






## MONTHLY PROGRAM GUIDE SEPTEMBER 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

-  **Balance for Neuropathy at the Family Center**  
*Tuesday, September 10, 1-1:30pm SCREENING DAY ONLY*  
*Tuesdays, 1-1:30pm*  
Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength.  
*New in 2024: Participants that have completed two or more sessions will be placed on a waiting list to join in the event of a cancellation.*
-  **Curious about Cancer at the Family Center & Inova Loudoun**  
*Wednesdays, August 28 – September 25, 5:30-7pm*  
*Thursdays, September 5 – October 3, 5:30pm – 6:30pm*  
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).*
-  **Good Grief at the Family Center**  
*Mondays, 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.  
\*\*\*Please note: This series will be alternating between our Life with Cancer locations. Please email [LifewithCancer@inova.org](mailto:LifewithCancer@inova.org) to be added to the contact list for the next date/time/location. \*\*\*
-  **Introduction to Pelvic Floor Health Series**  
*Thursdays, 12-12:45pm*  
Welcome to help with alignment, pain, tension, leakage, and groundedness in the hips, lower 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. Sayde uses breathing, guided visualizations, and yoga asana to restore health to the pelvic floor.  
*What you need: yoga materials (if you have them) or 2 blankets/beach towels, 2 pillows and space to stretch on the floor/bed. This workshop restarts every month, so you never have to wait more than a few weeks to join.*
-  **Meaning-Centered Psychotherapy for Advanced Cancer**  
*Wednesdays, September 18 – November 6, 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.

*Note that this offering is limited to people with an advanced cancer diagnosis. If you have any questions, please contact the IPOP Coordinator at [kimberly.lowerywalker@inova.org](mailto:kimberly.lowerywalker@inova.org).*

### **Mind over Matter Series**

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

*Tuesdays, September 24 – October 22, 6:30-7pm*

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 for all five sessions.

### **Mind over Matter for Black Women Series**

*Tuesday, September 10 – October 8, 5:30-7pm*

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 also balancing treatment and parenting.

Note that this offering of Mind Over Matter is directed to Black women. If you have any questions, please contact the IPOP Coordinator at [kimberly.lowerywalker@inova.org](mailto:kimberly.lowerywalker@inova.org).

### **Mind over Matter for Parents Series at the Family Center**

*Wednesday, August 28 – September 25, 5:30-7pm*

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 also balancing treatment and parenting.

This particular offering is open to parents of school-aged children, who also 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 8-12. Dinner will be provided for all participants.

### **Pickleball – Learn the Basics at the Family Center**

*Mondays, 11-11:55am*

This 3-week mini session will introduce you to the basics and etiquette of the game of Pickleball so you can go out into the community and play with confidence. Pickleball is an easy-to-learn and very social mini-tennis-like game that is the fastest-growing racket sport in the USA. Come prepared for a fun workout. Paddles and balls are provided. Please wear tennis shoes (or a good pair of athletic shoes). Taught by USA Pickleball Ambassador and breast cancer survivor Helen White.

### **Small Group Training at the Family Center and Online**

*Friday, September 6, 12:30-1:30 SCREENING DAY ONLY*

*Fridays, 12:30-1:30pm & 1:30-2:30pm*

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

## EDUCATION

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

*Wednesday, September 4, 12-1:30pm, Monday, September 9, 5-6:30pm, & Tuesday, September 17, 1-2:30pm*

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.

### **Colorectal/Ostomy Surgery Pre-op Class**

*Tuesday, September 3, 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).

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

*Thursdays, 12-12:45pm*

Welcome to help with alignment, pain, tension, leakage, and groundedness in the hips, lower back, sacrum, pelvis, and more! Join as we become educated about the tight muscles that cause pelvic pain, leakage, AND the weak muscles that cause prolapses and low back tension. Pelvic Floor dysfunction can result from injury, stress, poor posture, surgery, and more. Sayde uses breathing, guided visualizations, and yoga asana to restore health to the pelvic floor.

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

## 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 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, September 10, 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.

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

*Tuesday, September 17, 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.

