





## INOVA PETERSON LIFE WITH CANCER PROGRAM GUIDE JUNE 2024

LOCATION	
	<b>In-Person</b> (masks optional)
	<b>Virtual/Online</b>
	<b>Family Center</b> – 8411 Pennell Street, Fairfax, VA 22031
	<b>Inova Schar Cancer Fairfax-LWC</b> – 8081 Innovation Park Drive, 2 <sup>nd</sup> Floor, Fairfax, VA, 22031
	<b>Fair Oaks Cancer Center</b> – 3580 Joseph Siewick Drive, Lower Level - Suite 005, Fairfax, VA, 22033
	<b>Inova Loudoun Hospital-LWC Suite</b> – 44045 Riverside Parkway, North Tower, 1st Floor, Leesburg, VA, 20176
	<b>Inova Alexandria Hospital</b> – 4320 Seminary Road, Alexandria, VA 22304

### CATEGORIES

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

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

Register for free at [events.lifewithcancer.org](http://events.lifewithcancer.org) or scan the QR code



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

## CLASS OR GROUP SERIES

### ● **Advanced Pelvic Floor Health**

*Monday, May 6-June 17, 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 as we build a bridge back to ourselves!

### ● ● **Good Grief at the Fairfax Family Center**

*Mondays, May 6-June 17, 6:30-8pm*

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

### ● **Introduction to Pelvic Floor Health**

*Mondays, May 6-June 17, 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 pelvic floor health. 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 don't have to wait more than a few weeks to join.

### ● **Mind over Matter**

*Mondays, May 6-June 10, 10-11:30am*

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.*

*\*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](http://Integrative Psycho-Oncology Program) or at [kimblery.lowerywalker@inova.org](mailto:kimblery.lowerywalker@inova.org) or 703-698-2524.*

**Mindfulness-Based Cancer Recovery (MBCR)**

*Thursdays, May 2-June 13, 1-2:30pm*

Interested in taking a closer look at mindfulness and meditation? Over seven weeks, learn different meditation practices and explore how mindfulness can help you deal with the stress of a cancer diagnosis. Please be aware that weekly attendance, home practice, and reading assignments are important parts of this course. Please obtain a copy of the book *Mindfulness-Based Cancer Recovery* by Carlson & Speca before the first class. Note that this class is part of the IPOP series. It is recommended to take *Mind Over Matter* before MBCR, but not required.

**Small Group Training at the Fairfax Family Center**

*Fridays, 12:30 – 1:30pm or 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 monthly, 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 [here](#) to schedule your fitness consultation to make sure this program is right for you.*

## EDUCATION

**Good Grief Series at the Fairfax Family Center**

*Mondays, May 6-June 17, 6:30-8pm*

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

**Survivorship Day Event at the Fairfax Family Center**

*Saturday, June 1, 10am-12pm*

We welcome you to join us for an educational event celebrating survivorship! At this event, you'll have the opportunity to connect with other survivors and learn from experts in survivorship care through a series of break-off sessions. Topics include: nutrition, sexual health, fear of recurrence and anxiety management, transitioning out of treatment and returning to life, general guidance for surveillance and symptom management, and survivorship policies and advocacy. Refreshments will be provided. Doors open at 9:30 a.m.

## EDUCATION – NUTRITION

**Nutrition During Prostate Radiation Treatment**

*Thursdays, 12-1pm*

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.

### **Nutrition Recommendations after a Breast Cancer Diagnosis**

*Mondays, 11am-12pm*

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.

### **Nutrition Recommendations When Receiving Chemotherapy for Breast Cancer**

*Wednesdays, 11am-12pm*

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.

### **Weight Management After Breast Cancer Support Group**

*Tuesdays, 5-6pm*

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.

### **Survivorship Nutrition**

*Tuesday, June 11, 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: No live fitness classes June 23-July 6.*

*Online fitness and yoga classes have transitioned to Microsoft Teams. For any questions, please reach out to [lifewithcancer@inova.org](mailto:lifewithcancer@inova.org).*

### **EZ Tai Chi**

*Wednesdays, 6-6:45pm*

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

### **Love the Mat**

*Mondays, 8:30-9am*

Take a different position on strength and join Stacey on the floor for thirty minutes of flexibility and a total body workout. Being able to get down on the floor, on all fours, and on your back is necessary.

