

## INOVA PETERSON LIFE WITH CANCER PROGRAM GUIDE AUGUST 2024

LOCATION	
<span style="color: black;">●</span>	<b>In-Person</b> (masks optional)
<span style="color: lightblue;">●</span>	<b>Virtual/Online</b>
<span style="color: yellow;">●</span>	<b>Family Center</b> – 8411 Pennell Street, Fairfax, VA 22031
<span style="color: pink;">●</span>	<b>Inova Schar Cancer Fairfax-LWC</b> – 8081 Innovation Park Drive, 2 <sup>nd</sup> Floor, Fairfax, VA, 22031
<span style="color: lightgrey;">●</span>	<b>Fair Oaks Cancer Center</b> – 3580 Joseph Siewick Drive, Lower Level - Suite 005, Fairfax, VA, 22033
<span style="color: purple;">●</span>	<b>Inova Loudoun Hospital-LWC Suite</b> – 44045 Riverside Parkway, North Tower, 1st Floor, Leesburg, VA, 20176
<span style="color: orange;">●</span>	<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

Note: *No live fitness classes August 18-August 31*

### **Balance for Neuropathy**

*Tuesdays, July 16 – August 13, 1-1:30pm*

Practicing balance every day is the key to reducing fall risk, increasing leg and ankle strength, and improving core strength. The Inova Life with Cancer Balance for Neuropathy class also incorporates exercises to enhance circulation to the lower extremities and improve coordination and brain health. The class is offered in-person and is limited to 8 participants to ensure safety and we encourage attendance once a week. Participants that have completed two or more sessions will be placed on a waiting list to join in the event of a cancellation.

### **Mind Over Matter**

*Wednesdays, August 21 – September 18, 3pm-4:30pm*

Learn tips and tools to handle the big feelings that are often present throughout a cancer journey. This 5-week class can help you deal with the fears, worries, and sadness that come up for many people. Please note that this class is an interactive, small group series, so please plan to attend and participate for all five sessions.

### **Small Group Training In Person at the Fairfax Family Center**

*Fridays, July 12 – August 16, 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.

## EDUCATION

### **Let's Talk About Sex: Women's Sexual Health**

*Thursday, August 1, 12pm-2pm*

Have you ever wondered how a cancer diagnosis can affect your sex life? Join us to learn about the impacts of cancer on sexual health for women and strategies to address these challenges. This class is open to women who have been diagnosed with cancer.

### **Breast Surgery Pre-Op Class**

*Wednesday, August 7, 5-6:30pm, August 14, 12-1:30pm, Tuesday, August 20, 1-2:30pm, Thursday, August 29, 5-6:30pm,*

If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with reconstruction this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigators. 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.

● **Building Resilience**

*Wednesday, August 28, 5:30-6:30pm*

This group will introduce you to strategies for cultivating and building your own resilience through the cancer experience, including survivorship.

● **Colorectal/Ostomy Surgery Pre-Op Class**

*Tuesday, August 6, 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](mailto:annabel.anderson@inova.org).

## EDUCATION – NUTRITION

● **Nutrition Recommendations after a New 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, August 13, 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 August 18-August 31*

*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.

● ● ● **Osteoblast at the Fairfax Family Center & 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.

● **Qigong**

*Thursday, July 11 & 18, 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 In Person at the Fairfax Cancer Family Center**

*Fridays, July 12 – August 16, 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.

● ● ● **Stay Strong**

*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 1, In Person at the Fairfax Family Center & Online**

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

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. This class will teach basic movements.

● ● ● **Total Body Conditioning at the Fairfax Family Center & 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.

### **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.

### **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 August 18-August 31*

### **Chair Yoga at Inova Loudoun's LWC Suite & 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 Online or In-Person at the Fairfax Family Center**

*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.

### **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.

### **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**

*Wednesdays, 11:15am-12pm*

Yin Yoga is a slow and deep practice to open the connective tissues including joints of the hips, legs, and spine. The postures are all practiced on the floor, and the most poses would be held for about 3-5 minutes. The benefits include increased joint health, flexibility, and improved circulation. This class is open for anyone as long as one can get up and down off of the floor. Please bring a mat or towel to be able to lie down.

### **Yoga & Myofascial Release**

*Thursdays, 6-6:30pm*

Gentle Yoga movement along and Myofascial Release. A combination of gentle yoga movements and long holds will be applied to various parts of the body. Modifications and adaptations will be provided for every-BODY. No experience is required.

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

### **Care Circle: A Group for Childhood Cancer Caregivers**

*Tuesday, August 13 & 27 at 3-4pm*

Parents and caregivers of a child newly diagnosed or on treatment are invited to join a twice monthly virtual group to connect with other caregivers. Education and support are provided by a nurse navigator and clinical therapist. Please come as you are & be comfortable and feel free to leave camera off. Limit distractions when possible. Please reach out to [Lindsey.wamsley@inova.org](mailto:Lindsey.wamsley@inova.org) for additional questions. Registration required.

