**MARCH HIGHLIGHTS**

**KEEP UPDATED...**
Sign up for weekly program announcements and weather cancellations. Go to www.lifewithcancer.org and click on the light blue “Sign Up for Email News” box; 4th down on the right.

**Orientation to Life with Cancer**
**FC, Thu, Mar 6 & 20, 11am-12pm**
**FC, Mon, Mar 10 & 24, 6-7pm**
This hour-long class is offered four times monthly for those who are new to Life with Cancer. Learn about our many programs, support groups and services for children and adults. Overview includes who we are, what we do, staff and services available at our various locations, tour of our Family Center, and your specific questions addressed. Please call, or register on our website, by preceding day.

**Tools for Couples**
**FC, Wed, Mar 5 & 12, 7-8:30pm**
Series continues for those already registered. For more information contact Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org

**8th Annual Cancer Survivor Retreat**
**OLGC, Sat, Mar 29, 8am-3pm**
The Northern VA Chapter of the Oncology Nursing Society presents “Road to Renewal: A One Day Educational and Healing Retreat for Cancer Survivors”. Topics will be presented by healthcare professionals and survivors. Register by calling 703-558-6915 or emailing: special.projects@inova.org.

**What to Expect During Chemo**
**FC, Thu, Mar 13, 10-11:30am**
**FC, Mon, Mar 24, 10:30am-12pm**
If Chemotherapy is new to you, this class is for you. Oncology Nurse Educator, Lynn Magrum, MSN, CANP will explain medical terms, what to be aware of, do’s and don’ts, and tips to optimize your quality of life throughout treatment. Registration required by previous day. If you must cancel your registration please call 703-698-2526 ASAP.

**Seminars for Survivors:**
**Experience Therapeutic Drumming!**
**FC, Thu, Mar 20, 7-8:30pm**
Therapeutic drumming has been used for thousands of years to promote wellness and self expression. It can boost the immune system, induce deep relaxation, lower blood pressure, reduce stress, increase calmness, focus and a sense of well-being. Musical ability is NOT necessary and all instruments are provided. Facilitators: Paul Clark, PhD, LCSW, Drucilla Brethwaite, MSW, LCSW, OSW-C. Register by preceding Wednesday.

**Volunteers Needed for Life with Cancer Insomnia Research Study**
“Need Sleep? A Cognitive Behavioral Intervention For Cancer Patients with Insomnia”
To participate: You must be 18 years of age or older and have a diagnosis of a gynecologic cancer.

**Description of Research Study:**
Life with Cancer is researching a cognitive behavioral intervention to improve sleep quality and decrease psychological distress. We will ask you to fill out several questionnaires, collect salivary cortisol samples and participate in five weekly group sessions at the Life with Cancer Family Center where you will learn evidence based strategies that may improve your sleep. Total participation will take about 9 hours.

To learn more: Contact Research Manager, Drucilla Brethwaite, MSW, LCSW, OSW-C 703.698.2538 or drucilla.brethwaite@inova.org

**This research is conducted under the direction of Principle Investigator James Zabora, ScD, Director, Life with Cancer and the Inova Health System Institutional Review Board.**

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**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 Kathleen.alleman@inova.org or call 703.698.2526,

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**Life with Cancer Mission Statement**
To enhance the quality of life of those affected by cancer by providing education, information and support.
REGISTRATION IS REQUIRED FOR CLASSES

To enhance the quality of life of those affected by cancer by providing education, information and support.

Art for Wellness and Growth

FC, Mon, Mar 17, 12-3pm or
FC, Thu, Mar 20, 1-4pm
Explore your creativity using art for wellness, insight and personal growth. Artistic ability is NOT necessary - just a willingness to explore, have some fun and be part of a supportive, creative community. Please register by previous Friday. Facilitators: Art therapist, Jean McCaw, MA, ATR-BC and Sara Huffman, Art Therapy Intern.

