LIFE WITH CANCER PROGRAM GUIDE
MAY 2024

LOCATION

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

- **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.

- **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.

- **Journaling with Your Brain in Mind**  
  *Thursday, April 18-May 23, 1-2:30pm*  
  Neuroscience is illuminating what expressive writing research has demonstrated for more than 40 years – therapeutic writing has positive effects on health, mood and behavior. You’ll learn and practice a toolbox of journaling techniques, strategies and experiences and you’ll learn why some
common strategies are ineffective and can result in rumination. This class explores the powerful concept of self-directed neuroplasticity using your pen as your guide. For previous participants this is, “Your Brain on Ink,” the second edition. No prior journaling experience is necessary. “Must register for 4/18 class first.

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

- **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*

- **Men’s Sexual Health Education**
  Wednesdays, February 22-May 7, 6-7:15pm
  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 sexual health expert Ken Mitchell, MPAs, PA-C who will discuss sexual dysfunction following cancer treatment and the impact it has on the patient and their partner. Specifically, the physical, emotional, and mental health aspects of post cancer treatment sexual dysfunction will be addressed, and methods used to manage these conditions will be discussed.

- **Mind over Matter**
  Wednesdays, May 6-June 10, 10am-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.*

- **Mind Over Matter for Black & African American Women**
  Tuesdays, April 23-June 4, 7-8:30pm
  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 here or email mindovermatter@inova.org to learn more.

**Mind over Matter for Parents**  
*Thursdays, April 4-May 2, 5:30-7pm*  
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 in all five sessions.  
*This particular offering is open to parents of school-aged children who have a cancer diagnosis or have a partner with a cancer diagnosis. This session will run concurrently with Curious About Cancer, a program for children ages 7-11. Dinner will be provided for all participants. For offerings of Mind Over Matter that are open to all, please check the Events Calendar.*

**Mindfulness-Based Cancer Recovery (MBCR)**  
*Thursdays, May 1-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, April 12-May 17 from 12:30-1:30pm or April 12-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 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.*

**Turning the Page: An Art Therapy Altered Book Series – Advanced/Metastatic Cancer Patients**  
*Wednesdays, May 8-29, 5:30-7:30pm*  
Participants will alter and transform an existing book into a new piece of art while creatively exploring their cancer experience and connecting with others. Using the pages of the book as a canvas, participants will engage in creative reframing and reclaiming through this art-based process. Several different art materials will be explored in this 4-week series. No prior artistic experience required. This series is for participants with advanced/metastatic cancer. Facilitator: Jane Woo, LPC, ATR-BC.
To learn more about the Mind over Matter or Mindfulness-Based Cancer Recovery series, please contact Kim Lowery Walker, coordinator of the Integrative Psycho-Oncology Program or at kimblery.lowerywalker@inova.org or 703-698-2524.

EDUCATION

- **Building Resilience**  
  *Wednesday, May 29, 5:30-6:30pm*  
  This group will introduce you to strategies for cultivating and building your own resilience through the cancer experience including survivorship. Facilitator: Kelly Conen Jablonski, LCSW.

- **Breast Cancer Surgery Pre-Operative (Pre-Op) Class**  
  *Various times (12pm, 1pm or 5pm EST) on May 8, 16, 21 & 30*  
  If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with reconstruction, this online/virtual, educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator. Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prosthesis and more. Family/friends welcome.

- **Good Grief Series at the Fairfax Family Center**  
  *Mondays, April 30-June 4, 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.

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

- **Planning Ahead: Leaving a Lasting Legacy**  
  *Wednesday, May 29, 6:30-8pm*  
  We all want to leave a lasting impact on the world and for our loved ones. Join us as we learn about the value of legacy work at ‘any age and any stage’ of disease!

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.

- **Survivorship Nutrition**  
  **Tuesday, May 14, 5-6pm**  
  Are you familiar with the latest evidence-based recommendations for survivorship nutrition? Registered dietitian, Kelsey Coulter, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence.

**FITNESS & EXERCISE**

*Note: Online fitness and yoga classes have transitioned to Microsoft Teams. For any questions, please reach out to 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 (No class Monday 5/27)**  
  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.

- **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.
Nordic Walking Group at the Fairfax Family Center

Monday, May 6 & 13, 12:30-1pm (No class Monday 5/20 or 5/27)

Join us for a 30-minute walk to learn a new walking technique, connect with nature, and the Life with Cancer Community. 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. **Registration is required. No Equipment needed.**

Osteoblast at the Fairfax Family Center or Online

Mondays, 2-3pm (No class Monday 5/27)

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

Qigong

Thursdays, 2-2:45pm

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

Small Group Training at the Fairfax Family Center

Fridays, April 12-May 17 from 12:30-1:30pm or April 12-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 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 (No class Friday 5/3)*
Easy-to-follow choreography that promotes balance, range of motion, and coordination. Come prepared to sweat!

