fairfax Family Center

#### Tuesday, April 9 – May 14, 6:30-8pm

This 6-week, in-person support group is for parents, guardians, and caregivers (couples or individuals) who are within 3-years of losing a child to pediatric cancer.

# Gynecologic Cancer Support Group

#### Wednesday, March 27 & April 24, 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, <u>March 13</u> & <u>April 10</u>, 5:30-7pm and <u>Monday, March 18, 6-7:30pm</u> 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. Wednesday facilitators: Lauren Broschak, MSW, LCSW, OSW-C and Zenaida Ferguson, RN, BSN. Monday facilitators: Tosha McCullough, MSW and Amy Bohnslav, RN, OCN.* 

# Just for the Guys Support Group

#### Thursday, March 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.

# Kintsugi: Art of Healing for Bereavement

#### Thursday, March 21, 5:30-8pm

Kintsugi is a Japanese art form in which breaks and repairs become part of the object's history. Participants will engage in the Kintsugi process and how it can relate to one's experiences with bereavement. This workshop is for those who have experienced the death of a loved one from cancer within the last three years.



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# Leukemia & Lymphoma Support Group

Wednesday, March 13 (Family Center) & April 10 (Online), 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 meets monthly, alternating between in-person and Zoom/online. Facilitators: Sarah Brooks, LPC and Jillian Powers, RN, BSN.

# LGBTQ+ Virtual Cancer Group

Tuesday, March 12 & April 9, 5-6pm

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, March 14 & 28, April 11 & 25, 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 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month. Facilitators: Karen Archer, MSW, LCSW, OSW-C and Stephanie Calvert, BSN, RN.

#### Lung Cancer Support & Education Group

#### Tuesday, March 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, April 4, 6:30-8pm

Patient and family members are invited to come together to discuss the challenges, and experiences following a Melanoma diagnosis. Facilitators: Keela Lowry, MSW and Maryann Fix, RN.

# Multiple Myeloma Group

#### Tuesday, March 19 (Online) & April 16 (Family Center), 12-1:30pm

This month's group will be held online/virtually and is designed for patients and caregivers to get together to discuss, learn, and share the challenges of living with multiple myeloma. Facilitators: Darah Curran, LCSW and Rebecca H. DiPatri, BSN, RN, OCN. Co-sponsored with the Leukemia & Lymphoma Society.

# Myelodysplastic Syndromes (MDS) Support Group

Saturday, March 9 & April 13, 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.

# Neuroendocrine Tumor Support Group (Capital Area Carcinoid Cancer/



#### Neuroendocrine Tumor Survivors' Group)

#### Saturday, March 9 & April 13, 10am-12pm

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

#### Pancreatic Support Group

#### Wednesday, March 6 & April 3, 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: Carolyn Leonard, MSW and Mary-Kay Mecca, RN, BSN, OCN.

#### Prostate Cancer Support/Education Group

#### Thursday, March 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.

# Sexual Health - Get your Groove Back: Sexuality & Sensuality After Cancer Diagnosis for Women

#### Thursday, <u>March 28</u> & <u>April 25</u>, 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) & Jennifer Bires, MSW, LCSW, OSW-C (she/her).

# Sexual Health – Sex & Cancer for Men: A Group for Exploring Sexuality & Sensuality after a Cancer Diagnosis

#### Thursday, March 21 & April 18, 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. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C (she/her) & Jennifer Bires, MSW, LCSW, OSW-C (she/her).

#### Sexual Health - Men's Sexual Health Series

Tuesdays, 6-7:15pm

<u>March 26 – Pelvic Floor Physical Therapy for Men after Treatment</u> April 2 – Pelvic Floor Movement

April 16 – Psychosexual Adjustment to a Cancer Diagnosis & Treatment for Couples

<u>April 30 – Everything You Need to Know about Testosterone, Sexual Health & Cancer</u> Sexual health is an important aspect of quality of life that can change throughout the trajectory of treatment and survivorship. This 8-week educational series is open to all men who have been diagnosed with cancer and their caregivers. In this presentation, we will hear from pelvic floor and sexual health expert Dr. Susie Gronski, PT, DPT. Coping with changes in bladder, bowel, and sexual function after cancer treatment can be both challenging and distressing. Pelvic health therapy plays a crucial role in promoting independence and confidence in important daily activities



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like pooping, peeing, and sex. This presentation aims to provide insights into the role of the pelvic floor, the impact of cancer treatment on pelvic health encompassing physical, mental, and emotional aspects, and an overview of rehabilitation approaches for various cancers, including testicular, penile, prostate, bladder, colorectal and anal cancer.

# Spirituality Quest

#### Tuesday, March 12 & April 9, 10:30-11:30am

March: Spiritual Spam? Collect some pieces of "junk mail" to bring to this group for a discussion of finding your spiritual center amidst the "junk" of everyday life.

"The secret to life is finding joy in ordinary things" -Ruth Reichl

April: Spirituality of Poetry: In honor of National Poetry Month, bring a favorite poem to share with the group. We'll reflect together on the spiritual meaning of our selections. "Poetry is plucking at the heartstrings and making music with them." –Dennis Gabor Facilitator: Rev. Caroline Bass, M.Div., BCC.

# Survivorship Support Group, Stage 0-3

#### Wednesday, March 13 & April 10, 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. Facilitators: Molly Harden, MSW and Eva Ruiz Olivares, BSN, RN.

# Young Adult Group

# Thursday, March 21 & April 25, 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 with cancer in the 18-39 age range. Facilitators: Kelly Conen-Jablonski, LCSW and Mythri Mudireddy, MD.

# Young Adults in Treatment Hangout

#### Thursday, <u>March 14</u> & <u>April 11</u>, 7-8pm

This casual Zoom hangout (for cancer patients 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, <u>please cancel your</u> <u>registration</u> 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



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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. <u>View color key</u>.

# OTHER LIFE WITH CANCER SERVICES AT NO-COST

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

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



To receive news on upcoming Life with Cancer events and resources, <u>click here to sign</u> <u>up for the weekly LWC e-newsletter</u> at lifewithcancer.org/subscribe.

#### 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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