## **FITNESS & EXERCISE**

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

### **Balance for Neuropathy at the Family Center**

*Tuesday, September 10, 1-1:30pm SCREENING DAY ONLY*

*Tuesdays, 1-1:30pm*

Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength.

*New in 2024: Participants that have completed two or more sessions will be placed on a waiting list to join in the event of a cancellation.*

### **EZ Tai Chi**

*Wednesdays, 3-3:45pm*

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.

### **Line Dancing at the Family Center**

*Tuesday, September 24, 6-8pm*

Line Dancing is easy to follow and filled with fun music. Not only is line dancing good for your cardiovascular health, but it also helps improve balance, is gentle on the joints, boosts cognitive

health, is socially inclusive and, makes you smile. Don't miss the chance to treat yourself to some fun! Come be part of our community- drop in and stay 20, 40, 60 minutes or the full time from 6-8pm.

### **Mindful Mastery of Lymphatics - A Gentle Movement Practice**

*Fridays, September 6, 13, 20, 27, 1:30-2:15pm*

Join us for "Mindful Mastery of Lymphatics," a unique movement practice designed to enhance your lymphatic health through mindful exercises and movement. This class combines the principles of mindfulness with targeted movements to stimulate lymphatic flow, reduce stress, and promote overall well-being.

### **Osteoblast at the 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.

### **Pickleball – Learn the Basics at the Family Center**

*Mondays, 11-11:55am*

This 3-week mini session will introduce you to the basics and etiquette of the game of Pickleball so you can go out into the community and play with confidence. Pickleball is an easy-to-learn and very social mini-tennis-like game that is the fastest-growing racket sport in the USA. Come prepared for a fun workout. Paddles and balls are provided. Please wear tennis shoes (or a good pair of athletic shoes). Taught by USA Pickleball Ambassador and breast cancer survivor Helen White.

### **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.

### **Stay Strong at the 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.

### **Total Body Conditioning at the 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.

### **Tai Chi for Balance, Brain, and Stamina at the Family Center or Online**

*Wednesdays, September 4, 11, 18, & 25, 3:30-4:15PM*

*Discover the ancient art of Tai Chi, a gentle yet powerful practice designed to enhance your physical and mental well-being. This class focuses on improving balance, boosting brain function, and increasing stamina through a series of slow, deliberate movements and deep breathing exercises.*

## **FITNESS & EXERCISE – YOGA**

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

*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, Hybrid at Inova Loudoun or Online**

*Mondays, 10-10:45am*

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

### **Somatic Yoga**

*Fridays, 1-2:15pm*

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.

● **Sound Bath Meditation**

*Mondays, 6:30-7:30pm*

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. In-Person Option: This class will have an in-person option for community connection and for an optimal sound bath experience. This class will be held at the Life with Cancer Family Center Fitness Studio from 6-6:50pm. Please bring your own yoga mat. Blocks and bolsters can be provided. Virtual Option: 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.

●●● **Yin Yoga**

*Wednesdays, 11:15am-12:00pm*

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.

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

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

*Tuesday, September 10 & September 24, 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 at the Family Center and Inova Loudoun**

*Wednesday, August 28 – September 25, 5:30-7pm & Thursday, September 5 – October 3, 5:30p-6pm.*

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 Series**

*Wednesday, August 28 – September 25, 5:30-7pm*

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 also balancing treatment and parenting

*This particular offering is open to parents of school-aged children, who also 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 8-12. Dinner will be provided for all participants.*



● **Young Adult Hangout: Ages 16-23**

*Thursday, September 12, 7-8pm*

This casual Zoom hangout is a safe place to connect with other teens and young adults with cancer to share, listen, support one another, and make friends. Drop-in when you can! All are welcome!

● **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 [LWCped@inova.org](mailto:LWCped@inova.org).*

## STRESS REDUCTION

● **Advanced Level Journaling**

*Wednesday, September 18, 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 various sources will be offered along with technique refreshers. Each month will have a different theme.

Note: You must have taken a previous writing workshop to attend this drop-in. Registration is required.