**FITNESS & EXERCISE – YOGA**

**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 (No class Monday 5/27)*  
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.

**Yin Yoga at the Fairfax Family Center**  
*Wednesdays, 11:15am-12:30pm*  
Yin Yoga is a slow and deep practice to open the connective tissues including joints of the hips, legs, and spine. The postures are all practiced on the floor, and the most poses would be held for about 3-5 minutes. The benefits include increased joint health, flexibility, and improved circulation. This class is open for anyone as long as one can get up and down off of the floor. Please bring a mat or towel to be able to lie down.
Yoga and Myofascial Release
Thursdays, 6-6:45pm
Gentle Yoga movement along and MyoFascial Release. A combination of gentle yoga movement along with long holds will be applied to various parts of the body. Modifications and adaptations will be provided for every-BODY. No experience required.

Yoga Nidra Mindfulness Meditation
Mondays, 1-1:45pm (No class Monday 5/27)
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

Curious about Cancer at the Fairfax Family Center
Thursdays, April 4 – May 2, 5:30-7pm
This 5-week program is for kids ages 8-12 with a family member with cancer. This group will provide kids with the opportunity to learn about cancer in age-appropriate way, learn and share coping skills, and be supported by peers with similar experiences. For any questions, please reach out to LWCPeds@inova.org.

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.

Mind over Matter for Parents Series at the Fairfax Family Center
Thursdays, April 4 - May 2, 5:30-7pm
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 in all five sessions.
*This particular offering is open to parents of school-aged children who have a cancer diagnosis or have a partner with a cancer diagnosis. This session will run concurrently with Curious About Cancer, a program for children ages 7-11. Dinner will be provided for all participants. 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 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/.
For questions or more information about our Pediatric Program, please email LWCpeds@inova.org.

STRESS REDUCTION

**Building Resilience**
*Wednesday, May 29, 5:30-6:30pm*
This group will introduce you to strategies for cultivating and building your own resilience through the cancer experience including survivorship. Facilitator: Kelly Conen Jablonski, LCSW.

**Community Energy Therapy at the Fairfax Family Center**
*Mondays, May 20, 11-11:50am and 12-12:50 pm*
*Thursdays, May 2 & 30, 12-12:50 pm and 1-1:50pm*
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 5 - May 6, 1-3:30pm*
*Online – Monday, May 13, 1-3:30pm*
*Online Virtual Studio – Wednesday, May 1, 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. 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.

**Journaling Group**
*Wednesday, May 15, 1-2:30pm*
If you have taken a journaling workshop offered by Deborah Ross, then continue the journey with a monthly writing group. Writing prompts from a variety of sources will be offered along with technique refreshers. Each month will have a different theme. **You must have taken a previous writing workshop to attend this class/group.**

**Journaling with Your Brain in Mind Series**
*Thursday, April 18 – May 23, 1-2:30pm*
Neuroscience is illuminating what expressive writing research has demonstrated for more than 40 years – therapeutic writing has positive effects on health, mood and behavior. You’ll learn and practice a toolbox of journaling techniques, strategies and experiences and you’ll learn why some common strategies are ineffective and can result in rumination. This class explores the powerful concept of self-directed neuroplasticity using your pen as your guide. For previous participants this is, “Your Brain on Ink,” the second edition. No prior journaling experience is necessary. *Must registers for 4/18 class first.*
**Meditation and Guided Imagery**  
*Tuesdays, 11-11:45m*  
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 for Black & African American Women Series**  
*Tuesdays, 7-8:30pm, April 23 –June 4*  
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 here or email mindovermatter@inova.org to learn more.*

**Mind over Matter May Series**  
*Mondays, May 6 – June 10, 10-11:30am (No class Monday 5/27)*  
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) Drop-In**  
*Wednesday, May 1, 11-12pm*  
For those that completed the 7-session Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series.

**Mindfulness-Based Cancer Recovery (MBCR)**  
*Thursdays, May 1-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, 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.

**Sound Bath Meditation**  
*Thursday, May 30* 6-6:45pm  
A sound bath is a meditative experience where those in attendance are “bathed” in sound waves. These waves are produced by various sources, including healing instruments such as gongs and singing bowls. From the comfort of your own home, immerse yourself in sound and vibrations that will restore you to a state of ease so you can rest and feel more ready for sleep.

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

**Breast Cancer Support Group, Advanced - Coalesce**  
*Online - Monday, May 13, 12-1pm*  
*Hybrid – Friday, May 10 (Online) and May 24 (In-Person at the Family Center), 11-12:30pm*  
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. May 13 Facilitator: Kim Lowery Walker, LCSW and May 10 & 24 Facilitator: Sarah Brooks, LPC. For the hybrid Friday group, please contact sarah.brooks@inova.org to register.
**Breast Cancer Support Group, Stage 0-3 / Non-Metastatic**  
*Monday, May 20, 5:30-7pm*
This group is for women diagnosed with stage 0-3 breast cancer, up to 2-years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Facilitators: Karen Sachse, MSN, RN, CNS-BC and Jenna Sangastiano, LPC, CSAC.

