



**At Inova Peterson Life with Cancer, we believe that anyone impacted by cancer should have access to the tools and resources they need, which is why we're proud to offer support at no cost\*, no matter where treatment is received.**



**HELPING YOU & YOUR  
LOVED ONES LIVE  
LIFE WITH CANCER**

community | healing  
support | education

**FREE:** All programs including exercise, support groups, stress reduction, symptom management, educational offerings as well as services including therapeutic counseling, nurse navigation and nutritional consultations are provided at no cost\*.

**ALL AGES WELCOME:** Open to all adults (patients and caregivers), teens and children.

**EASY ACCESS:** Referrals are not needed (except for psychiatry).

**IN-PERSON LOCATIONS & ONLINE:** Programs and services offered at our in-person locations in Fairfax, Fairfax/Falls Church, Alexandria, Fair Oaks and Loudoun, as well as virtual/online.

**SKILLED & COMPASSIONATE STAFF:** The team is made up of oncology nurse navigators, behavioral health therapists, certified dietitians, certified fitness instructors and certified art therapists.

**COMMUNITY FUNDED:** Programs, classes and services are offered at no cost\* due to the generosity of our community in partnership with Inova. Donate today at [lifewithcancer.org/donate](https://lifewithcancer.org/donate).

**For counseling, nursing and nutrition consultation appointments, call 703-206-5433.**



Visit [events.lifewithcancer.org](https://events.lifewithcancer.org) to register for groups and classes.



[lifewithcancer.org](https://lifewithcancer.org)

\*Fee-based services include massage and acupuncture (beyond program terms) and psychiatry.

## Life with Cancer offers the following support regardless of where treatment is received\*.

**Education:** Our classes, workshops and symposiums cover a variety of topics including: nutrition, insomnia, managing emotions, what to expect during chemotherapy, supporting your children, mindfulness, strategies to reduce stress, as well as treatment and research updates.

**Nurse Navigation:** Experienced oncology nurse navigators are available for support and guidance throughout the cancer journey. They can help coordinate care and help you learn more about your disease, managing side effects, what to expect, symptoms, tests/ procedures and clinical trials.

**Fitness:** We offer more than 20 different evidence-informed live, online and in-person classes on a weekly basis taught by experienced Cancer Exercise Certified Instructors/Trainers and Registered Yoga Therapists to keep you supported from the time of diagnosis and beyond.

**Stress Reduction:** Our Integrative Psycho-Oncology Program (IPOP) is designed to build emotional coping skills and resilience from cognitive, mindfulness and contemplative perspectives. Art Therapy, Music Therapy, Reiki and Healing Touch can also reduce stress, provide insight, increase awareness of self and others, and help cope with symptoms.

**Support Groups:** Come together with others who are seeking insight, understanding, connection and solutions to the challenges of living with and beyond cancer. Our groups are facilitated by experienced professionals to provide a productive experience for every member. We offer disease-specific groups, groups for caregivers, teens, young adults as well as survivors.

### Counseling

- **Individual:** Take time to explore and express your feelings and learn new ways of coping. Learn how to manage the challenges and changes associated with a cancer diagnosis. Learn how best to communicate about cancer with family, children, friends, employers and your healthcare team.
- **Children, Teens and Parents:** Pediatric oncology therapists provide children and teens impacted by cancer a safe environment to talk about the challenges of cancer in the family, express emotions and learn coping skills. We offer parent consultations to ensure that caregivers feel comfortable talking to their children about and supporting them through disease and treatment.

**Nutrition Consultation:** Oncology-certified Registered Dietitians (RDs) provide nutrition counseling and recommendations to support the needs of patients and caregivers before, during, and after treatment. Using evidence based information, the Life with Cancer RDs can help clarify the complex topics related to nutrition and cancer to help alleviate confusion and stress.

**Grief & Bereavement:** For some, grief is part of the cancer experience. Come together with others to understand and process your grief. We offer groups for adults, parents, children and teens.

**Acupuncture & Oncology Massage\*:** Six free acupuncture sessions are available for patients in active treatment with Inova to aid in relieving some treatment-associated side effects like nausea, vomiting, fatigue, hot flashes, dry mouth, neuropathy and insomnia/sleep disturbances. Three therapeutic oncology massages are available for patients in active treatment with Inova; for all other patients and caregivers, reduced-cost massages are available.

**Psychiatry\*:** Our oncology psychiatrist can guide patients through managing medications and in mind-body and contemplative practices, especially in cultivating mindfulness and compassion. We are currently only accepting patients in active treatment with Inova. There is a charge for psychiatric services. We accept all major healthcare insurance plans and Inova charity care.

**Main Office - LWC Family Center | 8411 Pennell Street, Fairfax, VA 22031 | P: 703-206-5433**



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