

MONTHLY PROGRAM GUIDE AUGUST 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



Cardio Drumming for Brain Health - Hybrid

Fridays, 12-12:45pm

Cardio Drumming is more than just a rhythm-based fitness class, it's a total mind-body experience. While you're moving to the music, your brain is lighting up in multiple areas. The result? Improved brain connectivity, sharper memory, better attention, and enhanced decision-making skills. It's a "two-fer": physical fitness *and* mental clarity. Plus, it's just plain fun!



Grieving Parent Support – Navigating Pediatric Loss Together

Tuesdays, August 4- September 1, 6-7:30pm

We invite caregivers (couples or individuals) who have lost a child to pediatric cancer to join us for this 5-session, in-person support group. Together we will share stories of love and loss, normalize common grief reactions, navigate changes in relationships, continue to connect with children after loss and hold space for self-compassion. We encourage participants to be at least 3 months removed from the loss before joining this group. If you have questions or concerns please contact Marie Calle at marie.calle@inova.org



Ink and Art: Reconnect with Your Creativity

Tuesdays, August 4 – September 1, 11am-12:30pm

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.



Mind Over Matter

Thursdays, August 27-September 24, 7:30am-8:30am

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.



Season of Ease: Summer Qigong Series - Hybrid

Mondays, 2-3pm

Join us this summer for an 8-week Qigong series focused on gentle movement, stress relief, and overall wellness. This class, offered in a hybrid format through the Family Center, will introduce different Qigong techniques each week that are easy to learn and suitable for all levels. Participants will practice simple movements, breathing exercises, and relaxation techniques that



can help reduce stress, improve flexibility, and support better movement. These practices are especially helpful for patients looking for low-impact ways to feel more comfortable in their bodies and manage tension. The goal of this series is to provide a calm, welcoming space where you can learn tools to support your health and well-being both during class and in your everyday life. Whether you join us in person or online, you'll leave with practical techniques you can continue using long after the series ends.



Entrenamiento de Fuerza y Movimiento en Grupo

Thursdays, July 9 – August 27, 12-1pm

¿Desea reintroducir el movimiento en su rutina ?

Le invitamos a participar en persona en nuestro programa de entrenamiento en grupo en español, dirigido por nuestro entrenador certificado en ejercicios para personas que viven con cáncer.



Men's Small Group with Brent

Fridays, July 10 – August 28, 9-10am

Looking to get back into a routine and rebuild your strength with a program designed for men? This class focuses on a practical, no-pressure approach to improving balance, functional strength, and endurance—all while keeping you accountable and supported.

Join us **IN PERSON** for small group sessions led by our Exercise Certified Trainer, who understands the unique needs of men looking to regain confidence and physical capability.

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.



Small Group Training

Wednesdays, 10 - 11am & 11:15 – 12:15pm , Tuesdays, 12 – 1pm

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, August 5, 12pm-1:30pm, Monday, August 10, 5-6:30pm, Tuesday, August 18, 1-2:30pm, Thursday, August 27, 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.

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, August 13, 12-1pm

Are you familiar with the latest evidence-based recommendations for survivorship nutrition? A Registered dietitian 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- Hybrid

Thursdays, 1:15 – 2:15pm

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, 11am – 12:00pm

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.

 Breath & Meditation with Sherry
Tuesdays, 11:00 – 11:45am

Join Sherry, RYT 500, for a supportive breath and meditation class designed to bring balance to your mind, body, and spirit.

This class will

- blend gentle breath regulation
- Support mindfulness
- restorative guided meditation to cultivate calm, build resilience, and support whole-person healing.

This is a welcoming space to breathe, restore, and reconnect with yourself through intentional, mindful practices that nourish your inner well-being.

 Cardio Drumming for Brain Health - Hybrid
Fridays, 12-12:45pm

Cardio Drumming is more than just a rhythm-based fitness class, it's a total mind-body experience. While you're moving to the music, your brain is lighting up in multiple areas. The result? Improved brain connectivity, sharper memory, better attention, and enhanced decision-making skills. It's a "two-fer": physical fitness *and* mental clarity. Plus, it's just plain fun!

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 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.

 Men's Small Group with Brent*Fridays, July 10 – August 28, 9-10am*

Looking to get back into a routine and rebuild your strength with a program designed for men? This class focuses on a practical, no-pressure approach to improving balance, functional strength, and endurance—all while keeping you accountable and supported.

Join us **IN PERSON** for small group sessions led by our Exercise Certified Trainer, who understands the unique needs of men looking to regain confidence and physical capability.

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 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.

 Renew & Restore*Wednesdays, 11-11:30am*

This class offers a simple pause to help you feel lighter, more at ease, and ready for the day ahead. It's designed to release tension, build gentle strength, and restore your energy in a nurturing and empowering way. Take this moment to breathe, move, relax, and leave with a better mood.