**Breast Cancer Support Group, Stage 0-3 at the Fairfax Family Center**  
*Tuesday, May 28, 6-7:30pm*
For women with stage 0-3 breast cancer who are no more than two years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Facilitators: Rebecca Berley, LCSW and Nina Neill, MD.

**Breast Cancer Support Group, Stage 0-3 at Inova Loudoun-LWC Suite**  
*Thursday, May 2, 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, Triple Negative**  
*Wednesday, May 22, 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, May 14, 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, May 9, 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/Advanced**  
*Tuesday, May 7 & 21, 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, May 6, 6-7:30pm and Tuesday, May 14, 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
Monday, May 13, 7-8:30pm and Wednesday, May 22, 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: 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, May 16, 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.

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, May 22, 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, May 8, 5:30-7pm and Monday, May 20, 6-7:30pm
This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship. Wednesday facilitators: Lauren Broschak,
Leukemia & Lymphoma Support Group  
**Wednesday, May 8, 10-11:30am**  
This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. The group’s format is open discussion of such topics as coping with uncertainty and treatment side effects, alleviating anxiety, and expressing the many reactions to a cancer diagnosis. Group meets monthly, alternating between in-person and Zoom/online. Facilitators: Sarah Brooks, LPC and Jillian Powers, RN, BSN.

LGBTQIA+ Cancer Support Group  
**Tuesday, May 14, 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, May 9 & May 23, 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  
**Tuesday, May 14, 6-7:30pm**  
Join other patients, survivors, family members, and friends to discuss the challenges of living with lung cancer and its treatments.

Melanoma Support Group  
**Thursday, May 2, 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.

Men’s Sexual Health Education Series  
**Wednesdays, February 22-May 7, 6-7:15pm**  
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 sexual health expert Ken Mitchell, MPAs, PA-C who will discuss sexual dysfunction following cancer treatment and the impact it has on the patient and their partner. Specifically, the physical, emotional, and mental health aspects of post cancer treatment sexual dysfunction will be addressed, and methods used to manage these conditions will be discussed.

Multiple Myeloma Support Group  
**Tuesday, May 21, 12:30-1:30pm**
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.

**Myelodysplastic Syndromes (MDS) Support Group**  
*Saturday, May 11, 10:30am-12pm*  
A patient-led support group open to all individuals affected by MDS. The objective for this group is to provide patients, caregivers and families a safe place to cope with the emotional aspects of MDS, to share with others their feelings and challenges and to hear from local MDShealthcare professionals. *Please register with Brian Anderson at brian.s.anderson65@gmail.com or call 703.984.9379.*

**Neuroendocrine Tumor (Capital Area Carcinoid Cancer / Neuroendocrine Tumor Survivors) Support Group**  
*Saturday, May 11, 10-12pm*  
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, May 1, 1-2:30pm*  
Join us as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with diagnosis and treatment. For patients only. Facilitators: Carolyn Leonard, MSW and Mary-Kay Mecca, RN, BSN, OCN.

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

**Sexual Health, Sex and Cancer for Men: A Group for Exploring Sexuality and Sensuality After a Cancer Diagnosis, Men’s Group**  
*Thursday, May 16, 12-1pm*  
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. *This group is open to men who have been diagnosed with cancer.* Facilitators: Lauren Broschak, MSW, LCSW, OSW-C (she/her) & Jennifer Bires, MSW, LCSW, OSW-C (she/her).

**Spirituality Quest**  
*Tuesday, May 14, 10:30-11:30am*  
Family Matters: With the observances of Mothers’ Day and Fathers’ Day, late spring offers a time to reflect on the legacy of our families. What ideas about spirituality did your family instill in you? How
has your spiritual journey been shaped by those ideas? How have you charted a new path? What spiritual legacy do you want to leave for your family? Come and discuss with the group.

“Family faces are magic mirrors. Looking at people who belong to us, we see the past, present, and future.” — Gail Lumet Buckley. Facilitator: Reverend Caroline Bass, M.Div., BCC.

**Young Adult Cancer Support Group**
*Thursday, May 30, 7-8pm*
This is not your grandmother's support group! We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people with cancer in the 18-39 age range.

**Young Adults in Treatment Hangout**
*Thursday, May 9, 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.

**REMINDERS**

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

Register for free at events.lifewithcancer.org or scan the QR code
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- 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 Life with Cancer upcoming events, news and resources, click here to sign up for the weekly LWC e-newsletter 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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