Creative Writing for Busy People

FC, Thu, Mar 6 & 13, 11am-12:30pm
Series continues for those already registered. Contact sabine.gnesdiloff@inova.org or 703-698-2535 for information on future series.

Drumming for Well-being

FC, Thu, Mar 20, 7-8:30pm
This class will combine with Seminars for Survivors. Please see description under Seminars for Survivors on page one.

The Art of Pressed Flowers

FC, Mon, Mar 10, 1-3pm
Pressed flower artists Barbara Hallman, Janet MacKinnon and Carolyn Foley will teach students how to capture the beauty of nature with pressed flowers. Learn how to press flowers and leaves and how to use them to create delightful masterpieces. Bring your own pressed flowers, or use those supplied. All materials will be provided but please bring tweezers and any fresh flowers you’d like to press. Space is limited; register by Friday, March 7.

Quilting with Sandi

FC, Tue, Mar 25, 1-3pm
Learn the art of quilting from a master! Master quilter Sandi Goldman will teach some basic hand-piecing and quilting techniques in this monthly program to get you started or keep you going. Limited space; please register by preceding Friday.

EXPRESSION ARTS

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Shimmering Voice on Deep Ocean: Writing into our Wisdom
FC, Mon, Mar 24, 1-3pm
Within the deep ocean of ourselves lives wisdom and curiosity and all manner of wonder. Through poetry, journaling and writing we can pause and listen deeply to our bodies, hearts and minds. Through this process we can find our breaths. We can find support. And through listening, we can find our voices. Facilitator: Wendi R. Kaplan, MSW, CPT-M/S, LCSW, director of the Institute of Poetry Therapy and psychotherapist with more than twenty-five years experience. Ms. Kaplan specializes in relational and biblio/poetry therapies with a holistic perspective. Space limited; please register by previous Friday.

Writing Your Memoirs and Life Stories
FC, Tue, Mar 11, 2:30-4pm
Monthly meeting for those who completed previous 6 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN.

Infection Prevention in Exercise Classes
FC, Wed, Mar 19, 2:30-3pm
Inova Health System’s Director of Infection Control, Michelle Peninger, RN will teach us simple steps to minimize the spread of infection in exercise classes at Life with Cancer and out in the community. Levels II and IV exercise class participants; yoga participants and anyone interested are encouraged to attend.

FITNESS

Level I-IV classes are taught by ACSM certified Cancer Exercise Trainer Susan Gilmore. Registration and waiver forms (available online) must be completed before or upon arrival to class. For questions, contact Marsha Komandt, RN, OCN @703-698-2530.

Level I Exercise: Launching into Fitness
FC, Tue, Mar 18-Apr 8, 1-1:45pm
This entry level class will help to assess your fitness level and is required for those who are new to our Level I-IV exercise classes. Attendance at two classes is required before moving forward as recommended by the instructor.

Level II Exercise: Chair-Based
FC, Mon, Mar 17-Apr 28, 2-2:45pm
LEVEL I IS A PREREQUISITE. This series is tailored for those with treatment limitations such as neuropathy, balance and low energy issues. It will help to increase heart rate, range of motion and flexibility and to tone and strengthen muscles. One may attend EITHER or BOTH Monday and Wednesday sessions, but MUST REGISTER SEPARATELY.

Level III Exercise-Keeping Fit
FC, Mon, Mar 17-Apr 28, 3-4pm
PREREQUISITE: LEVELS I & II. This series offers a combination of standing and floor exercises to improve strength, flexibility, endurance, fatigue and overall well-being.

Level IV Exercise: Fitness Fusion
FC, Wed, Mar 12-Apr 30, 3-4pm
PREREQUISITE: LEVELS I, II, III. This eight-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval training, resistance and core training. Instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore.

Cooking for the Health of It: Comfort Casseroles
FC, Thu, Mar 13, 12-1pm
We all enjoy comfort foods- and comfort foods don’t need to have gobs of butter and cheese to be delicious. Join us and learn how to create a delicious casserole that’s easy and good for you. Learn to think outside the box when it comes to creating your next casserole. Instructor: Vanessa Spiller, cancer survivor and certified Nutrition and Wellness consultant. Space limited; please register 48 hours in advance.