A good mat or comfy carpet to lie on is essential; weights are optional.

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

*Mondays, 2-3pm*

This class is the advanced version of Buff Bones. 60-minutes in length, this class will address the mind and body with breathwork and flow from the lower body to the upper body to the floor followed by a cool down. Weight-bearing exercises will be performed. Please have a set of weights or resistance bands that are appropriate for your fitness level (light to medium). Participants must be able to work from the floor. Modifications for various conditions and fitness levels will be provided.

### **Small Group Training at the Fairfax Family Center - June Series**

*Fridays, 12:30 – 1:30pm or 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 monthly, 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 [here](#) 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*

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 & II at Fairfax Family Center or Online**

*Wednesdays, 3:15-4:30pm*

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*

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

### **Zumba**

*Tuesdays, 7-8pm*

Zumba combines slow and fast rhythms with resistance training while toning the body and

cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, Zumba can help to lift your mood and improve your general sense of well-being.

### **Zumba Gold**

*Fridays, 10:30-11:15am*

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

## **FITNESS & EXERCISE – YOGA**

*Note: No live fitness classes June 23-July 6.*

### **Advanced Pelvic Floor Health Series**

*Monday, May 6-June 17, 5-5:45pm*

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 as we build a bridge back to ourselves! *Requirements- must have completed 2 sessions of PFH Intro or 1 session and semiweekly home practice.*

### **Chair Yoga at Inova Loudoun's 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*

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.

### **Introduction to Pelvic Floor Health Series**

*Mondays, May 6-June 17, 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 pelvic floor health. 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.

### **Lymphatic Flow Yoga**

*Fridays, 9:30-10:15am*

Lymphatic Flow Yoga is a moderately-paced class that can increase circulation, and blood flow, and support the lymphatic drainage process. Using a combination of yoga flow, static holds, and gravity, this class is accessible for all levels using props to explore modifications and increase your confidence. Learn more about your immune system and techniques to use in your daily life.

### **Mindfulness in Motion**

*Fridays, 1:30-2:15pm*

Join Life with Cancer's peaceful movement class based on ancient Tai Chi principles. The sequences will involve coordinating slow-flowing movements with calm and deep rhythmic breathing to restore the mind and body to a state of ease. This is a 45-minute moving meditation practice. All fitness abilities are welcome. Please wear comfortable clothing and footwear

### **Somatic Yoga**

*Sundays, 6-6:45pm*

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

### **Yoga Nidra Mindfulness Meditation**

*Mondays, 1-1:45pm*

Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. This meditation is for all levels and no experience is required. Blankets, pillows, and towels may be used as supportive props.

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

### **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 and Spanish. Great for the entire family. Visit <https://createcalm.org/classes-trainings/inova-on-demand/>.

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

*Tuesday, April 30 – June 4, 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.

### **Young Adults in Treatment Hangout**

*Thursday, June 13, 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. *For more information, contact [jemma.stratton@inova.org](mailto:jemma.stratton@inova.org).*

*For questions or more information about our Pediatric Program, please email [LWCped@inova.org](mailto:LWCped@inova.org).*

## **STRESS REDUCTION**

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

*Thursday, June 6 & 27, 12-12:50 pm & 1-1:50pm*

*Monday, June 17, 11-11:50am & 12-12:50 pm*

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, June 3, 1-3:30pm*

*Online – Wednesday, June 5, 5:30-7:30pm*

*Online – Monday, June 10, 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.

### **Kintsugi: The Art of Healing**

*Thursday, June 6, 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 a modified Kintsugi process, and how this process and the Japanese philosophy of wabi-sabi can relate to one's experiences with cancer. If you have a personal item to repair, please bring it with you.

### **Meditation and Guided Imagery**

*Tuesdays, 11-11:45am*

Guided imagery can quickly calm your body whilst simultaneously relaxing your mind. Gentle



stretches, breathwork, and guided meditation deepen your practice. If you don't have props at home, pillows, blankets, and towels can be substituted.

