

MONTHLY PROGRAM GUIDE JULY 2025

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

CATEGORIES

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

- 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)

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



Thursdays, June 5 – July 17, 5:30-7:30pm

A 7-week series for those who have experienced the death of a loved one from cancer within the last 2 years. No rule book. No time frame. No judgment. Grief is as individual as a fingerprint. The Good Grief Group aims to give you the opportunity to understand and express a myriad of grief reactions, while sharing stories of caregiving and our loved one's lives. Discussion topics include: normalizing common grief reactions, cultivating self-compassion & prioritizing self-care, navigating relationships with family & friends, supporting children, managing role & routine changes, coping with special days & life milestones, community resources.

Introduction to Pelvic Floor Health Series

Thursdays, July 10 - July 31, 12:00 pm - 12:45 pm

Welcome to help with alignment, pain, tension, leakage, and groundedness in the hips, low back, sacrum, pelvis, and more! Join as we become educated about the tight muscles that cause pelvic pain, leakage, AND the weak muscles that cause prolapses and low back tension. Pelvic Floor dysfunction can result from injury, stress, poor posture, surgery, and more. Sayde uses breathing, guided visualizations, and yoga asana to restore health to the pelvic floor. What you need: yoga materials (if you have them) or 2 blankets/beach towels, 2 pillows and space to stretch on the floor/bed. This workshop restarts every month, so you never have to wait more than a few weeks to join.

Reclaiming Me: Exploring Body Image After Cancer

Thursday, July 10, Thursday, July 17, 5:30 - 7:30 pm

Cancer treatment can bring many changes — not just physically, but emotionally too. This two-session group offers a supportive space to explore how treatment may have impacted your body image. Through education, guided art therapy activities, and group discussions, you'll have the opportunity to reflect, connect with others who understand, and build a sense of community. You'll also learn practical strategies to manage distress, practice self-acceptance, and develop more flexible, compassionate self-talk.

Small Group Training

Friday, July 11, July 18, July 25, 12:30 - 1:30 pm, 1:30 - 2:20 pm

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-Operation Class

Wednesday, July 2nd, 12:00 -1:30 pm, Monday, July 7, 5:00 -6:30 pm, Tuesday, July 15, 1:00 -2:30 pm, Tuesday, July 29, 12:00 -1:30 pm

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.

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 Diagnosis of Breast Cancer

Monday, July 7, July 14, July 28, 11:00 am - 12:00 pm

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
 Wednesday, July 9, July 16, July 23, July 30, 11:00 am 12:00 pm
 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, July 8, 5:00 6:00 pm
 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, July 15, 5:00 6:00 pm

 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

FITNESS & EXERCISE

to help you achieve your goals.





<u>lifewithcancer.org</u> P: 703-206-5433

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



Balance, Tone & Stretch

Mondays, 2:00 - 3:00 pm

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.



Body Positive Belly Dancing with Lisa

Mondays, 11:00 - 11:45 am

Join us for a transformative and empowering belly dancing class designed specifically for cancer survivors. This class celebrates body positivity and encourages self-love, offering a supportive and inclusive environment where you can reconnect with your body and embrace your unique beauty.



Wednesday, July 9, July 16, July 23, July 30, 6:00 - 6:45 pm

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 - 9:00 am

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 and weights are optional.

Mind Mastery of Lymphatics, Hybrid

Friday, July 11, July 18, July 25, 1:30 - 2:15 pm

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.

Qigong

Thursday, July 10, July 17, July 24, July 31, 2:15 - 3:00 pm

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, Hybrid

Tuesday, July 8, July 15, July 22, July 29, 2:30 - 3:15 pm

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. Come show up for yourself and be supported by the LWC Community.

Small Group Training

Friday, July 11, July 18, July 25, 12:30 - 1:30 pm, 1:30 - 2:30 pm

Looking to get reacquainted with movement focusing on a gentle approach to improving balance, strength endurance while keeping you accountable? Join us IN PERSON for small group training led by our Cancer Exercise Certified Trainer.