Diet, Exercise and a Healthy You
FC, Wed, Mar 19, 10:30am-12pm
Going through cancer treatments and getting back to “normal” can wreak havoc with one’s appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register at least 48 hours in advance.

Life with Cancer™ en Español

Arte Para Salud y Crecimiento
FC, jueves, 20 de marzo, 1-3pm
Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva precepción y crecimiento personal. No se necesita experiencia artística – solo tiene que estar dispuesto a explorar, divertirse y ser parte de una comunidad de apoyo y creatividad. Dirigida por terapista de arte, Jean McGaw, MA, ATR-BC. Este grupo es solo para adultos. Requiere registrarse; llamar a Debra Haynes al 703-698-2539.

Latinas Unidas
FC, lunes, 24 de marzo, 6:30-8:30pm
Grupo de apoyo y crecimiento personal para mujeres con diagnóstico de cáncer. Recibe los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. Para más información, llamar a Debra Haynes 703-698-2539.

Latinos Unidos
AFC, miércoles, 12 de marzo, 6:30-8pm
Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positividad y amistad. Para más información, llamar a David McGinness 703-698-2529.

Zumba - Bilingual
FC, martes, 4 y 18 de marzo, 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 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, 703-698-2529.

TO REGISTER FOR MOST CLASSES GO TO WWW.LIFEWITHCANCER.ORG OR CALL 703-698-2526
**Spiral Support Group**
*CUMC-1, Thu, Mar 27, 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.

**Spirituality Quest Group**
*FC, Tue, Mar 11, 10:30am-12pm*
Join us monthly on the second Tuesdays as we explore our spiritual paths. In preparation for a one-day retreat in April, group participant, Bill Smith, will share with us “Getting Away, Clearing the Mind: Places to Retreat.” Facilitator: Marsha Komandt, RN, BSN, OCN*, 703-698-2530. Please register by the preceding day.

**Reiki, Yoga & Meditation**
Yoga has many benefits, but is especially valuable to those who have been diagnosed with cancer. It helps to increase flexibility, reduce anxiety and stress, enhance the immune system and support overall well-being. The following classes are taught by Registered Yoga Teachers. Bring water bottle, dress comfortably and complete a Gentle Exercise Waiver Form (available online) before or upon arrival.

**Gentle Yoga with Jenn Fay**
*FC, Thu, Jan 23-Mar 13, 1-2pm*
Current series in progress Jan. 23 - March 13. Learn movements to stretch strengthen and relax muscles. If class is full, preference is given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Please register by preceding day.

**Guided Meditation with Jenn Fay**
*FC, Thu, Mar 13, 2-3pm*
Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

**Laughter Yoga**
*FC, Thu, Mar 6, 2-3pm*
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. Laughter yoga is practiced while sitting in a chair. Facilitator: Jenn Fay, MA, RYT. Please register by preceding day.

**Meditation and Guided Imagery with Micheline**
*FC, Wed, Mar 26, 3-4pm*
Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Come to any or all sessions, but please register by preceding day.

**Reiki for Relaxation**
*FC, Mon, Mar 10, 4:30-5:30pm, 5:30-6:30pm, 7-8pm*
*FC, Wed, Mar 26, 4:30-5:30pm, 5:30-6:30pm, 7-8pm*
Appointments do not open until the first of the month. 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. Please let us know if you cannot make your appointment; call 703-698-2526.

**Restorative Yoga with Judi**
*FC, Fri, Mar 7-28, 10:15am-11:30pm*
This practice is designed to balance the nervous system and release tension from the mind and body. Restorative yoga uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with restorative poses to deepen your practice. This class is appropriate for everyone but has limited space available; please register separately for each class. Instructor: Judi Eskovitz, RYT.