### **Mind over Matter May Series**

*Mondays, May 6-June 10, 10-11:30am*

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.*

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

*Thursdays, May 2-June 13, 1-2:30pm*

Interested in taking a closer look at mindfulness and meditation? Over seven weeks, learn different meditation practices and explore how mindfulness can help you deal with the stress of a cancer diagnosis. Please be aware that weekly attendance, home practice, and reading assignments are important parts of this course. Please obtain a copy of the book Mindfulness-Based Cancer Recovery by Carlson & Speca before the first class. Note that this class is part of the IPOP series. It is recommended to take Mind Over Matter before MBCR, but not required.

### **Music Therapy**

*Tuesdays, June 4-25, 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. Registration is required. Facilitated by: Raymond Leone, MMT, MT-BC.

### **Qigong**

*Thursdays, 2-2:45pm*

This class is a specialized program designed to provide support, relief, and healing for individuals recently diagnosed, living with or in recovery from cancer. Qigong (Chi-gong) is an ancient Chinese practice that combines gentle movements, rhythmic breathing, and meditation, and scientific studies have shown remarkable benefits for cancer patients and seniors alike. Moreover, the community aspect of Qigong classes can provide a sense of peace and connectedness, combating feelings of isolation that many experience while dealing with illness.

## **SUPPORT GROUPS & NETWORKING**

### **Bladder Cancer Support Group**

*Tuesday, June 25, 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 Support Group**

*Wednesday, June 19, 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**

*Monday, June 24, 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. Registration is required. This group meets on the second and fourth Mondays of the month.

### **Breast Cancer Support Group, Stage 0-3 at the Fairfax Family Center**

*Tuesday, June 25, 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, June 6, 5:30-7pm*

For women diagnosed with stage 0-3 breast cancer who are no more than 2-years out of active treatment. Facilitators: Barbara Legnini MSW, LCSW and Christine Stone RN, MSN, OCN.

### **Breast Cancer Support Group, Stage 0-3 / Non-Metastatic**

*Monday, June 17, 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, Triple Negative**

*Wednesday, June 26, 5:30-7pm*

Provides a safe space to connect with others about the experience of having triple negative breast cancer. Facilitators: Sylvia Addison, MA, NCC, LPC and Laura Kaminski, BSN, RN, OCN, CBCN.

### **Breast Cancer Support Group, Weight Management After BC**

*Tuesday, June 18, 5-6pm*

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, June 13, 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.

### **Breast Cancer Support Group, Young Adults, Metastatic/Advanced**

*Tuesday, June 4, & 18, 5:30-7pm*

An online support group for patients in their 20s, 30s, and 40s who are navigating the world of Metastatic Breast Cancer. Facilitators: Barbara Legnini, LCSW and Laura Kaminski, Oncology Nurse Navigator. If attending for the first time, please call Barbara Legnini 703.858.8619.

### **Breast Cancer Support Group, Young Women, Non-Metastatic/Stage 0-3**

*Monday, June 3, 6-7:30pm and Tuesday, June 11, 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 Goerdts, Oncology Nurse Navigator. Tuesday facilitators: Jenna Sangastiano, LPC, CSAC and Karen Sachse, Oncology Nurse Navigator.

### **Caregiver Connection**

*Monday, June 10, 7-8:30pm and Wednesday, June 26, 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. Monday facilitators: Tosha McCullough, MSW and Rebecca DiPatri, BSN, RN, OCN. Wednesday facilitators: Karen Archer, MSW, LCSW, OSW-C and Mary-Kay Mecca, RN, BSN, OCN.

### **Compassion Circle**

*Wednesday, June 12, 4:30-6:30pm*

An evening of continued support and sharing for prior attendees of the Good Grief Series.

### **Colorectal Cancer Support Group, Advanced Stage**

*Thursday, June 20, 6-7:30pm*

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.

### **Good Grief Series at the Fairfax Family Center**

*Mondays, May 6-June 17, 6:30-8pm*

Good Grief is a seven-week series for those who have experienced the death of a family member

from cancer within the last two years. The group aims to give you the opportunity to understand and process a myriad of grief reactions, while sharing stories of caregiving and our loved one's lives.

