



Life with Cancer®

OCTOBER 2015

HIGHLIGHTS

Special Presentation! Proteomics and Personalized Medicine Today FC, Tue, Oct 20, 7-8:30pm

Lance Liotta, MD, PhD and Emanuel Petricoin III, PhD, Co-Directors of The Center for Applied Proteomics and Molecular Medicine who are leaders in researching the role of proteins in multiple myeloma, breast, brain, prostate, lung, ovarian, skin and colorectal cancers will provide an "Update of Where we are Today with Proteomics and Personalized Medicine." Join us for a most informative and insightful evening.

Orientation to Life with Cancer – 2 Choices FC, Thu, Oct 8, 11:30am-12:30pm FC, Thu, Oct 22, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day.

Change Your Age Workshop FO-C&D, Sat, Oct 17, 2-5pm

This movement-based program weaves in cognitive challenges that will help keep both your brain and your body youthful. You will use your body and brain to feel younger, stronger and fit. Potential benefits include improved strength, increased mobility, while learning how to avoid injuries. The program is based on the Feldenkrais Method and taught by Monica Browne, GCFP. Bring a yoga mat and a blanket or towel.

About Life with Cancer®

Life with Cancer programs and services are offered throughout Northern Virginia. Our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the questions that arise when one is diagnosed with cancer. Our staff is made up of experienced oncology nurses and social workers. Our programs and services (except massage) are FREE thanks to generous community support. Any one affected by cancer, including family members, may participate, regardless of where they live or receive treatment.

Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- Register at www.lifewithcancer.org and click on the calendar and class registration page, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email Mayra.Zepeda@inova.org or call 703.698.2526.

Drumming for Well-Being 44084 RP, Thu, Oct 1, 6:30-8pm

Therapeutic drumming is not only fun but the health benefits of drumming have been known to boost the immune system, induce relaxation, reduce stress, increase focus and a sense of well-being. No musical experience necessary and all instruments are provided. Registration required.

Joy of Movement 44084 RP, Tue, Oct 20, 1-2pm

There are many ways to explore your creative side and in so doing relieve stress, promote healing and have fun. Kim Tapper, Life Coach and Movement therapist will guide you in this endeavor. If you can tap your foot or wave your hand this class is for you! Please register.

Look Good...Feel Better – 3 Choices!

IAH-CCC, Mon, Oct 5, 6-8pm
FO-LWC, Mon, Oct 5, 2-4pm
FC, Mon, Oct 19, 7-9pm

A professional cosmetologist will teach women how to manage appearance-related side effects of chemotherapy, radiation and other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Planning Ahead: The Final Checklist

FC, Tue, Oct 6, 6:30-8pm

Join us, wherever you may be on your cancer journey, in educating yourself on end-of-life issues. In this second of four monthly meetings, representatives from a local funeral home will provide specifics for making funeral arrangements and the costs involved. The remaining sessions will be on 11/10 and 12/1.

Talking to Your Children and Teens about Cancer

FO-LWC, Tue, Oct 27, 6-7pm

Regardless of who is diagnosed with cancer, the whole family is affected. Cancer is a complicated disease to understand, and challenging to explain to children. Discussing it with your child is an important thing you can do to help your children understand and cope. But what is the best approach? Jean McCaw, MA, ATR-BC, LCPAT, Life with Cancer's Child and Adolescent Program Coordinator will guide you through the process of sharing information and answering your child's questions in way that is informative and age appropriate.

Tools for Couples

FC, Wed, Oct 7-28, 7-8:30pm

Learn how you and your partner can navigate the life changes brought about by a cancer diagnosis while maintain a strong relationship. Learn strategies for coping with the emotions that can interfere with your relationship--anger, mood swings, spouse fears, and depression, how to create a powerful team and avoid common conflict points.

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Location Key

44084 RP:	44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
ABEHC:	Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
CUMC-1:	Christ United Methodist Church, Trailer 6- until August, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
FC:	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
FO-C&D:	Fair Oaks Cancer Center, Conference Rooms, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
FO-LWC:	Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
FO-Rad Onc:	Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
IAH-CCC:	Inova Alexandria Hospital, Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
IAH-CCW:	Inova Alexandria Hospital, Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
IFMC:	Inova Fairfax Medical Campus, Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
IFOH-1:	Inova Fair Oaks Hospital- Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
ILH-R :	Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
ILPO-I :	Inova Loudoun Physicians' Offices I, 44055 Riverside Parkway, Suite 210, Leesburg, VA 20176
IMVH-CC:	Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
LCSC:	Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
PCC:	Physicians Conference Center, 3300 Gallows Road, Falls Church, VA, 22042

BREAST CANCER GROUPS & CLASSES

Ask the Expert: Understanding Current Screening and Diagnostic Options for Breast Cancer

FC, Thu, Oct 15, 7-8:30pm

M. Lee Spangler MD, radiologist of Fairfax Radiological Consultants will review procedures for breast cancer screening including 3-D technology and Molecular Breast Imaging, attenuated breast ultrasound and SUVs will address issues related to insurance coverage. Please register.