**Yoga Nidra**
*FC, Mon, Mar 31 and Apr 7, 6:45-8pm*
Yoga Nidra is a deep relaxation technique that can bring about deep healing, reduced levels of stress, mental clarity, and peace of mind. In addition to physical benefits, we have the opportunity to be present with “what is” and develop increased mental focus and emotional tolerance. This practice is very different from a muscle-focused yoga practice and is a wonderful addition to any holistic health practice. Instructor: Dawn Curtis, ERYT 500. Space limited. Register by preceding day. Come treat yourself to this beautiful experience!

**Breast Cancer**

**Breast Cancer Support Group**
*IFHC, Wed, Mar 5 & 9, 5:30-7pm*
Learn, discuss and gain support from others who understand the concerns and challenges you face. Group generally meets 1st and 3rd Wednesdays. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN*.

**Coalesce: An Advanced Breast Cancer Support Group**
*FC, Fri, Mar 7-28, 00pm*
Meet weekly in a closed support group with women of all ages to share life’s joys and sorrows. Facilitator: Shara Sosa, LCSW. If interested in attending, please call 703-698-2522. Prior screening is required as this is a closed group.

**Triple Negative Breast Cancer Tea**
*FC, Sun, Mar 30, 3-4:30pm*
Come for a Sunday afternoon tea and learn more about Triple Negative Breast Cancer. Survivors Tracy Bunch and Vicky Carr will share information on research efforts, educational programs and financial resources available to survivors including those offered through the Triple Negative Breast Cancer Foundation. Register on line by Thursday, March 27. For further information, contact Marsha Komandt, RN,OCN, 703-698-2530.
Yoga for Breast Cancer Survivors
FC, Tue, Mar 4-Apr 8, 5:30-6:45pm
Join us for these yoga sessions designed to reduce stress, regain mobility and strength. Catherine Syron, RYT, is a yoga instructor specifically trained to work with breast cancer survivors. Register for each class you plan to attend. Instructor: Catherine Syron, RYT.

Young Women with Breast Cancer Support Group
FC, Tue, Mar 4, 6-7:30pm
For women in their 20s, 30s and 40s with non-metastatic breast cancer. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. Registration requested. If attending for the first time, please call 703-698-2522.

Cutaneous Lymphoma Support Group
FC, Wed, Mar 5, 7-8:30pm
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. This month Susan Thornton, CEO of the Cutaneous Lymphoma Foundation, will be our guest. Please register by March 3, www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP.

DC FORCE Group Meeting
FC, Sat, Mar 8, 10:30am-12:30pm
Join the DC chapter of Facing Our Risk of Cancer Empowered (FORCE), a group devoted to improving the lives of people and families affected by hereditary breast and ovarian cancer. For details on meeting content go to www.facingour-risk.org, RSVP to caroline.pruce@gmail.com

Blood Cancers Group
FC, Thu, Mar 13, 7-8:30pm
This group is for individuals with leukemia or lymphoma and their support people. This month will be an open discussion meeting. Co-sponsor the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C. and Lynn Magrum, MSN, CANP. Please register by preceding Tuesday. For more information contact, Drucilla at 703-698-2538 or drucilla.brethwaite@inova.org.

GYN Cancers Group
FC, Wed, Mar 26, 5:30-7:30pm
Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN MS OCN®.

Gynecologic Cancer Patients...
Plese see page 1 for information about our Insomnia Research Study and how you can participate

Head and Neck Cancers Group
IFHC, Wed, Mar 12, 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 call 703-776-3731 or email Corinne.cook@inova.org.

Lung Cancer Support Group
FC, Wed, Mar 12, 6:30-8pm
Join other patients, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Paul Clark, PhD, LCSW and Carrie Friedman RN, BS.

Multiple Myeloma Group – Understanding Palliative Care
FC, Tue, Mar 18, 11:45-1:30pm
This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Special guest speaker: Matthew Kestenbaum, MD will present “Understanding Palliative Care: Strategies for Pain and Symptom Management.” Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Prostate Cancer Support Group - National Conference Overview
FC, Tue, Mar 11, 7:30-9pm

GRIEF, LOSS & RECOVERY

Good Grief for Adults
FC, Tue, Jan 28-Mar 25, 7:15-9pm
Series continues for those already registered. For information on the next eight-week series 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, contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or drucilla.brethwaite@inova.org.