### **Gynecologic Cancer Support Group**

*Wednesday, June 26, 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 Support Group**

*Wednesday, June 12, 5:30-7pm and Monday, June 17, 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. Wednesday facilitators: Lauren Broschak, MSW, LCSW, OSW-C and Zenaida Ferguson, RN, BSN. Monday facilitators: Tosha McCullough, MSW and Amy Bohoslav, RN, OCN.

### **Leukemia & Lymphoma Support Group**

*Wednesday, June 12, 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.

### **LGBTQIA+**

*Tuesday, June 11 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. Please register online to join us.

### **Living Well with Advanced Cancer**

*Thursday, June 13 & June 27, 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. Facilitators: Karen Archer, MSW, LCSW, OSW-C and Stephanie Calvert, BSN, RN.

### **Lung Cancer Support & Education Group**

*Thursday, June 6, 6-7:30pm*

Join other patients, survivors, family members, and friends to discuss the challenges of living with lung cancer and its treatments.

● **Multiple Myeloma Support Group**

*Tuesday, June 18, 12:00-1:30pm*

This month's group will be held 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 Leukemia & Lymphoma Society.

● **Melanoma Support Group**

*Thursday, June 6, 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.

● **Myelodysplastic Syndromes (MDS) Support Group**

*Saturday, June 8, 10:30am-12pm*

A patient-led support group open to all individuals affected by MDS. The objective for this group is to provide patients, caregivers and families a safe place to cope with the emotional aspects of MDS, to share with others their feelings and challenges and to hear from local MDS healthcare professionals. Please register with Brian Anderson at [brian.s.anderson65@gmail.com](mailto:brian.s.anderson65@gmail.com), or call 703.984.9379

● **Neuroendocrine Tumor (Capital Area Carcinoid Cancer / Neuroendocrine Tumor Survivors) Support Group**

*Saturday, June 8, 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](mailto:cacsnets@gmail.com).

● **Pancreatic Cancer Support Group**

*Wednesday, June 5, 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, June 13, 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!

● **Sexual Health - Get Your Groove Back: A Group For Exploring Sexuality and Sensuality After a Cancer Diagnosis, Women's Group**

*Thursday, June 27, 12-1pm*

This group is open to women who have been diagnosed with cancer. Join us to discuss the impact of cancer on sexual health, share how cancer has affected your sexuality, connect with others who have similar experiences, and learn from each other. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C (she/her) & Jennifer Bires, MSW, LCSW, OSW-C (she/her).

### **Spirituality Quest**

*Tuesday, June 11 at 10:30-11:30am*

Spirituality and Art: The quest to integrate spirituality into our lives can and should involve all our senses. Come experience the ancient practice of visio divina or “sacred seeing” and reflect on the role of art in your spiritual life.

“The job of the artist is always to deepen the mystery.” – Francis Bacon

### **Young Adult Cancer Support Group**

*Thursday, June 27, 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.

### **Young Adults in Treatment Hangout**

*Thursday, June 13, 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. *For more information, contact [jemma.stratton@inova.org](mailto: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](http://events.lifewithcancer.org) or scan the QR code



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**OTHER INOVA PETERSON 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**

**To receive Inova Peterson Life with Cancer upcoming events, news and resources, [click here to sign up for the weekly LWC e-newsletter](http://lifewithcancer.org/subscribe) at [lifewithcancer.org/subscribe](http://lifewithcancer.org/subscribe).**

**Need help or have questions? We're here for you.**

Please contact [lifewithcancer@inova.org](mailto:lifewithcancer@inova.org) or call 703.206.5433(LIFE).

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As a recipient of federal financial assistance, Inova Health System ("Inova") does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability, or age in admission to, participation in, or receipt of the services or benefits under any of its programs or activities, whether carried out by Inova directly or through a contractor or any other entity with which Inova arranges to carry out its programs and activities.

Interpreter Services are available at no cost to you. Please let our staff know of your needs for effective communication.

Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmelo a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.

알려드립니다: 귀하가 한국어를 구사한다면 무료 언어 도움 서비스가 가능합니다. 효과적인 의사전달을 위해 필요한 것이 있다면 저희 실무자에게 알려주시기 바랍니다.



**Inova Peterson Life with  
Cancer**

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[lifewithcancer.org](http://lifewithcancer.org)  
P: 703-206-5433

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。