Pink Ribbon Brunch

FC, Thu, Oct 29, 11am-1pm

Network with others and hear how "Cancer Services Continue to Grow and Thrive in the Oncology Community" by Drs. Costanza Cocilova and Mary Wilkinson; Director of LWC, Sage Bolte, PhD, and SOS Coordinator Pamela Crum. Space is limited. Registration is required by Oct 27.

Preparation for Breast Cancer Surgery

FO-LWC, Wed, Oct 7 & 21, 12:30-2pm

An oncology nurse navigator will explain what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family members/friends welcome. To register call 703.391.4673.

Living with Breast Cancer: Part I, Exercise

FC, Thu, Oct 1-Nov 5, 6-6:45pm

This six-week series will introduce you to aerobic exercise to help increase strength, flexibility and restore mind/body balance after breast cancer surgery. Participation in the whole series is recommended for greatest benefit. Instructor: ACSM certified Cancer Exercise Trainer and LWC's Fitness instructor, Susan Gilmore. Registration required by Tuesday preceding class.

Living with Breast Cancer: Part II, Education

FC, Thu, Oct 1-29, 7-8:30pm

This six-week series will provide important information from a variety of healthcare professionals. Knowledge is power! **Oct. 1:** Radiation Oncologist Ashish, MD will present Breast Cancer Development and Radiation Therapy. Check website for additional topics. Registration required by Tuesday preceding class. Please join us for exercise, directly following.

Yoga for Breast Cancer

FC, Tue, Oct 6, 5:30-6:45pm

Class continues for those already registered.

Yoga for Breast Cancer

FC, Tue, Oct 13-Nov 10, 5:30-6:45pm

This five-week series will teach yoga poses specifically for Breast Cancer patients/survivors. Wear comfortable clothing and bring a blanket and water bottle. Registration is required by 10/9. Physician approval is required if you have had surgery within six weeks. If attending for the first time in 2015, please bring a signed Participation Waiver (available online) to first class. Instructor: Catherine Syron, RYT.

Breast Cancer Support and Networking Groups

Learn, share and discuss ways of meeting the challenges of breast cancer. Gain support from others who understand the challenges you face. Each group is facilitated by an oncology therapist and an oncology nurse navigator.

- ABEHC, Mon, Oct 19, 6-7:30pm
- FO-Rad Onc, Wed, Oct 14, 5:30-7pm
- IFMC, Wed, Oct 7 & 21, 5:30-7pm
- ILH-R, Mon, Oct 26, 5-6:30pm
- IMVH-CC, Wed, Oct 14, 6-7:30pm

Young Women with Breast Cancer – 2 Choices

IAH-CCW, Tue, Oct 13, 6:30-8pm

FC, Tue, Oct 20, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitated by an oncology therapist and oncology nurse navigator. Please register and call 703.698.2522 if attending for the first time.

The Breast Cancer Survivor Retreat: New Beginnings

Sat, Oct 10, 9am-3pm

Learn the latest breast cancer care and treatments from Dr. Amy Irwin, Oncologist from Virginia Cancer Specialists, Dr. Shannon Lehr, Surgeon from Breast Care Consultants of Northern VA, and Dr. Susan Boylan, Radiation Oncologist from Radiation Oncology Associates of Northern VA. Learn about community resources, such as bras and wigs, enjoy massage, healing touch, makeup application and more. Registration is required. Location: Villages of Leesburg, 1603 Village Market Blvd., Ste. 100, Leesburg, VA 20176

Coalesce: An Advanced Breast Cancer Group

FC, Fri, Oct 2-30, Call for Time

This group is for women of all ages, with advanced breast cancer. Meet weekly in a closed support group to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW. Prior screening is required; please call 703.698.2522.

CHILDREN AND PARENTS

Surviving Cancer Competently Program for caregivers of children newly diagnosed with Cancer [SCCIP-ND]

Call 703.698.2534 for an appointment

Coping with cancer is difficult; all families experience challenges and it is common to struggle with emotional distress, feelings of isolation, changes in roles, and disruption in family life. SCCIP-ND is a three-session intervention that teaches proven tools for helping caregivers cope more effectively. Developed at The Children's Hospital of Philadelphia, the program helps caregivers regain a sense of control by learning how to cope more effectively so they can better help their child with cancer and other family members cope. For more information contact Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C at 703-698-2524.