● **Community Energy Therapy**

*Thursday, September 5 & 26, 12-12:50pm & 1-1:50pm, and Monday, September 16, 11-11:50am & 12-12:50pm*

Healing Touch and Reiki are energy therapies in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental, and spiritual health. Healing Touch and Reiki are biofield (magnetic field around the body) techniques that provide an energy-based approach to health and healing. These non-invasive techniques employ the hands to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional, and spiritual health. It is based on a heart-centered, caring relationship in which the practitioner and client come together energetically to facilitate the client's health and healing. The intent of this treatment is to be used as an integrative tool in whole-person care.

*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 Family Center and Online**

*Mondays, September 9 & September 16, 1-3:30pm & Wednesdays, September 11, 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

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

*Wednesday, September 4, 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.

### **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.

### **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. Registration is required.

### **Intro to Self-Compassion Workshop**

*Thursday, September 26, 12-1:30pm*

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

### **Spirituality Quest**

*Tuesday, September 10, 10:30-11:30am*

Spirituality of Vocation: The profession we choose can be a major source of our life's purpose and meaning. Some people describe this as a sense of calling or spiritual connection to a particular occupation. How do you view the connection between your professional life and your spirituality? How have you nourished your sense of vocation even as going through cancer may have shifted the way you engage with work?

### **Writing Through Transitions**

*Thursdays, 11-12:30pm*

Change is a part of life and brings questions, challenges, and the opportunity to create deeper

meaning. This is particularly true when cancer is the change that demands our attention. Regardless of where you are in the treatment process, there is a structured writing guide that can safely serve as a beacon as you navigate. Wisdom, meaning, strength, and resilience are often positive outcomes, and this writing process is a skill that can transfer to future changes and challenges. Participants do not need to share their writing. A safe sharing process will be included.

## SUPPORT GROUPS & NETWORKING

### **Bladder Cancer Support Group**

*Tuesday, September 24, 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, September 18, 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**

*Monday, September 9 & 23, 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 at the Family Center**

*Friday, September 13 & 27, 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. For more information, contact Sarah Brooks, LPC at [sarah.brooks@inova.org](mailto:sarah.brooks@inova.org).

### **Breast Cancer Support Group, Survivorship**

*Thursday, September 12, 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, Triple Negative**

*Wednesday, September 25, 5:30-7pm*

Provides a safe space to connect with others about the experience of having triple negative breast cancer.

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

*Tuesday, September 3 & 17, 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**

*Tuesday, September 10, 6:30-8pm*

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others to gather information and learn how to best navigate survivorship. Facilitators: Karen Sachse, MSN, RN, CNS-BC, and Jenna Sangastiano, LPC

**Caregiver Connection**

*Monday, September 9, 7-8:30pm & Wednesday, September 25, 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, September 19, 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, September 25, 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, September 11, 5:30-7pm & Monday, September 16, 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 In Person at the Family Center**

*Wednesday, September 11, 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.

**LGBTQIA+ Virtual Cancer Support Group**

*Wednesday, September 11, 5-6pm*

This virtual group is for individuals living with cancer or those in survivorship who identify as

members of the LGBTQIA+ community. Our monthly meeting is a safe, affirming, inclusive space for LGBTQIA+ folks to connect, build community, and process together.

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

*Tuesday, September 10, 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, September 5, 6:30-8pm*

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

### **Multiple Myeloma Support Group**

*Tuesday, September 17, 12-1:30pm*

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.

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

*Saturday, September 14, 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, September 14, 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, September 4, 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/Education Online Group**

*Thursday, September 12, 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!

### **Prostate Support Group In Person at the Family Center**

*Tuesday, September 10<sup>th</sup>, 7-8:30pm*

IN PERSON volunteer led Support Group for Prostate Cancer. This monthly group provides an opportunity to share and learn from other survivors both in and out of treatment. Please reach out to Bob Wallace (volunteer facilitator) with questions: bob22312@verizon.net

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

*Thursday, September 26, 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, September 12, 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.

● **Young Adult Group**

*Thursday, September 26, 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.

*Note: Registration is required. This group will alternate in person and on Zoom. Please check location on site.*

● **Young Adult Hangout: Ages 16-23**

*Thursday, September 12, 7-8pm*

This casual Zoom hangout is a safe place to connect with other teens and young adults with cancer to share, listen, support one another, and make friends. Drop-in when you can! All are welcome!

## **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.**

### **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。