What to Expect:

- Class is designed as Chair yoga, with options to practice standing or on a mat
- Accessible, mindful movements suitable for all levels
- Stretch to feel open and tall
- A gentle challenge that supports and nurtures your body (light weights optional)

Practical tips on intentional relaxation

 Season of Ease: Summer Qigong Series - Hybrid*Mondays, 2-3pm*

Join us this summer for an 8-week Qigong series focused on gentle movement, stress relief, and overall wellness. This class, offered in a hybrid format through the Family Center, will introduce



different Qigong techniques each week that are easy to learn and suitable for all levels. Participants will practice simple movements, breathing exercises, and relaxation techniques that can help reduce stress, improve flexibility, and support better movement. These practices are especially helpful for patients looking for low-impact ways to feel more comfortable in their bodies and manage tension. The goal of this series is to provide a calm, welcoming space where you can learn tools to support your health and well-being both during class and in your everyday life. Whether you join us in person or online, you'll leave with practical techniques you can continue using long after the series ends.

Small Group Training

Wednesdays, 10 - 11am & 11:15 – 12:15pm , Tuesdays, 12 – 1pm

Looking to get reacquainted with movement focusing on a gentle approach to improving balance, strength and 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.

Stay Strong - Hybrid *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!

Zumba *Tuesday, August 4, 7-8pm*

Zumba combines slow and fast rhythmic movements while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, Zumba can help to lift your mood and improve your general sense of well-being.

FITNESS & EXERCISE - YOGA



Chair Yoga, Hybrid

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.



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.



Mindful Mastery of Lymphatics

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.



Yoga Nidra Mindfulness Meditation

Sundays, 7 – 7:45pm

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.

PEDIATRICS- CHILDREN, TEENS & PARENTS

 Care Circle: A Group for Childhood Cancer Caregivers

Tuesday, August 11 & 25, 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.

 Care Circle: End of Treatment & Beyond / A Group for Childhood Cancer Caregivers

Tuesday, August 18, 12 - 1pm

Parents and caregivers of a child or teen **who is OFF treatment or TRANSITIONING OFF treatment** for a pediatric cancer or were treated by a pediatric oncologist, are invited to join a monthly virtual group. Education and support are provided by a nurse navigator and clinical therapist. Come as you are, connect with other caregivers. Join any group, anytime, from anywhere in the United States. Be comfortable and feel free to leave camera off. Please limit distractions when possible. Reach out to Lindsey.wamsley@inova.org for additional questions.

 Grieving Parent Support – Navigating Pediatric Loss Together

Tuesdays, August 4, 6-7:30pm

We invite caregivers (couples or individuals) who have lost a child to pediatric cancer to join us for this 5-session, in-person support group. Together we will sharing stories of love and loss, normalize common grief reactions, navigate changes in relationships, continue to connect with children after loss and hold space for self-compassion. We encourage participants to be at least 3 months removed from the loss before joining this group. If you have questions or concerns please contact Marie Calle at marie.calle@inova.org.

 Create Calm: 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.

 Teens Connect: Meet & Greet with Bartley

Thursday, August 17, 2:30-3:30pm

This group is for teens (ages 13-18) with a loved one with cancer. Join us to learn about animal assisted therapy by meeting Bartley, a facility dog and Chief Comfort Officer at Inova Fairfax Hospital. This program is offered at no cost to participants and is available regardless of where treatment is received.

 Young Adult Hangout (Ages 16-23)



Inova Peterson
Life with Cancer

lifewithcancer.org
P: 703-206-5433

Thursday, August 13, 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!

Young Adult Group

Thursday, August 27, 7-8pm

Connect with others ages 18–39 who are navigating a cancer diagnosis. This group is facilitated by an Oncology Behavioral Health Therapist and an Oncology Medical Fellow.

Young Adult Summer Social Event

Friday, August 7, 6:30-8pm

Looking to meet people who understand the cancer experience without making cancer the entire conversation? Pull up a chair for dinner, games, and a night of connection with fellow young adults. Open to young adult cancer patients and survivors (18-39) and their plus ones. ***Please register by Monday, 8/3. If you have any questions, reach out to jemma.stratton@inova.org.***

STRESS REDUCTION

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.

Healing Through Art Therapy

Monday, August 10, 1-3:30pm

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.

Journaling 101

Wednesday, August 12, 6-7:30pm

An introduction to journaling for all. Topics covered will include materials (paper/digital), establishing a writing habit, myths (you don't have to write daily) as well as instruction in 3 techniques. There will also be some very user-friendly neuroscience nuggets to help people understand why some techniques work well and others do not depending on the writing topic. Best practices for keeping a gratitude journal (if desired) will be covered. Participants do not need to share their writing. A safe sharing process will be covered.