 **Curious About Cancer**

*Wednesdays, August 28 – September 25*

This group will allow children ages 8-12 to: Learn about cancer in a child-friendly way, learn and share coping skills, and be supported by peers with similar experiences. **This program is being offered at the same time as Mind Over Matter for Parents and parents are encouraged to register for both programs.** Dinner will be provided. For any questions, please reach out to [LWCPeds@inova.org](mailto:LWCPeds@inova.org).

 **Mind Over Matter for Parents**

*Wednesdays, August 28 – September 25*

This group will allow parents & caregivers to learn tools to handle big feelings present throughout a cancer journey, learn ways to manage the fears, worries, and sadness that come up for many people and connect with others balancing treatment and parenting. This particular 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 Curious About Cancer, a program for children ages 8-12. 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](mailto:LWCPeds@inova.org).*

## **STRESS REDUCTION**

 **Building Resilience**

*Wednesday, August 28, 5:30-6:30pm*

This group will introduce you to strategies for cultivating and building your own resilience through the cancer experience, including survivorship.

 **Healing Through Art Therapy**

*Mondays, August 5 & August 12, 1-3:30pm & Wednesday, August 7, 5:30-7:30pm*

Engage in the creative process through art therapy and connect with others virtually. No prior artistic experience is necessary, just a willingness to explore and be part of a supportive, creative community. Consider compiling art materials of your choice, such as drawing mediums, paper, and/or collage materials.

 **Meditation and Guided Imagery**

*Tuesday, August 6 & 13, 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**

*Wednesdays, August 21 – September 18, 3pm-4:30pm*

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**

*Thursday, August 7, 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.

### **Music Therapy**

*Tuesdays, August 6, 13, 20, & 27 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.

## **SUPPORT GROUPS & NETWORKING**

### **Bladder Cancer Support Group**

*Tuesday, August 27, 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.

### **Brain Tumor Support Group**

*Wednesday, August 21, 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.

### **Breast Cancer Support Group, Advanced - Coalesce 1**

*Monday, August 26, 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, Advanced - Coalesce 2**  
*Friday, August 9 & 23, 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.
- Breast Cancer Support Group, Triple Negative**  
*Wednesday, August 28, 5:30-7pm*  
Provides a safe space to connect with others about the experience of having triple negative breast cancer.
- Breast Cancer Support Group, Weight Management After Breast Cancer**  
*Tuesday, August 20, 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.
- Breast Cancer Support Group, Women, Stages 0-3**  
*Tuesday, August 27, 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.
- Breast Cancer Support Group, Women's Survivorship**  
*Thursday, August 8, 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, August 6 & 20, 5:30-7pm*  
An online support group for patients in their 20s, 30s, and 40s who are navigating the world of Metastatic Breast Cancer.
- Breast Cancer Support Group, Young Women, Non-Metastatic**  
*Monday, August 5, 6-7:30pm*  
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.
- Breast Cancer Support Group, Young Women, Stages 0-3**  
*Tuesday, August 13, 6:30-8:00pm*  
For women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others to gather information and learn how to best navigate survivorship.

**Building Resilience**

*Wednesday, August 28, 5:30-6:30pm*

This group will introduce you to strategies for cultivating and building your own resilience through the cancer experience, including survivorship.

**Caregiver Connection**

*Monday, August 12, 7-8:30pm & Wednesday, August 28, 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.

**Colorectal Cancer Support Group, Advanced Stage**

*Thursday, August 15, 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.

**Gynecologic Cancer Support Group**

*Wednesday, August 28, 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.

**Head and Neck Cancer Support Group**

*Wednesday, August 14, 5:30-7pm & Monday, August 19, at 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.

**Leukemia & Lymphoma Support Group**

*Wednesday, August 14, 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.

**Living Well with Advanced Cancer**

*Thursday, August 8 & 22, 1-2:30pm*

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Meets the 2nd & 4th Thursday of each month.

**Melanoma Support Group**

*Thursday, August 1, 6:30pm-8pm*

Patient and family members are invited to come together to discuss the challenges, and experiences following a Melanoma diagnosis.

● **Multiple Myeloma Support Group**

*Tuesday, August 20, 12-1:30pm*

This month's group will be held IN PERSON and is designed for patients and caregivers to get together to discuss, learn, and share the challenges of living with multiple myeloma.

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

*Saturday, August 10, 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, August 10, 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, August 7, 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.

● **Prostate Cancer Support Group**

*Thursday, August 8, 6pm-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, August 22, 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.

● **Sexual Health – Sex and Cancer for Men: A Group for Exploring Sexuality and Sensuality After a Cancer Diagnosis – Men's Group**

*Thursday, August 15, 12-1pm*

This group is open to men who have been diagnosed with cancer. Join us to discuss the impact of cancer on sexual health, share how cancer has affected your sexuality, connect with others who have similar experiences, and learn from each other.

### **Spirituality Quest**

*Tuesday, August 13, 10:30am-11:30am*

Spirituality at the Beach: People have long prized the physical, mental, and spiritual benefits of spending time near the ocean. How does the ocean connect to your spirituality? Bring a favorite beach memento to share, and come discuss with the group!

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

*Tuesday, August 20, 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.

### **Young Adult Group**

*Thursday, August 22, 7-8pm*

Not your grandmother's group! We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range.

## **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

**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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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 infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.

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注意：如果你說中文，可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。