CHILDREN, TEENS, PARENTS

For more information on the following groups, contact Jenny Eckert, LCSW, Children’s Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Curious About Cancer
FC, Wed, Mar 5-26, 5:15-6:15pm
Learn about cancer through age appropriate discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

Good Grief for Children
FC, Tue, Mar 4-18, 5:30-6:30pm
Through age-appropriate discussion, games and art children will be invited to share thoughts and feelings and work through the grief process.

Good Grief for Teens
FC, Wed, Mar 5-19, 6:30-7:45pm
This group continues for 13-18 year old teens who have experienced the loss of a loved one under any circumstance. It offers an opportunity to learn about the grief process through a variety of activities and conversations.
**Pediatric Oncology Parent Night: End of Therapy & Introduction to Late Effects**
**FC, Tue, Mar 25, 6-8:30pm**
Parents whose children have recently or will soon complete treatment for cancer will find this meeting most valuable. Dr. Jennifer Dean talk about medical issues related to the end of therapy, schedules for follow-up and long term health consequences of surviving childhood cancer. Connie Connor, LCSW, ALEXANDRIA/MOUNT VERNON

**Breast Cancer Support Group**
**IMVH-CC, Wed, Mar 12, 6-8pm**
Meet with Dr. David Weintritt, Oncology Nurse Navigator Michele Reddick, Nurse Practitioner, Lynn Magrum to learn about “Chemo Brain”. Join with others to share and discuss ways of meeting the challenges of breast cancer. Group is open to current and former breast cancer patients. Please register on line.

**Fighting Cancer with a Fork**
**IAH-CCW, Wed, Mar 12, 1-2pm**
Deb Rowland, RD, Dietitian and certified specialist in oncology nutrition, will provide an overview of nutritional recommendations for cancer patients and survivors. Register online.

**Gentle Yoga for Cancer Survivors**
**IAH-E&T, 1&2, Mon, Mar 3-24, 6:15-7:30pm**
Reduce stress, regain mobility and strength and tap into your body’s innate healing powers. Please bring a yoga mat and wear comfortable clothes. Instructor: Elizabeth Kanter, RYT. Register online.

**Look Good...Feel Better**
**IAH-CCW, Thu, Mar 13, 10am-12pm**
A professional cosmetologist will teach women how to manage appearance-related side effects chemotherapy and radiation. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Register is required. Register online.

**Prostate Cancer Support Group**
**IAH-CCW, Tue, Mar 18, 6-8pm**
Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitators: David McGinness, LCSW, 703-698-2529 and Maureen Broderick, LCSW.

**Women Living with Cancer**
**IAH-CCC, Tue, Mar 25, 2-3:30pm**
This is a guided discussion group for women with any type of advanced cancer. Topics are generated by the group and may include, dealing with difficult feelings, communicating with friends and family, identifying ways of coping and finding hope in the present. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW. Early registration is suggested. For more information contact Maureen at 703-504-7921.

**Young Women with Breast Cancer**
**IAH-CCW, Tue, Mar 11, 6:30-8pm**
A group for individuals in their 20s, 30s and 40s with non-metastatic breast cancer. For more information, or if attending for the first time, please call Maureen Broderick, LCSW at 703-504-7921. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW.

**Ask the Expert: Reclaiming Relationships and Sexual Health After a Cancer Diagnosis**
**IFOH-2, Wed, Mar 19, 5-6pm**
Sexuality and intimacy are one of the highest reported quality of life issues impacted by a cancer diagnosis. Sage Bolle, PhD, LCSW, OSW-C is a leading expert in the field of sexual health and cancer. She will provide a brief overview of the impact that a cancer diagnosis and treatments can have on a person’s sexual self and relationships. There will be time for an open dialogue and discussion on ways to improve your sexual health and intimate relationships. Register online www.lifewithcancer.org.