Pediatric Oncology Parent Night: 6th Annual Halloween Party

FC, Tue, Oct 27, 6-8:30pm
Attention little spooks and goblins! Come in costume and join us for the 6th Annual Family Halloween Party with food, prizes, crafts, and games. All ages, on and off treatment welcome. RSVP to Constance Connor, LCSW at 703.531.1515, constance.connor@inova.org or to dccandlelighters@gmail.com by 10/27.

Curious About Cancer

FC, Wed, Oct 7-Nov 4, 5:30-6:30pm
Class continues for those already registered. For information on future classes or counseling for children, teens and families, call Jean McCaw MA, ATR-BC, LCPAT, Children's Program Coordinator at 703.698.2537 or Jean.Mccaw@inova.org.

Talking to your Children and Teens about Cancer

FO-LWC, Tue, Oct 27, 6-7pm
See details on front page.

EXPRESSIVE ARTS

Healing through Art Therapy

FC, Tue, Oct 6, 12:30-3pm
FC, Tue, Oct 6 6:30-8:30pm

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Please register for either the day or evening group by the previous Friday. Art therapist: Jean McCaw, ATR-BC, LCPAT.

Knitting and Crocheting Circle

FC, Tue, Oct 6, 7-8:30pm
FC, Fri, Oct 16, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.

Making Sense of Your Story

FC, Wed, Oct 14, 12:30-2:30pm

This monthly class continues for those already registered. For more information call Jean McCaw, LCPAT, ATR-BC, 703.698.2537.

Writing Your Memoirs and Life Stories

FC, Thu, Oct 15, 2:30-4pm

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Please register, ASAP.

SPANISH

Aprendiendo Juntos

FC, lunes, 26 de octubre, 7-8:30pm

¡Talleres de Bienestar! Talleres educativos con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes, sus seres queridos y cuidadores. Registración mandatorio. Para más información, llamar a Débora Haynes al 703.698.2539.

Luzca Bien...Siéntase Mejor

FC, jueves, 22 de octubre, 6-8pm
Programa de belleza gratuito para mujeres en tratamiento de quimioterapia y/o radioterapia. Una cosmetóloga les enseñará técnicas de maquillaje, cuidado de la piel, uso de pelucas y pañuelos, etc. Venga a fortalecer su espíritu y confianza en sí misma. Recibirás cosméticos personalizados. REGISTRACIÓN ES MANDATARIA vía nuestro sitio de Internet: www.lifewithcancer.org o llamando a Débora al 703.698-2539.

Zumba - Bilingüe

FC, martes, 6-27 de octubre, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness al 703.698.2529. Si está asistiendo por primera vez en 2015, favor de firmar un permiso antes de empezar la primera clase.

Sign up for Weekly Email News

You will receive timely information about

- Program Highlights
- Life with Cancer Updates
- Fundraisers
- Weather Closings

It's Easy!

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.



FITNESS

FAIRFAX

***Important Message About Levels I-IV Exercise Classes:**

Levels I-IV Exercise Classes are taught by ACSM certified Cancer Exercise Trainer Susan Gilmore, MS. and must be taken sequentially, beginning with Level I. Registration is required and a waiver (available online) must be completed for each level. For questions, contact Susan Gilmore, 703.698.2523 or susan.gilmore@inova.org.

Level I Exercise: Launching into Fitness

FC, Tue, Sept 22-Oct 6, 1-1:45pm

Class continues for those already registered. Next class will begin in November.

Level II Exercise: Chair-Based

FC, Mon, Sept 21-Oct 26, 2-2:45pm

Class continues for those already registered. Next class will begin in November.

Level II Exercise: Chair-Based

FC, Wed, Sept 23-Oct 28, 2-2:45pm

Class continues for those already registered. Next class will begin in November.

Level III Exercise: Keeping Fit

FC, Mon, Sept 21-Oct 26, 3-4pm

Class continues for those already registered. Next class will begin in November.

Level IV Exercise: Fitness Fusion

FC, Wed, Sept 23-Oct 28, 3-4pm

Class continues for those already registered. Next class will begin in November.



Zumba!

FC, Tue, Oct 6-27, 7-8pm

Please register under "Zumba - Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of well-being.

FAIR OAKS

Note: If attending any of the following classes for the first time in 2015, please bring a completed Participation Waiver, available online. Dress comfortably and bring a water bottle. Advanced registration is required.

Core Strengthening

FO-LWC, Wed, Oct 7-28, 3-4pm

Build core strength and stability by focusing on the muscles of the abdominal region, lower back, pelvis, and hips. Exercises will help to with posture, daily functional activities, and overall strength and balance. Incorporates elements of Yoga and Pilates. Instructor: Jackie Le.