These classes run on a monthly basis, and we ask that you plan to attend all the sessions in the series so you can experience firsthand the full benefits that exercise has to offer. Don't think about it, just show up and join the supportive encouraging sessions.

Fitness evaluation required prior to starting.

Total Body Conditioning, Hybrid

Tuesday, July 8, July 15, July 22, July 29 and Thursday, July 10, July 17, July 24, July 31, 10:00 - 10:45 am

Total Body Conditioning (TBC) classes typically include a variety of exercises designed to work the entire body. This class is designed to provide a 10-minute dynamic warm up followed by a variety of functional strength-based movements that can be scaled to be easier or more challenging depending on where you are with your current fitness levels and health requirements.

Zumba Gold

Friday, July 11, July 18, July 25, 10:30 - 11:15 am

Zumba combines slow and fast rhythmic movements 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.

FITNESS & EXERCISE - YOGA



Chair Yoga, Hybrid

Wednesday, July 9, July 16, July 23, July 30, 1:00 - 1:45 pm

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.



Mondays, 6:00 - 6:45 pm

Discover the calming and restorative benefits of Gentle Yoga. This class is designed for all levels, especially beginners or those seeking a slower, more mindful practice. Through a series of gentle





stretches, breathing exercises, and relaxation techniques, you'll enhance flexibility, reduce stress, and promote overall well-being.

Each session focuses on connecting breath with movement, allowing you to find balance and tranquility in a supportive environment. Join us for Gentle Yoga and experience the transformative power of mindful movement. Whether you're new to yoga or looking to deepen your practice, this class offers a peaceful retreat from the hustle and bustle of daily life.



Lymphatic Flow Yoga, Hybrid

Mondays, 10:00 - 10:45 am

Lymphatic 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.



Yin Yoga, Hybrid

Wednesday, July 9, July 16, July 23, July 30, 11:15 am - 12:00 pm

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 the floor. Please bring a mat or towel to be able to lie down.

Yoga Nidra Mindfulness Meditation

Sunday, July 6, July 13, and July 27, 7:00 - 7:45 pm

As restful as sleep, deeper than a meditation, longer than a prayer, Yoga Nidra translates as "aware sleep." The work is neural reset by intentionally suspending between wakefulness and sleep with a guided visualization, type of body scan and goal setting. You are absolutely worth it to take this time for you. 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.

PEDIATICS- CHILDREN, TEENS & PARENTS

Care Circle: A Group for Childhood Cancer Caregivers

Tuesday, June 8, June 22, 3:00 - 4:00 pm

Parents and caregivers of a child newly diagnosed or on active treatment for a pediatric cancer or being treated by a pediatric oncologist, are invited to join a twice monthly virtual group. Education and support are provided by a nurse navigator and clinical therapist. Come as you are. Be comfortable and feel free to leave camera off. Please limit distractions when possible. Connect with other caregivers. Join any group, anytime. Reach out to Lindsey.wamsley@inova.org for additional questions.

Young Adult Hangout (Ages 16-23)

Thursday, July 10, 7:00 - 8:00 pm

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!

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

STRESS REDUCTION



Thursday, July 3, 12:00 - 12:50 pm and 1:00 -1:50 pm, Monday, July 21, 11:00 -11:50 am and 12:00 - 12:50 pm, Thursday, July 31, 12:00 - 12:50 pm and 1:00 - 1:50

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

Wednesday, July 9, 5:30 - 7:30 pm

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, July 8, July 15, July 22, July 29, 11:00 - 11:45 am 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.



Sound Bath Meditation, Hybrid

Tuesday, July 8, 6:00 - 6:50 pm

Join us for a deeply relaxing and rejuvenating Sound Bath session. This immersive experience uses harmonic vibrations from instruments like crystal singing bowls, Tibetan singing bowls, gongs, chimes, and tuning forks to create a meditative state. In-Person Option: This class will have an in-





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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. 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.

SUPPORT GROUPS & NETWORKINGS

Brain Tumor Support Group

Wednesday, July 16, 6:00 - 7:30 pm

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.