**Living with Advanced Disease**
**IFOH-1, Fri, Mar 14 & 28, 12-1:30pm**
This group is for people who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Facilitators: Sage Bolle, PhD, LCSW, OSW-C and Gale Towery, RN, BSN, OCN®.

**Tai Chi and Qi Gong for Health and Wellness**
**3700 A, Fri, Mar 7-28, 1:30-2:30pm**
Both Tai Chi and Qi Gong are ancient Chinese systems of movements, body postures, breathing exercises and mental concentration intended to help you maintain good health and control the flow of vital energy. Potential benefits include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration is required as class size is limited. Attendance for all classes is encouraged. Dress comfortably and bring a water bottle. Class builds on learned information each week, so attending all classes is best.

**Therapeutic Gentle Yoga**
**3700 A, Mon, Mar 3-Apr 7, 12-1pm**
(Formerly called Mind Body Stress Reduction: Gentle Yoga) This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Attendance at all 6 sessions is recommended for greatest benefit. Registration is required.

**Understanding “Chemobrain”**
**IFOH-3, Tue, Mar 11, 12:30-2pm**
It’s true! You’re not just imagining it! Cancer-related “Chemobrain,” or neurocognitive dysfunction, does exist! Learn more about this often frustrating and challenging side- and after- effect of treatment, and how to better manage it with Oncology Patient Educator, Lynn Magrum, MSN, CANP. Please register by preceding day; if registration must be cancelled, please call 703-698-2526 ASAP.

**Advanced Breast Cancer Support Group**
**ILH-R, Mon, Mar 24, 6:30-8pm**
For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register online or with Karen Archer, MSW, 703-858-8857 or karen.archer@inova.org.

**Brain Tumor Support Group**
**ILH-R, Tue, Mar 18, 5:30-7pm**
Adults with primary brain tumors and their family members and friends are invited to attend these monthly meetings to discuss issues, explore coping strategies, share and learn ways to meet the challenges of living with a primary brain tumor. Facilitators: Neurological Care Registered Nurse, Vera Hirschman and Oncology Social Worker, Karen Archer. Please register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Breast Cancer Support Group**
**ILH-R, Mon, Mar 24, 5-6:30pm**
For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Registration is required if attending for the first time. Register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Caregiver Connection**
**ILPO-1, Mon, Mar 10, 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 Facilitator: Saundra Weller, LCSW, OSW-C.

**Fitness for Wellness with Nancy**
44084 RP, Mon, Mar 3-Apr 28, 10:30-11:30am
Exercise is an integral part of your wellness plan. This class is designed to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably. Attendance for all classes is encouraged for the maximum benefit.

**Knitting & Crocheting Circle - Bilingual**
ILPO-I, Thu, Mar 13 & 27, 11am-12:30pm
Experienced and inexperienced knitters and crocheters are invited to practice their craft in the companionship of others. Work on your own project or start a new one; materials are provided. Facilitated by Mary Jane Escobar, an experienced and enthusiastic instructor. Please register.

**Grupo de Tejido y Crochet**
ILPO-I, los jueves 13 y 27 de marzo, 11am-12:30pm
Tejedores y tejedoras de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más expertos, están bienvenidos para trabajar juntos en un ambiente relajado. Trae su propio proyecto o encuentra un nuevo proyecto. Los materiales para los que recién empiezan están proveídos. La instructora Mary Jane Escobar, tiene experiencia y entusiasmo para enseñar su destreza. Favor de registrarse.

**Prostate Cancer Support Group**
LCSC, Tue, Mar 11, 6-8pm
This monthly support group, for men coping with prostate cancer, and their families, meets on monthly on the second Tuesday. Registration is not required.