Feldenkrais

FO-LWC, Thu, Oct 1-29*, 10:30am-12pm

*No class on Oct. 15. The Feldenkrais Method® is a mental and physical improvement system based on discovering natural and efficient ways of moving your mind and body. It is intended to improve the sensibility, awareness, and quality of movement through one's own body feedback. Monica Browne, GCFP, teaches gentle and effective movement sequences to offer ways to move better, improve posture, and reduce pain.

Feldenkrais-Chair

FO-C&D, Mon, Oct 5-26, 10:30-11:30am

For those who prefer the assistance of a chair, this class will show how the Feldenkrais Method® can be adapted. See description, above.

Functional Movement

FO-LWC, Tue, Oct 6-27, 1-2pm

Functional Movement is the process the body uses to accomplish everyday tasks. As we squat and we reach, we need to mobilize and stabilize. Using medicine balls, dumbbells, stability balls, and BOSUs, you will challenge your movement system, increase your functional capacity, and improve your activities of daily living.

Stronger Body after Cancer

FO-LWC, Wed, Oct 7-28, 7-8pm

This class will teach you the proper way to exercise and help you build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. All fitness strengths and limitations welcomed. Attending each class for greatest benefit. Equipment is provided.

LOUDOUN

Note: If attending any of the following classes for the first time in 2015, please bring a completed Participation Waiver, available online. Dress comfortably and bring a water bottle. Advanced registration is required.

Evening Fitness

44084 RP, Tue, Oct 6-27, 6:30-7:30pm

This series offers an opportunity for those that are working or have busy daytime schedules. Exercises can be modified for all physical strengths and limitations. Instructor: Jenny Townsend, A.C.E.

Fitness for Wellness - Level I

44084 RP, Mon, Oct 5-26, 10:30-11:30am

44084 RP, Wed, Oct 7-28, 10:30-11:30am

This Level I series will help you gain strength, flexibility and stamina for those new to fitness or currently in treatment. Fitness instructor, Nancy Ryan MA Ed., H.D. Exercise Science, A.C.E., will help determine which level will provide the most benefit for you. Register for either or both classes.

Fitness for Wellness - Level II

44084 RP, Mon, Oct 5-26, 12-1pm

44084 RP, Wed, Oct 7-28, 12-1pm

PREREQUISITE LEVEL I: This series is for people who are not in active treatment. We'll work on strengthening and endurance with a combination of standing and floor exercises. Register for either or both classes. Instructor: Jenny Townsend, A.C.E.

Walking for Fitness

44084 RP, Tue, Oct 6-27, 9:30-10:30am

Walking is a great form of exercise. Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Facilitator: Jenny Townsend A.C.E.

Zumba Gold

44084 RP, Fri, Oct 2-30, 10:30-11:30am

Have fun and exercise at the same time. Zumba Gold focuses on all elements of fitness, cardiovascular, muscular conditioning and flexibility at a gentler pace but still maintains the enthusiasm of the music.

HEALING TOUCH,
MEDITATION, YOGA,
QIGONG, REIKI, TAI CHI

Evening Gentle Yoga – 2 Choices

44084 RP, Mon, Oct 5-26, 7-8:30pm
FO, Mon, Oct 5, 7-8:30pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. Learn movements that stretch, strengthen and relax muscles to improve flexibility of the spine and general range of movement. Joints are lubricated as bone density strengthens. Concentration is improved along with balance. Feel the benefits on every level, mind, body, and spirit. Bring a blanket. Registration is required. If attending for the first time in 2015, bring a signed waiver to first class.

Gentle Yoga – 3 Choices

44084 RP, Tue, Oct 6-27, 11am-12:30pm
FC, Thu, Oct 8-Nov 19, 1-2pm
FO-LWC, Thu, Oct 1-Jan 7, 3-4pm

See description, above. All levels welcome. Dress comfortably. Registration is required.

Laughter Yoga-Halloween Style!
FC, Thu, Oct 29, 2-3pm

Halloween masks/accessories encouraged! Practiced while sitting in a chair, laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that have a number of benefits, including improved oxygen levels and lung capacity and reduced stress levels. Facilitator: Jenn Fay, MA, RYT. Please register by preceding day.

Healing Touch

44084 RP, Wed, Oct 21, 6-7pm

Healing Touch practitioners (usually nurses) employ the hands, placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required. For further information please call Barbara McDonnell RN, MSN, CBCN, 703.858.8867.

Meditation and Guided Imagery
-2 Choices

FC, Wed, Oct 7 & 21, 3-4pm
FC, Thu, Oct 8-22, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day.

