

MONTHLY PROGRAM GUIDE SEPTEMBER 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 (except 9/4), 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!



Meaning-Centered Psychotherapy

Wednesdays, September 16– November 4, 6pm-7:30pm

This 8-week series helps foster a sense of meaning, peace, and purpose in your life. In this program developed at Memorial Sloan Kettering, each week explores a different source of meaning, drawing from the work of Viktor Frankl. Weekly attendance and participation in home-based assignments are expected. **Please note that you must have completed either the Mind Over Matter course series or Mindfulness-Based Cancer Recovery prior to taking this course series.**



Mente Sobre Materia – part of the MOM-Spanish- Fall 2026 Series

Thursday, September 24, 12-1:30pm

Aprenda herramientas prácticas para ayudar con la preocupación, miedo y tristeza, como: Conexión Entre Mente y Cuerpo, Valores Que Nos Guían, Cambio de Perspectiva, El Poder de una Pausa, Plan de Afrontamiento



Mind Over Matter

Thursdays, September 16 – October 14, 5:30pm-7:00pm

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

Wednesdays, September 2-23, 6:00pm-7:30pm

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.



Foundations of Self Compassion

Thursdays, September 10- Oct. 24, 1:00pm-2:30pm



Through guided practices, reflective exercises, and group discussions, you can learn to navigate cancer with greater kindness toward yourself, reduce self-criticism, and foster a sense of balance.



Fall into Balance: Tai Chi Hybrid

Mondays, 2:00pm-3:00pm

This gentle Tai Chi class focuses on improving balance, enhancing cognitive function, and building stamina through a series of slow, mindful movements and deep breathing exercises. Designed for all experience levels.



Entrenamiento de Fuerza y Movimiento en Grupo

Thursdays, 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, 9-10am

Ready to rebuild your strength and get back into a routine? Join this men's fitness class focused on improving balance, functional strength, and endurance in a supportive, no-pressure environment. Led by a Certified Exercise Trainer.

Small Group Training

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

Ready to get moving again? Join our small-group, in-person fitness class focused on improving balance, strength, and endurance in a supportive environment. Led by a Cancer Exercise Certified Trainer.



EDUCATION



Breast Surgery Pre-Operation Class

Tuesday, Sept. 8, 5-6:30pm & Sept. 15, 1-2:30pm, Wednesday, Sept 2, 12-1:30pm, Thursday, Sept. 24, 5-6:30pm, Monday, Sept. 28, 12-1:30pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction, this educational class will help you prepare for surgery. Oncology nurse navigators will review what to expect before, during, and after surgery, including lymph node biopsy, drain care, pain management, bathing, mobility, prostheses, and more. Family and friends are 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

Thursday, Sept. 10, 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 full-body class combines breathwork, flowing movement, and weight-bearing exercises to improve strength, balance, and endurance. Participants should have light to medium weights or resistance bands and be able to work from the floor. Modifications provided for different fitness levels and abilities.



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 gentle breathwork and meditation class designed to support relaxation, mindfulness, and overall well-being. Through guided breathing practices and restorative meditation, participants will cultivate calm, build resilience, and reconnect with themselves in a welcoming, supportive environment.

 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!

 Entrenamiento de Fuerza y Movimiento en Grupo*Thursdays, 12-1pm*

¿Desea reintroducir el movimiento en su rutina ?

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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.

 Fall into Balance: Tai Chi Hybrid*Mondays, 2:00pm-3:00pm*

This gentle Tai Chi class focuses on improving balance, enhancing cognitive function, and building stamina through a series of slow, mindful movements and deep breathing exercises. Designed for all experience levels, participants will learn flowing Tai Chi forms that promote coordination, flexibility, relaxation, and overall well-being.

 Love the Mat*Mondays, 8:30 - 9am, Sept. 14 and 28*

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, 9-10am*

Get back into a routine with this supportive, small-group fitness class for men. Led by a Certified Exercise Trainer, sessions focus on improving balance, functional strength, and endurance while building confidence and accountability. Participants are encouraged to attend all monthly sessions to experience the full benefits of the program.

 Qigong with Nate*Thursdays, 2:15 - 3 pm*

This specialized program supports 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



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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.

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.

Weighting to Dance

Wednesdays, 4:00 - 5:00 pm

Get moving, have fun, and build confidence on the dance floor with Weighting To Dance! Whether you're looking to improve fitness, develop dance skills, or simply enjoy moving to great music, this class offers a fun and supportive environment for all experience levels. Come ready to sweat, smile, and dance your way to better health!

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

Sept. 13 & 27, Sunday, 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, Sept. 8 & 22, 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.

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

Tuesday, Sept. 15, 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, Sept. 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.

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.

Young Adult Group

Thursday, Sept. 24, 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.

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, Sept. 14 & 21, 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.

 Advanced Level Journaling

Wednesday, Sept. 16, 1-2:30pm

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

 MBCR Drop - In

Wednesday, Sept. 2, 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

Wednesdays, Sept. 23 – Oct. 14, 5:30pm-7:00pm

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.

 Sound Bath Meditation, Hybrid

Tuesday, Sept. 8, 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.

 Yoga Nidra Mindfulness Meditation

Sunday, September 13 & 27, 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. Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated.

SUPPORT GROUPS & NETWORKING

Brain Tumor Support Group

Wednesday, Sept. 16, 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, Sept. 21, 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 to cope with feeling such as fear, worry and sadness that can arise throughout the cancer journey.

Bladder Cancer Support Group

Wednesday, Sept. 22, 2:00-3:30pm

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.

Breast Cancer Support Group, Stage 0-3

Monday, Sept. 21, 5:30 - 7 pm & Tuesday, Sept. 22 – 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 Sept. 14 & 28, 12-1pm, & Friday Sept. 11 & 25, 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, Sept. 10, 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, Sept. 23, 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

Tuesday, Sept. 8, 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, Sept. 14, 7-8:30pm & Wednesday, Sept. 23, 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, Sept. 17, 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, Sept. 23, 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, Sept. 9, 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, Sept. 14, 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 electrónico a Carlos.Cortes@inova.org /

Paola.gonzalez@inova.org. Después de registrarse, le enviamos el enlace de zoom.

Leukemia & Lymphoma Support Group

Wednesday, Sept. 9, 10- 11:30am

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. The group's format is open discussion of such topics as coping with uncertainty and treatment side effects, alleviating anxiety, and expressing the many reactions to a cancer diagnosis.

 Living Well with Advanced Cancer*Thursday, Sept. 10 & 24, 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.

 Lung Cancer Support & Education Group*Tuesday, Sept. 8, 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, Sept. 15, 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, Sept. 12, 10am - 12:00 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, Sept. 23, 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, Sept 2, 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, Sept. 8, 6:30-8pm & Thursday, Sept. 10, 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, Sept. 24, 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, Sept. 17, 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, Sept. 8, 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

● **Weight Management After Breast Cancer Support Group**

Tuesday, Sept. 15, 5 - 6 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.

● **Young Adult Group (Ages 18-39)**

Thursday, Sept. 24, 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.

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

Thursday, Sept. 10, 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.)*



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- *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](#)** 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).

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Interpreter Services are available at no cost to you. Please let our staff know of your needs for effective communication.

Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.

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