**Reiki for Relaxation**
ILH-R, Thu, Mar 27, 6:45-8pm
For those touched by cancer (patients, family, & friends). Rebalance and recharge your body's energy systems while you relax to live “healing harp” music. Group meets monthly on the fourth Thursday. Class size is limited and registration is required. Register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Relaxation and Guided Meditation with Esther**
ILH-R, Thu, Mar 6, 6:30-8pm
For patients, family, & friends touched by cancer. This group offers individuals the opportunity to learn about and practice the art of relaxation and guided meditation. Group meets every-other month from 6:30-8:00pm., at ILH-ROC. Registration is required. Register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Sounds of Meditation and Wellness**
44084 RP, Thu, Mar 20, 6:30-8pm
Sound is a powerful balancing of mind, body and spirit. It has been successfully used to reduce anxiety and stress and to create positive changes in both mood and emotional state. Experience how calming sounds can bring deep relaxation and personal well-being. Facilitated by Karen Nausewicz.

**Tai Chi Ch’uan**
44084 RP, Wed, Mar 12-Apr 30, 1-2:30pm
Tai Chi Ch’uan is a Chinese martial art that uses slow, fluid body movements to enhance wellness, longevity and internal peace. It is frequently characterized as “moving meditation.” During this eight-week course, instructor Kurt Von Quintus will teach students some of the movements of the Wu-style form. Students will learn simple steps and then build on them to perform more complex movements. Supplemental exercises in breathing and postural alignment will also be shown. Registration is required. Register online with Karen Archer, 703-858-8857 or karen.archer@inova.org. A registration and waiver (available online and in class) must be completed for the first session. Wear comfortable clothing and closed-toed shoes.

**Therapeutic Gentle Yoga with Ladan**
44084 RP, Thu, Mar 6, 11am-12:30pm
(Formerly Mind Body Stress Reduction-Gentle Yoga with Ladan) Class continues for those already registered.

**Therapeutic Gentle Yoga with Pat Fitzsimmons**
44084 RP, Tue, Mar 4, 11am-12:30pm
(Formerly Mind Body Stress Reduction-Gentle Yoga with Pat Fitzsimmons) Class continues for those already registered.

**Therapeutic Gentle Yoga with Pat**
44084 RP, Tue, Mar 11-May 6, 11am-12:30pm
(Formerly Mind Body Stress Reduction: Gentle Yoga) This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Attendance at all sessions is recommended for greatest benefit. Registration is required.

**Therapeutic Gentle Yoga with Ladan**
44084 RP, Thu, Mar 13-May 1, 11am-12:30pm
(Formerly Mind Body Stress Reduction-Gentle Yoga with Ladan ) See description above.

**Understanding Peripheral Neuropathy**
ILPO-I, Tue, Mar 18, 1-2:30pm
Numbness, sensitivity, and tingling are some of the symptoms one feels with peripheral neuropathy- a side effect of some cancers and several chemo therapeutic agents. This class will describe what it is, how it occurs, and what approaches you can take to minimize and/or manage these neurological side effects. Presenter: Nurse practitioner, Lynn Magrum, MSN, C-ANP. Register by preceding day and call 703-698-2526 if unable to attend.

**Walking for Fitness**
44084 RP, Tue, Mar 4-25, 9:30-10:30am
Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Dress comfortably, bring a water bottle; pedometers will be provided. Class meets weekly (walk inside on rainy days). Facilitator: Jenny Townsend. Registration is required.

**Lung Cancer and How New Treatments Are Developed:**
Dr. Amitabha Sarma
44084 RP, Wed, Mar 12, 6:30-8pm
Meet with Virginia Cancer Specialists’ Dr. Sarma and learn about the biology of cancer and how new lung cancer treatments are developed. Followed by questions and answers. Registration is required.

**Lung Cancer Support Group - Loudoun**
ILPO-I, Mon, Mar 17, 6:30-8pm
Join other patients, survivors and family members to discuss the challenges of living with cancer and its treatments; Facilitators: Saundra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN. Contact Saundra Weller for more information 703-858-8466.