Mindfulness: Caring for Mind and Body

44084 RP, Thu, Oct 1-29, 11am-12:30pm

This class blends meditation, breath work and deep relaxation to release stress and restore balance. Through the reduction of stress you can generate emotional and physical healing. Registration is required. Please bring a blanket. Facilitator: Ladan Judge, RYT.

Qi Gong

44084 RP, Wed, Oct 7–Nov 4, 1-2:30pm

Learn to use the internal tools of you mind, body and breath to promote wellness and explore how movement, guided meditation and breathing may impact your emotional and physical well-being. Registration is Required. If attending for the first time in 2015, bring a signed waiver to first class.

Reiki for Relaxation - 3 Choices

44084 RP, Thu, Oct 22, 6:45-8pm
FC, Mon, Oct 12, 4:30, 5:30 and 7pm
FC, Wed, Oct 28, 4:30, 5:30 and 7pm

Schedule your appointment online on the first business day of the month at 9:15am. A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. If you need to cancel your appointment, please call ASAP, or by the morning of your appointment, 703.698.2526

Restorative Yoga with Judi

FC, Fri, Oct 2-30*, 10:15-11:30am

*No class October 9. This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. If attending for the first time in 2015, please bring a signed waiver to first class.

Tai Chi

FO-LWC, Thu, Oct 1-29, 1-2:30pm

Learn slow, fluid body movements to enhance wellness, longevity and internal peace. Build upon simple steps to perform more complex movements. Wear comfortable clothing and closed-toed shoes. Registration required. If attending for the first time in 2015, bring a signed “Physical Activity Waiver” (available online) to first class.

Yin Yoga

FO-LWC, Fri, Oct 2-30, 1:30-2:30pm

A meditative style of yoga in which poses/stretches are held for long periods of time. By applying moderate stress to the connective tissues of the body, benefits consist of increased circulation in the joints and improved flexibility. Yin yoga aims at cultivating awareness of the mind and body. Dress comfortably. Registration is required. Instructor: Jackie Le.

Yoga Nidra

FO-LWC, Mon, Oct 5-26, 10-11:30am

Yoga Nidra means “yogic sleep,” a state of conscious deep sleep. Yoga Nidra is a deep relaxation technique that can bring about deep healing, mental clarity, reduced levels of stress, and peace of mind. Through this practice, we have the opportunity to be present with “what is” and develop increased mental focus and emotional tolerance. Yoga Nidra requires no formal training in meditation or any form of yoga to practice it and receive full benefits. This practice is very different from a muscle-focused yoga practice and is a wonderful addition to any holistic health practice.

**One-on-One Consult
with Physical Trainer**

You know you should exercise, but you’re not sure how to begin? Meet with a certified trainer in oncology and let them assist you in creating an exercise program that you’ll actually want to do!

Consult times Tuesdays after 2:00 PM. Please contact Susan Gilmore MS, ACSM to schedule an appointment, 703.698.2523 or susan.gilmore@inova.org.

NUTRITION

Fighting Cancer with A Fork - 3 Choices

IAH-CCC, Wed, Oct 14, 1-2pm

FO-Rad Onc, Tue, Oct 20, 12-1pm

FC, Wed, Oct 21, 5:30-6:30pm

Choose your location and join Registered Dietitian and certified specialist in oncology nutrition, Deb Rowland, RD, CSO, to learn the nutritional recommendations for cancer patients and survivors. Please register via lifewithcancer.org or call 703.698.2526.

Healthy Cooking with Anu FC, Thu, Oct 8, 12:30-1:30pm

Join Registered Dietitian, Anu Kaur and learn practical tools for nourishment with a focus on planning and preparing healthy foods, and eating in season and locally. This session will focus on integrating healthy foods into your diet to boost your health and immune system and will include a smoothie demonstration and recipes.

Nutrition and You

44084 RP, Tue, Oct 27, 1:30-2:30pm

Gloria Caceres-Roman RD, CNSC, CSO, Manager of Clinical Nutrition, and Chef Daniel Slaughter of Inova Loudoun Hospital, will provide valuable information on food safety, maintaining the nutritional content of the foods you purchase and storage of foods. This is especially important for those that may be immune compromised. Space is limited, please register.

SPIRITUALITY

Spirituality Quest- Walking the Labyrinth

PCC, Tue, Oct 13, 10am-12pm

Join us as we learn from labyrinth facilitator, Judi Cooper about the spiritual significance of a labyrinth and how they can be a means of releasing stress, meditating, praying, finding insight and connecting with one's spiritual self or inner wisdom. We will then walk the labyrinth in the company of LWC friends. Please register by preceding day.

Spiritual Support Group

CUMC-1, Thu, Oct 29, 7-8:30pm

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. Questions? Contact Dana Neese, Christ United Methodist Church, 703.690.3401.