Ink and Art: Reconnect with Your Creativity



**Inova Peterson
Life with Cancer**

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P: 703-206-5433

Tuesdays, August 4 – September 1, 11am-12:30pm

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.

MBCR Drop - In

Wednesday, August 5, 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.

Mind Over Matter

Thursdays, August 27-September 24, 7:30am-8:30am

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, August 11, 6 - 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.

Sound Sessions

Wednesdays, August 5 & 26, 2-3pm

Sound sessions (also known as sound baths) offer a gentle journey into deep relaxation and inner healing. Using specialized instruments including crystal bowls, chimes, and drums, these calming sessions create frequencies that resonate through your body and mind, helping to release tension and stress.

Yoga Nidra Mindfulness Meditation



Sundays, 7 – 7:45pm

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

SUPPORT GROUPS & NETWORKING

Brain Tumor Support Group

Wednesday, August 19, 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.

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

Monday, August 17, 6:30-8pm

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 too cope with feeling such as fear, worry and sadness that can arise throughout the cancer journey.

Breast Cancer Support Group, Stage 0-3

Monday, August 17, 5:30 - 7 pm & Tuesday, August 25, 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, make decisions about treatment, and learning how to best navigate survivorship.

Breast Cancer Support Group, Advanced - Coalesce

Monday August 10, 12-1pm, Tuesday August 11, 11am-12:30pm, & Friday August 28, 11am – 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.

Breast Survivorship Support Group

Thursday, August 13, 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, August 26, 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, Non-Metastatic

Tuesday, August 11, 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.

Caregiver Connection

Monday, August 10, 7-8:30pm & Wednesday, August 26, 5:30- 7pm

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, August 20, 6 - 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 26, 5:30 - 7 pm

Individuals 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 12, 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.

Hispanos Unidos Grupo de Apoyo

Monday, August 3, 2 - 3:30 pm

Este grupo es para personas que hablan español que están en tratamiento de cáncer o que han acabado tratamiento hace menos de dos años.

Brinda un espacio de apoyo y compasión para intercambiar experiencias y sentimientos.

Aprender prácticas para lidiar con emociones a lo largo del proceso del cáncer.

Llame a Ricky al 703-698-2526 o mande un correo electronico a Carlos.Cortes@inova.org /

Paola.gonzalez@inova.org.

Después de registrarse, le enviamos el enlace de zoom.



Leukemia & Lymphoma Support Group

Wednesday, August 12, 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, August 13 & 27, 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.

LGBTQIA+ Cancer Support Group

Tuesday, August 11, 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.

Lung Cancer Support & Education Group

Tuesday, August 11, 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, August 18, 12 - 1:30 pm

This group is designed for patients and caregivers to get together to discuss, learn, and share the challenges of living with multiple myeloma. Co-sponsored with Leukemia & Lymphoma Society.

Neuroendocrine Tumor Support Group (CACNETS)

Saturday, August 8, 10am - 12:30 pm

Meet with other NET (neuroendocrine tumor) patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. To register and learn more, please email cacsnets@gmail.com.

Pause. Ground. Create.

Wednesday, August 26, 12-1pm

This creative arts-based mindfulness group offers a gentle pause in your day to slow down and ground through the creative process. Open to anyone impacted by cancer, each month introduces simple, guided practices using different creative activities, such as art, music, and/or writing. No art or mindfulness experience required.

Facilitator will rotate each month by a creative arts/expressive arts therapist.

Registration strongly recommended but not required. Please have basic art materials on hand, such as paper, markers, and/or colored pencils.

 Pancreatic Cancer Support

Wednesday, August 5, 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 Groups (2)

Tuesday, August 11, 6:30-8pm & Thursday, August 13, 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!

 Reclaiming Me: Exploring Body Image After Cancer

Thursday, August 13, 5:30-7pm & Thursday, August 20, 5:30 - 7pm

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

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

Thursday, August 27, 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, August 20, 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, August 11, 10:30-11:30am

Virtual Vacation: Come join the group as we use guided imagery to connect with our sources of inner peace. “Nothing can bring you peace but yourself.” –Ralph Waldo Emerson

 Young Adult Group (Ages 18-39)

Thursday, August 27, 7 - 8 pm

Connect with others ages 18–39 who are navigating a cancer diagnosis. This group is facilitated by an Oncology Behavioral Health Therapist and an Oncology Medical Fellow.



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● **Young Adult Hangout (Ages 16-23)**

Thursday, August 13, 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!

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.*
- *Registration class 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 \$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**

To receive Inova Peterson Life with Cancer upcoming events, news and resources, [click here to sign up for the weekly LWC e-newsletter](http://lifewithcancer.org/subscribe) at lifewithcancer.org/subscribe.



**Inova Peterson
Life with Cancer**

lifewithcancer.org
P: 703-206-5433

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 infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.

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