Bladder Cancer Group

Tuesday, July 22, 2:00 - 3:30 pm

This group is open to all bladder cancer patients as well as their caregivers to provide connection for the community of bladder cancer patients, as well as provide psychoeducation for bladder cancer patients and their families on both local and national resources, treatment changes and clinical trials. Facilitators: Karen Sachse, MSN, RN, CNS-BC, and Jenna Sangastiano, LPC.

Breast Cancer Support Group, Stage 0-3

Monday, July 21, 5:30 - 7:00 pm, Tuesday, July 22, 6:00 - 7:30

This group is for any patient 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. Monday/Online facilitators: Jenna Sangastiano and Karen Sachse. Tuesday/In-Person Fairfax facilitators: Rebecca Berley and Dr. Nina Neill.

Breast Cancer Support Group, Advanced - Coalesce

Monday, July 14, July 28, 12:00 - 1:00 pm, Friday, July 25, 11:00 am - 12:30 pm This support group is for any patient living with metastatic breast cancer. Join us to meet with people of all ages to share life's joys and sorrows. For more information, contact Sarah Brooks, LPC at sarah.brooks@inova.org.

Breast Survivorship Support Group

Thursday, July 10, 6:00 - 7:30 pm

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 people who have completed breast cancer treatment and/or are on maintenance therapy.

Breast Cancer Support Group, Triple Negative

Wednesday, July 23, 5:30 - 7:00 pm

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





Breast Cancer Support Group, Young Adults, Metastatic/Advanced

Tuesday, July 1, 5:30 - 7:00 pm

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

Breast Cancer Support Group, Young Adults, Non-Metastatic/Stage 0-3

Tuesday, July 8, 6:30 - 8:00 pm

Adults in their 20s, 30s and 40s with non-metastatic/stage 0-3 breast cancer who are no more than two years out of active treatment are invited to meet with others to gather information and learn how to best navigate survivorship.

Weight Management After Breast Cancer, Support Group

Tuesday, July 15, 5:00 - 6:00 pm

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.

Caregiver Connection

Monday, July 14, 7:00 - 8:30 pm, Wednesday, July 23, 5:30 - 7:00 pm 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, July 17, 6:00 - 7:30 pm

This support group is for any patient living with metastatic colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges.

Gynecologic Cancer Support Group

Wednesday, July 23, 5:30 - 7 pm

People 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, July 9, 5:30 - 7:00 pm, Monday, July 21, 6:00 - 7:30 pm

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, July 9, 10:00 - 11:30 am

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.

LGBTQIA+ Virtual Cancer Support Group

Tuesday, July 8, 5:00 - 6:00 pm

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.

Nutrition During Prostate Radiation Treatment

Thursdays, 12:00 - 1:00 pm

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.

Living Well with Advanced Cancer

Thursday, July 10, and Thursday, July 24, 1:00 - 2:30 pm

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.

Lung Cancer Support & Education Group

Tuesday, July 8, 6:00 - 7:30 pm

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

Multiple Myeloma Support Group

Tuesday, July 15, 12:00 - 1:30 pm

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

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

Saturday, July 12, 10:00 am - 12:00 pm

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 Cancer Support

Wednesday, July 9, 1:00 - 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, July 10, 6:00 - 7:30 pm

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, July 24, 12:00 - 1:00 pm

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, July 17, 12:00 - 1:00 pm

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, July 8, 10:30 - 11:30 am

When Love is Challenging: Love isn't always pink, frilly, and sweet. Sometimes it's very difficult! How does your spirituality shape how you deal with whatever you find difficult to love? Come and discuss with the group. "I really only love God as much as I love the person I love the least." – Dorothy Day

Young Adult Group (Ages 18-39)

Thursday, July 24, 7:00 - 8:00 pm

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.

Registration is required. Please note this group will alternate in person and on zoom. Please check location on site.

REMINDERS

- Registration is required, unless noted in the descriptions. Registration enables us to appropriately plan for materials, send you Zoom details for online/virtual events and contact you in case the class is cancelled or postponed.
- If you cannot attend a class/group for which you are registered, <u>please cancel your</u> 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. <u>View color key</u>.

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



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- 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 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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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.



Inova Peterson Life with Cancer

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