SUPPORT AND NETWORKING

Brain Tumor Group – 2 Choices

FC, Tue, Oct 13, 6-7:30pm

ILH-R, Tue, Oct 20, 5:30-7pm

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. FC facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW. ILH-R facilitators: Vera Hirschman RN and Roberta Quirk, MSW.

Carcinoid Cancer Group

FC, Sat, Oct 17, 10am-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Caregiver Connection - 2 Choices

FC, Mon, Oct 12, 7-8:30pm

ILH-R, Mon, Oct 12, 6:30-8pm

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. Please register by preceding Friday. FC facilitators: Elise Schneider, MSW, LCSW and Rebecca Babb, MSN, RN, CPNO-AP. ILH-R facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

Cutaneous Lymphoma Group

FC, Sat, Oct 10, 10am-12pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

Good Grief, Fairfax

FC, Tue, Oct 6-Nov 3, 7:15-9pm

Group continues for those already registered. For information about our next group or for bereavement counseling, contact David McGinness, MSW, LCSW, 703.698.2529 David.Mcginness@inova.org.

Good Grief, Fair Oaks

FO-LWC, Mon, Oct 19-Dec 2, 6-8pm

Group continues for those already registered. For information about our next group or for bereavement counseling, contact Maureen Broderick, LCSW, 703.391.4180 or Maureen.Broderick@inova.org.

Good Grief, Loudoun

ILPO-I, Wed, Oct 7-Dec 2, 6:30-8:30pm

This eight week group offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Facilitated by Roberta Quirk, MSW and Sandra Weller, LCSW, OSW-C. Registration is required. To register contact Sandra Weller, 703.858.8466, sandra.weller@inova.org.

GYN Cancers Group – 2 Choices

FO-LWC, Tue, Oct 20, 6:30-8pm

FC, Wed, Oct 28, 5:30-7pm

Women diagnosed with ovarian, cervical and all GYN cancers are invited to drop in to this monthly group to share experiences and learn from one another. FO facilitators: an oncology nurse navigator and an oncology therapist. FC Facilitator: Micheline Toussaint, LCSW.

Head and Neck Cancers Group

IFMC, Wed, Oct 14, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. For more information contact, corinne.cook@inova.org.

Leukemia and Lymphoma

Group– Guest Speakers

FC, Thu, Oct 8, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. Special Panel Presentation: Managing Your Symptoms. Co-sponsored with the Leukemia and Lymphoma Society (LLS) *Light dinner will be provided complements of LLS. Please register by the 9/8. Facilitators: Rebecca S McIntyre, MA, MEd, LCSW, OSW-C and Peter Clement, RN, BSN, OCN.

Living with Advanced Disease – 2 Choices

IFOH-1, Fri, Oct 9 & 23, 12-1:30pm

ILH-R, Mon, Oct 26, 6:30-8pm

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. Feel free to bring your lunch to the Friday

group and join others who can support you on this road. IFOH-1 facilitator: An Oncology Therapist and an Oncology Nurse Navigator. ILH-R facilitators: Elise Schneider, LCSW and Christine Stone, RN, MSN, OCN. Please register.

Lung Cancer Group **FC, Wed, Oct 7, 6:30-8pm**

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Carrie Friedman, RN, BS, OCN and David McGinness, LCSW.

Multiple Myeloma **FC, Tues, Oct 20, 11:45am-1:30pm**

Patients and families are invited to discuss, learn and share the challenges of living with multiple myeloma at this month's open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register.

Us Too Prostate Cancer Group - 3 Choices

• **LCSW, Tue, Oct 13, 6-8pm**

Facilitator: Roberta Quirk, MSW, 703.858.8857, Roberta.Quirk@inova.org

• **FC, Tue, Oct 13, 7:30-9pm**

Topic: Affordability of Prostate Cancer Drugs with Bob Rosenblatt

• **IAH-CCW, Thu, Oct 15, 6-7:30pm**

Facilitators: David McGinness, LCSW and Gerry Higgins, MSN, RN-BC, OCN.

Women's Survivorship Group **ILH-R, Thu, Oct 8, 6:30-8pm**

Many women find it difficult to resume their life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on quality of life. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and balance to your life after cancer. Please register for this group if you have completed treatment. Facilitator: Sandra Weller, LCSW, OSW-C.

Young Adult Group **FC, Thu, Oct 22, 7:30-9pm**

This is not your grandmother's support 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. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

Did you know that Life with Cancer raises 85% of its annual budget through philanthropy?

As you think about your charitable donations, please remember that donations can be made to Life with Cancer during the upcoming Fall campaigns.



