

MONTHLY PROGRAM GUIDE JANUARY 2026

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

- **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). Click the class/group title to register unless noted in the description.

CLASS OR GROUP SERIES

Mind Over Matter

Tuesdays, January 6 – February 3, 11:30AM -1:00PM

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.

Brain Fog Series

Thursdays, 11:00am - 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.

Small Group Training

Wednesdays, January 7 – 28, 10 - 11am & 11:15 – 12:15pm , Mondays, January 5 & 12, 12:45 – 1:45pm

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 January 7, 12-1:30pm, Tuesday January 20, 1-2:30pm, Thursday January 29, 5-6:30pm,



If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with reconstruction this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigators. Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prosthesis and more. Family/friends welcome.

Knowledge for Your Journey: What's New in Bladder Cancer?

Tuesday, February 17, 6:30 – 8pm

In partnership with the Bladder Cancer Advocacy Network (BCAN), join us for an informative and educational webinar featuring leading Inova experts in bladder cancer. Each speaker will provide a concise 10-minute overview of key topics in urothelial carcinoma (UC) across the treatment spectrum, followed by an extended Q&A session. Gain insights into current standards of care, emerging strategies, and the evolving landscape of UC management—all in a concise, engaging, online format. ****Registration is being handled through the Bladder Cancer Advocacy Network (BCAN). Please register using the Zoom link provided and the registration information will be sent through BCAN.*****

- Non-Muscle Invasive Bladder Cancer (NMIBC) Treatments – Dr. Inger Rosner
- Muscle Invasive Bladder Cancer (MIBC) Treatment – Dr. Angel Yu
- Metastatic UC Treatment – Dr. Joshua Allen
- Role of ctDNA in UC – Dr. Jeanny Aragon-Ching
- Clinical Trials & Future Horizons in UC – Dr. Laura Linville

EDUCATION – NUTRITION

Nutrition During Prostate Radiation Treatment

Thursdays, 12 - 1 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 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.

Nutrition Recommendations After Diagnosis of Breast Cancer

Mondays, 11am-12pm

Do you have questions about diet & nutrition after a new diagnosis of breast cancer? Join oncology Registered Dietitian, Lauren Fay, to learn correctly interpreted evidence-based recommendations about nutrition & breast cancer to alleviate confusion & stress.



Survivorship Nutrition

Tuesday, January 6, 5 - 6 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.

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 - 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 - 11:45 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.



EZ Tai Chi

Wednesdays, 6 - 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 - 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 and weights are optional.



Mindful Mastery of Lymphatics, Hybrid

Fridays, 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

Thursdays, 2:15 - 3 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

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 & Thursdays, 10 - 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

Fridays, 10:30 - 11:15 am

Easy-to-follow choreography that promotes balance, range of motion, and coordination. Come prepared to sweat!

FITNESS & EXERCISE - YOGA

Chair Yoga, Hybrid

Wednesdays, 1-1:45pm

Experience the gentle art of Chair Yoga, where traditional yoga poses are adapted for use with a chair. This class is designed to create awareness and deep relaxation through a combination of meditation, breathwork, and gentle stretches, all without the need to get up and down from the floor. The chair serves as a support for seated postures and meditation, as well as providing



greater stability for standing and balance poses.

Inova Peterson
Life with Cancer

lifewithcancer.org
P: 703-206-5433

Gentle Yoga, Hybrid

Mondays, 6 - 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

Lymphatic Flow Yoga, Hybrid

Wednesdays, 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.

Yoga Nidra Mindfulness Meditation

Sundays, 7 - 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 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.

PEDIATRICS- CHILDREN, TEENS & PARENTS

Care Circle: A Group for Childhood Cancer Caregivers

Tuesday, January 13, 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.

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/>.



Teens Connect

Friday, January 30, 2 -3:30pm

Join us for Teens Connect as we ring in the new year! We will be getting creative as we set intentions, create mood boards, and connect with others to start 2026 off right. Light refreshments will be provided

STRESS REDUCTION

Healing Through Art Therapy

Monday, January 12, 1 - 3:30 pm

Engage in the creative process through art therapy and connect with others. No prior artistic experience is necessary, just a willingness to explore and be part of a supportive, creative community.

MBCR Drop - In

Wednesday, January 7, at 11am – 12:00pm

This program is only open to people who have completed the 8-week Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series.

Meditation and Guided Imagery

Tuesdays, 11 - 11:45 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.

Mind Over Matter

Tuesdays, January 6 – February 3, 11:30AM -1PM

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.

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 psycho-social 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, January 13, at 6 - 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-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 & NETWORKING



Brain Tumor Support Group

Wednesday, January 21, 6 - 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, January 27, 2 - 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.



Black, Indigenous, & Women of Color Support Group (BIPOC/BIWOC)

Monday, January 26 at 6:30pm

This group is for Black, Indigenous, and Women of Color who are in active treatment for any cancer diagnosis, as well as those up to two years post treatment. Participants will have the opportunity to share experiences, connect with others, and learn practical tips and tools to cope with feelings such as fear, worry and sadness that can arise throughout the cancer journey.



Breast Cancer Support Group, Stage 0-3

Tuesday, January 20, 5:30 - 7 pm & Tuesday, January 27, 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 share information, making decisions about treatment, and learning how to best navigate survivorship.



Breast Cancer Support Group, Advanced - Coalesce

Fridays, January 9 & 23 at 11am – 12:30pm & Mondays, January 12 & 26, 12-1pm

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.

Breast Survivorship Support Group

Thursday, January 8, 6 - 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, January 28, 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, January 6, 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, January 13, 6:30 - 8 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.

Caregiver Connection

Wednesday, January 28, 5:30 - 7 pm & Monday January 12, 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, January 15, 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, January 28, 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, January 14, 5:30 - 7:00 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, January 14, 10 - 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.

Living Well with Advanced Cancer

Thursday, January 8, 1 - 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, January 13, 6 - 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 January 20, 12 - 1:30 pm

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

Pancreatic Cancer Support

Wednesday, January 7, 1 – 2:30pm

Join us as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with diagnosis and treatment. For patients only.

Prostate Cancer Support/Education Online Group

Thursday, January 8, 6 - 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, January 22, 12 - 1 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, January 22, 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, January 13, 10:30am

January 2025: Keys to the New Year: Come join the group as we reflect creatively on our hopes for the new year.

“[N]ever forget to thank your past years because they enabled you to reach today. Without the stairs of the past, you cannot arrive at the future.” –Mehmet Murat Ildan

Young Adult Group (Ages 18-39)

Thursday, January 22, 7 - 8 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, 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 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](#) 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).

As a recipient of federal financial assistance, Inova Health System (“Inova”) does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability, or age in admission to, participation in, or receipt of the services or benefits under any of its programs or activities, whether carried out by Inova directly or through a contractor or any other entity with which Inova arranges to carry out its programs and activities.

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 infórmeme 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。