

# MONTHLY PROGRAM GUIDE AUGUST 2025

LOCATION	
	In-Person (masks optional)
	Virtual/Online
	Family Center – 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
	Fair Oaks Cancer Center – 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
	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.)k
- 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 <u>events.lifewithcancer.org</u> 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**

### Ink & Art: Reconnect with your Creativity

Thursdays, July 24 - August 21, 11:00 am - 12:30 pm

Reconnect with your creativity in this 5-week series that blends the healing practices of art therapy and reflective journaling. Each session offers a guided space to explore personal narratives, connect with others, and express emotions through intentional creativity. No artistic experience is necessary—just a willingness to explore, reflect, and grow.

### **Community Caregiver Acupuncture Clinic**

Mondays, 9:00 am - 1:00 pm

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.

## Brain Fog

Mondays from August 18 - September 15, 11:00 am - 12:30 pm

If you have experienced changes in thinking, memory, or attention since being diagnosed with cancer, you may be experiencing Brain Fog. This 4-week series will help you gain an understanding of the symptoms, contributing factors, and strategies to manage the day-to-day impact of brain fog. In addition to series, there is an optional 1:1 consult to create individualized brain fog plans.

Week 1: Education & Current Research on Brain Fog

Week 2: Mind/Body Interventions to support Brain Fog

Week 3: Sleep, Mood, & Medications

Week 4: Managing Brain Fog

## Introduction to Pelvic Floor Health Series

Thursdays, August 7 - August 21, 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.





## Small Group Training

Friday, August 1, August 8, August 15, August 22, 12:30 - 1:30 pm, 1:30 - 2:20 pm, Monday, August 4, August 11, August 18, 12:45 - 1:45 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.

## **Advanced Level Journaling Group**

Wednesday, August 20, 1:00 - 2:30 pm

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.

#### **Mind Over Matter**

Wednesdays, August 27 - September 24, 12:30 - 2:00 pm

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.

#### **EDUCATION**

## Breast Surgery Pre-Operation Class

Wednesday, August 6, 12:00 -1:30 pm, Monday, August 11, 5:00 -6:30 pm, Tuesday, August 18, 1:00 -2:30 pm, Thursday, August 28, 5:00 - 6:30 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, 12:00 - 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.





## Nutrition Recommendations after Diagnosis of Breast Cancer

Mondays, 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 Wednesdays, 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, August 12, 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, August 19, 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.

#### FITNESS & EXERCISE

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.



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Wednesday, August 6, August 13, 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**

Friday, August 1, August 8, August 15, August 22, 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, August 7, August 14, August 21, 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.



Tuesdays, 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.

## Total Body Conditioning, Hybrid

Tuesdays and Thursdays, 10:00 - 10:45 am (no class August 28)

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.



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Friday, August 1, August 8, August 15, August 22, 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.



#### **Zumba Hybrid**

Tuesday, August 5, 7:00 - 8:00 pm

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**

Wednesday, August 6, August 13, August 20, 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.



#### Gentle Yoga, Hybrid

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, August 6, August 13, August 20, 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.

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## Yoga Nidra Mindfulness Meditation

Sunday, August 3, August 24, August 30, 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, August 12, August 26, 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.

## Teens Connect: Tye- Dye Party

Tuesday, August 5, 4:00-5:00pm

This group is for teens (ages 13-18) with a loved one with cancer. Food will be provided. This program is offered at no cost to participants and is available regardless of where treatment is received.

## Young Adult Hangout (Ages 16-23)

Thursday, August 14, 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!

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 <a href="https://createcalm.org/classes-trainings/inova-on-demand/">https://createcalm.org/classes-trainings/inova-on-demand/</a>.

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





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#### STRESS REDUCTION



#### **Healing Through Art Therapy**

Monday, August 11, 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.



#### Ink & Art: Reconnect with your Creativity

Thursdays, July 24 - August 21, 11:00 am - 12:30 pm

Reconnect with your creativity in this 5-week series that blends the healing practices of art therapy and reflective journaling. Each session offers a guided space to explore personal narratives, connect with others, and express emotions through intentional creativity. No artistic experience is necessary—just a willingness to explore, reflect, and grow



#### **Meditation and Guided Imagery**

Tuesdays, 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, August 12, 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 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.



#### **Music Therapy**

Tuesday, August 5, August 12, August 26, 10:00 - 11:00 am

Music Therapy is the clinical and evidence-based use of music to further development, emotional, physical, and social goals in an individual. Music therapy can help support the physical and psychosocial needs of patients and family members who are dealing with cancer. This weekly group will offer the opportunity to discover how the healing nature of rhythm and sound can be integrated into your cancer experience. Sessions may include music meditation, guided visualization, live improvisation, drumming, toning, song writing and song sensation. No past music experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration is required. Facilitated by: Raymond Leone, MMT, MT-BC.





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#### **SUPPORT GROUPS & NETWORKING**

Brain Tumor Support Group

Wednesday, August 20, 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, August 26, 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, August 18, 5:30 - 7:00 pm, Tuesday, August 26, 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

Friday, August 8, August 22, 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, August 14, 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, August 27, 5:30 - 7:00 pm

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, August 5, August 18, 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, August 12, 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, August 19, 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, August 11, 7:00 - 8:30 pm, Wednesday, August 27, 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 Cance<u>r Support Group, Advanced Stage</u>

Thursday, August 21, 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, August 27, 5:30 - 7:00 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, August 13, 5:30 - 7:00 pm, Monday, August 18, 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, August 13, 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.





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#### 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, August 14, and Thursday, August 28, 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, August 12, 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, August 19, 12:00 - 1:30 pm

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

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

Saturday, August 9, 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, August 6, 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, August 14, 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, August 28, 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.





# <u>Sexual Health – Sex and Cancer for Men: A Group for</u> <u>Exploring Sexuality and Sensuality After a Cancer Diagnosis – Men's Group</u>

Thursday, August 21, 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, August 12, 10:30 - 11:30 am

Spirituality and Art: The quest to integrate spirituality into our lives can and should involve all our senses. Come experience the ancient practice of visio divina or "sacred seeing" and reflect on the role of art in your spiritual life. "Color directly influences the soul. Color is the keyboard, the eyes are the hammers, the soul is the piano with many strings." –Wassily Kandinsky

## Young Adult Group (Ages 18-39)

Thursday, August 28, 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 registration</u> 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





## Inova Peterson Life with Cancer

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## 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 \$75/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

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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.

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