For donations through the Combined Federal Campaign and United Way Campaign designate #8225 Inova Health System Foundation AND



email sandra.white@inova.org with your name and gift amount. She will ensure that your gift is designated to Life with Cancer

Thank you for your support!

Feeling a little overwhelmed? Life with Cancer can help...

A Life with Cancer Oncology Nurse Navigator is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

A Life with Cancer Oncology Therapist is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

Oncology Massage and Body Work

Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031
Monday – Friday

Life with Cancer Studio
44084 Riverside Pkwy, LL, Ste 400
Leesburg, VA 20176
Tuesdays and some Saturdays

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Call 703-698-2526 to schedule or cancel your appointment
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org

Please Note: Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

Give A Little, Help A Lot

Yes, I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift:

\$250 \$100 \$50 Other _____

Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____



Please send your tax-deductible contribution to:

Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031

OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			<p>1</p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness: Caring for Mind and Body (44084 RP) 1pm Tai Chi (FO-LWC) 2:30pm Writing your Memoirs... (FC) 3pm Gentle Yoga (FO-LWC) 6pm Living with Breast Cancer: Exercise (FC) 6:30pm Drumming for Well-Being (44084 RP) 7pm Living with Breast Cancer: Education (FC)</p>	<p>2</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1:30pm Yin Yoga (FO-LWC)</p> <p>3</p> <p>4</p>
<p>5</p> <p>10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness-Level I (44084 RP) 10:30am Feldenkrais-Chair (FO-C&D) 12pm Fitness for Wellness-Level II (44084 RP) 2pm Look Good...Feel Better (FO-LWC) 2pm Level II Exercise, Chair-Based (FC) 3pm Level III Exercise, Keeping Fit (FC) 6pm Look Good...Feel Better (IAH-CCC) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)</p>	<p>6</p> <p>9:30am Walking for Fitness (44084 RP) 11am Gentle Yoga (44084 RP) 12:30pm Healing through Art Therapy (FC) 1pm Level I Exercise: Launching Into Fitness (FC) 1pm Functional Movement (FO-LWC) 5:30pm Yoga for Breast Cancer, Sept-Oct (FC) 6:30pm Evening Fitness (44084 RP) 6:30pm Planning Ahead (FC) 6:30pm Healing through Art Therapy (FC) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC) 7:15pm Good Grief (FC)</p>	<p>7</p> <p>10:30am Fitness for Wellness-Level I (44084 RP) 12pm Fitness for Wellness-Level II (44084 RP) 12:30pm Preparation for Breast Cancer Surgery (FO-LWC) 1pm Qi Gong (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise, Fitness Fusion (FC) 5:30pm Curious About Cancer (FC) 5:30pm Breast Cancer Group (IFMC) 6:30pm Good Grief (ILPO-I) 6:30pm Lung Cancer Group (FC) 7pm Tools for Couples (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p>8</p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness: Caring for Mind and Body (44084 RP) 11:30am Orientation (FC) 12:30pm Healthy Cooking with Anu (FC) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing your Memoirs... (FC) 3pm Gentle Yoga (FO-LWC) 6pm Living with Breast Cancer: Exercise (FC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Leukemia and Lymphoma Group (FC) 7pm Living with Breast Cancer: Education (FC)</p>	<p>9</p> <p>Coalesce (FC) 10:30am Zumba Gold (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Yin Yoga (FO-LWC)</p> <p>10</p> <p>9am Breast Cancer Survivor Retreat: New Beginnings 10am Cutaneous Lymphoma Group (FC)</p> <p>11</p>
<p>12</p> <p>10am Yoga Nidra (FO-LWC) 10:30am Feldenkrais-Chair (FO-C&D) 10:30am Fitness for Wellness-Level I (44084 RP) 12pm Fitness for Wellness-Level II (44084 RP) 2pm Level II Exercise, Chair-Based (FC) 3pm Level III Exercise, Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC)</p>	<p>13</p> <p>9:30am Walking for Fitness (44084 RP) 10am Spirituality Quest-Walking the Labyrinth (PCC) 11am Gentle Yoga (44084 RP) 1pm Functional Movement (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Evening Fitness (44084 RP) 7pm Zumba! (FC) 7:15pm Good Grief (FC) 7:30pm Us Too Prostate Cancer Group (FC)</p>	<p>14</p> <p>10:30am Fitness for Wellness-Level I (44084 RP) 12pm Fitness for Wellness-Level II (44084 RP) 12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 1pm Qi Gong (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise, Fitness Fusion (FC) 5:30pm Curious about Cancer (FC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Group (FO-Rad Onc) 6pm Breast Cancer Group (IMVH-CC) 6:30pm Good Grief (ILPO-I) 7pm Tools for Couples (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p>15</p> <p>11am Mindfulness: Caring for Mind and Body (44084 RP) 1pm Gentle Yoga (FC) 1pm Tai Chi (FO-LWC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Memoirs and Life Stories (FC) 3pm Gentle Yoga (FO-LWC) 6pm Us Too Prostate Cancer Group (IAH-CCW) 6pm Living with Breast Cancer: Exercise (FC) 7pm Ask the Expert (FC) 7pm Living with Breast Cancer: Education (FC)</p>	<p>16</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Knitting and Crocheting Circle (FC) 1:30pm Yin Yoga (FO-LWC)</p> <p>17</p> <p>10am Carcinoid Cancer Group (FC) 2pm Change your Age Workshop (FO-C&D)</p> <p>18</p>
<p>19</p> <p>10am Yoga Nidra (FO-LWC) 10:30am Feldenkrais-Chair (FO-C&D) 10:30am Fitness for Wellness-Level I (44084 RP) 12pm Fitness for Wellness-Level II (44084 RP) 2pm Level II Exercise, Chair-Based (FC) 3pm Level III Exercise, Keeping Fit (FC) 6pm Good Grief (FO-LWC) 6pm Breast Cancer Group (ABEHC) 7pm Look Good...Feel Better (FC) 7pm Evening Gentle Yoga (44084 RP)</p>	<p>20</p> <p>9:30am Walking for Fitness (44084 RP) 11am Gentle Yoga (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-Rad Onc) 1pm Joy of Movement (44084 RP) 1pm Functional Movement (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Brain Tumor Group (ILH-R) 6:30pm GYN Cancer Group (FO-LWC) 6:30pm Evening Fitness (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Special Presentation - Proteomics and Personalized Medicine Today (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>21</p> <p>10:30am Fitness for Wellness-Level I (44084 RP) 12pm Fitness for Wellness-Level II (44084 RP) 12:30pm Preparation for Breast Cancer Surgery (FO-LWC) 1pm Qi Gong (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise, Fitness Fusion (FC) 3pm Meditation and Guided Imagery (FC) 5:30pm Curious about Cancer (FC) 5:30pm Breast Cancer Group (IFMC) 5:30pm Fighting Cancer with a Fork (FC) 6pm Healing Touch (44084 RP) 6:30pm Good Grief (ILPO-I) 7pm Healing Touch (44084 RP) 7pm Tools for Couples (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p>22</p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness: Caring for Mind and Body (44084 RP) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3pm Gentle Yoga (FO-LWC) 6pm Luzca Bien...Siéntase Mejor (FC) 6pm Living with Breast Cancer: Exercise (FC) 6pm Orientation to Life with Cancer (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Living with Breast Cancer: Education (FC) 7:30pm Young Adult Group (FC)</p>	<p>23</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Yin Yoga (FO-LWC)</p> <p>24</p> <p>25</p>
<p>26</p> <p>10am Yoga Nidra (FO-LWC) 10:30am Feldenkrais-Chair (FO-C&D) 10:30am Fitness for Wellness-Level I (44084 RP) 12pm Fitness for Wellness-Level II (44084 RP) 2pm Level II Exercise, Chair-Based (FC) 3pm Level III Exercise, Keeping Fit (FC) 5pm Breast Cancer Group (ILH-R) 6pm Good Grief (FO-LWC) 6:30pm Living with Advanced Disease (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Aprendiendo Juntos (FC)</p>	<p>27</p> <p>9:30am Walking for Fitness (44084 RP) 11am Gentle Yoga (44084 RP) 1pm Functional Movement (FO-LWC) 1:30pm Nutrition and You (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 6pm Ped-Onc Parent Night: Halloween Party (FC) 6pm Talking to your Children... (FO-LWC) 6:30pm Evening Fitness (44084 RP) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>28</p> <p>10:30am Fitness for Wellness-Level I (44084 RP) 12pm Fitness for Wellness-Level II (44084 RP) 1pm Qi Gong (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise, Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 5:30pm Curious about Cancer (FC) 5:30pm GYN Cancers Group (FC) 6:30pm Good Grief (ILPO-I) 7pm Stronger Body After Cancer (FO-LWC) 7pm Tools for Couples (FC) 7pm Reiki for Relaxation (FC)</p>	<p>29</p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness: Caring for Mind and Body (44084 RP) 11am Pink Ribbon Brunch (FC) 1pm Tai Chi (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing your Memoirs... (FC) 3pm Gentle Yoga (FO-LWC) 6pm Living with Breast Cancer: Exercise (FC) 7pm Spiritual Group (CUMC-1) 7pm Living with Breast Cancer: Education (FC)</p>	<p>30</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1:30pm Yin Yoga (FO-LWC)</p> <p>31</p>