

lifewithcancer.org P: 703-206-5433

MONTHLY PROGRAM GUIDE JUNE 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)

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



Events are listed in alphabetical order and Eastern Standard Time (EST).



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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 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.

Advanced Level Journaling

Wednesdays, June 18, 1:00pm – 2:30pm

If you have taken a journaling workshop series (e.g. Journaling 101, Writing through Transitions) offered by Deborah Ross, then continue the journey with a monthly writing group. Writing prompts from a variety of sources will be offered along with technique refreshers. Each month will have a different theme and build off the foundational skills and techniques from your previously attended workshop series.

You MUST have taken a previous writing workshop series to attend this drop in

Mind over Matter Series - put on pause for the summer

Mondays, May 5 -June 2, 11am-12:30pm

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) Series

Tuesday, May 6 -June 17, 12-1:30pm

Interested in taking a closer look at mindfulness and meditation? Over eight weeks, learn different meditation practices and explore how mindfulness can help you deal with the stress of a cancer diagnosis.

Please be aware that weekly attendance and home practice are important parts of this course.

Note that this class is part of the <u>IPOP</u> series. It is recommended to take Mind Over Matter before Mindfulness-Based Cancer Recovery, but not required.

Small Group Training

Fridays, June 6- 13th, 12:30-1:30pm & 1:30-2:20pm



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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. Click <u>here</u> to schedule your fitness consultation to make sure this program is right for you.

Women's Sexual Health Series

Tuesdays, June 3, 6-7:15pm

This series is open to all women who have been diagnosed with cancer, their caregivers/partners, and healthcare providers.

EDUCATION

Breast Surgery Pre-Op Class

Wednesday June 4, 12-1:30pm, Monday June 9 5pm-6:30pm, Tuesday June 17, 1pm-2:30pm, Thursday June 26, 5pm-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.

Women's Sexual Health Series

Tuesdays, June 3, 6-7:15pm

This series is open to all women who have been diagnosed with cancer, their caregivers/partners, and healthcare providers.

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



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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, June 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, June 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 - YOGA

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, 2-3pm

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. 11-11:45am

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.



Body Positive Belly Dancing with Kelly, Hybrid

Tuesday, June 17, 7-8pm

Immerse yourself in the music, rhythms, patterns, and pure joy of Middle Eastern belly dance! Learn shimmies, belly rolls, undulations, isolations, and more as you feel your body getting stronger, more



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relaxed, and more limber. Belly dance is an amazing workout, a ton of fun, and absolutely beautiful! Wear comfortable clothing and bare feet.



EZ Tai Chi

Wednesdays, 6pm-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.



Line Dancing Open House with Katie, Hybrid (Online & Fairfax)

Tuesday, May 27, 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 and drop in for 20, 40, 60 minutes or stay for the full time from 6-8pm.



Love the Mat

Mondays, 8:30-9:00am

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

Fridays, 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.



Qigong

Thursdays, 2:15-3:00pm

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

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



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Fridays, 12:30-1:30pm & 1:30-2:20pm

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. Click <u>here</u> to schedule your fitness consultation to make sure this program is right for you.



Tuesdays & Thursdays, 10-10:45am

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

Fridays, 10:30-11:15am

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



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, Hybrid

Mondays, 6:30-7:30pm

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.



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Lymphatic Flow Yoga, Hybrid

Mondays, 10-10:45am

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

Wednesdays, 11:15-12pm

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

PEDIATICS- CHILDREN, TEENS & PARENTS



Care Circle: A Group for Childhood Cancer Caregivers

Tuesdays, June 10 & 24, 3-4pm

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, June 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!

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

STRESS REDUCTION



Advanced Level Journaling

Wednesday, June 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 a variety of sources will be offered along with technique refreshers. Each month will have a different theme. *You must have taken a previous writing workshop to attend this drop in*





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Community Caregiver Acupuncture Clinic

Mondays, 9am-1pm

Virginia University of Integrative Medicine's (VUIM) Licensed Professional Practitioners of Acupuncture and clinical interns will be providing free 30-minute acupuncture treatments at the Life with Cancer Family Center to family members, support persons, and caretakers within Life with Cancer. To participate in the LWC Caregiver Acupuncture Clinic, individuals must be 18 years or older and actively providing support to someone with an active cancer diagnosis. Patients themselves are not eligible for this acupuncture clinic. To schedule your 30-minute acupuncture treatment, visit www.vuimclinic.com/inova.



Community Energy Therapy Sessions

Mondays, June 16,11am-11:50am and Thursdays, June 5 and 26th, 29, 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

Wednesday, June 4, 5:30-7:30pm & Monday, June 9, 1-3:30pm

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

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.



Mindfulness-Based Cancer Recovery (MBCR) Series

Tuesday, June 3-June 17, 12-1:30pm

Interested in taking a closer look at mindfulness and meditation? Over eight weeks, learn different meditation practices and explore how mindfulness can help you deal with the stress of a cancer diagnosis.



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Please be aware that weekly attendance and home practice are important parts of this course.

Note that this class is part of the <u>IPOP</u> series. It is recommended to take Mind Over Matter before Mindfulness-Based Cancer Recovery, but not required.

Mindfulness-Based Cancer Recovery (MBCR) Drop-in

Wednesday, June 4, 11am-12pm

For those that completed the Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series.

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.

Sound Bath Meditation, Hybrid

Tuesday, June 10, 6:00-6:50pm

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 inperson 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, June 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, Stage 0-3

Monday, June 16, 5:30-7pm & Tuesday, June 24, 6-7:30pm

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.





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Breast Cancer Support Group, Advanced - Coalesce

Monday, June 9 & 23, 12-1pm Friday, June 13 & 27, 11:00am – 12:30pm 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 Cancer Support Group, Survivorship

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

Breast Cancer Support Group, Triple Negative

Wednesday, June 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, June 3, 5:30-7pm

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, June 10, 6:30-8:00pm

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, June 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.

Caregiver Connection

Monday, June 9, 7-8:30pm

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, June 19, 6-7:30pm

This support group is for any patient living with metastatic colorectal cancer and/or their family



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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, June 25, 5:30-7pm

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, June 11, 5:30-7pm & Monday, June 16, 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, June 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.

LGBTQIA+ Virtual Cancer Support Group

Tuesday, June 10, 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.

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.

Living Well with Advanced Cancer

Thursday, June 12 & Thursday, June 26, 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.

Lung Cancer Support & Education Group

Tuesday, June 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



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Thursday, June 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, June 17, 12-1:30pm

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, June 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.

Pancreatic Cancer Support

Wednesday, June 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, June 12, 6-7:30pm This monthly group provides one's welcome!

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

Thursday, June 20, 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, June 19, 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, June 10, 10:30-11:30am

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





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Young Adult Group (Ages 18-39)

Thursday, June 19, 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.

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. View color key.

Register for free at 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.



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• 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 <u>lifewithcancer@inova.org</u> 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.

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

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。