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**Spring into Action to Help Us Blossom and Grow!**

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

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TO REGISTER FOR MOST CLASSES GO TO WWW.LIFEWITHCANCER.ORG OR CALL 703-698-2526
**REGISTRATION IS REQUIRED FOR CLASSES**

To enhance the quality of life of those affected by cancer by providing education, information and support.

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**TO REGISTER FOR MOST CLASSES GO TO WWW.LIFEWITHCANCER.ORG OR CALL 703-698-2526**

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>10:30am Fitness for Wellness with Nancy (44084 RP)</td>
<td>9:30am Walking for Fitness (44084 RP)</td>
<td>3pm Meditation and Guided Imagery with Michelle (FC)</td>
<td>11am Therapeutic Gentle Yoga with Ladan (44084 RP)</td>
<td>10pm Coalesce: An Advanced Breast Cancer Support Group (FC)</td>
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<tr>
<td>12pm Therapeutic Gentle Yoga (3700 A)</td>
<td>11am Therapeutic Gentle Yoga with Pat (44084 RP)</td>
<td>5:30pm Curious About Cancer (FC)</td>
<td>11am Orientation to LWC (FC)</td>
<td>10:15am Restorative Yoga with Judi (FC)</td>
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<td>1pm The Art of Pressed Flowers (FC)</td>
<td>12pm Brain Tumor Group-Fairfax (FC)</td>
<td>6:30pm Good Grief for Teens (FC)</td>
<td>12pm Prostate Cancer Support Group (IFHC)</td>
<td>3:30pm Tai Chi and Qi Gong for Health and Wellness (3700 A)</td>
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<td>4:30pm Reiki for Relaxation (FC)</td>
<td>5:30pm Yoga for Breast Cancer Survivors (FC)</td>
<td>7:30pm Good Grief for Adults (FC)</td>
<td>5:30pm Yoga for Breast Cancer Survivors (FC)</td>
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<td>5:30pm Good Grief for Children (FC)</td>
<td>6pm Young Women with Breast Cancer Support Group (FC)</td>
<td>7pm Knitting and Crocheting Circle (FC)</td>
<td>5:30pm Reiki for Relaxation (FC)</td>
<td>10:30am DC FORCE Group Meeting (FC)</td>
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<td>6:15pm Gentle Yoga for Cancer Survivors</td>
<td>7pm Zumba - Bilingual (FC)</td>
<td>7pm Tools for Couples (FC)</td>
<td>6:30pm Breast Cancer Support Group (44085 RP)</td>
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<td>6pm Orientation to LWC (FC)</td>
<td>6pm Young Women with Breast Cancer Support Group (FC)</td>
<td>5:30pm Good Grief for Teens (FC)</td>
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<td>1:30pm Tai Chi and Qi Gong for Health and Wellness (3700 A)</td>
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<td>6:30pm Lung Cancer Support Group (FC)</td>
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<td>6:30pm Young Women with Breast Cancer (IAH-CW)</td>
<td>6:30pm Good Grief for Teens (FC)</td>
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<td>10:30am  DC FORCE Group Meeting (FC)</td>
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<td>7:15pm Good Grief for Adults (FC)</td>
<td>6:30pm Lung Cancer Support Group (FC)</td>
<td>7pm Dancing to Wellness (FC)</td>
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<td>7pm Reiki for Relaxation (FC)</td>
<td>7:30pm Prostate Cancer Group-National Conference Overview (FC)</td>
<td>7pm Knitting and Crocheting Circle (FC)</td>
<td>7pm Make the Most of Your Doctor Visits (FC)</td>
<td>10:30am Fitness for Wellness with Nancy (44084 RP)</td>
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**MARCH 2014**

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**MONDAY**

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<tr>
<td>10:30am Fitness for Wellness with Nancy (44084 RP)</td>
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<td>12pm Prostate Cancer Support Group (IFHC)</td>
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<td>12pm Therapeutic Gentle Yoga (3700 A)</td>
<td>10:30am Spirituality Quest Group (FC)</td>
<td>3:30pm Guided meditation with Jendi Fay (FC)</td>
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<tr>
<td>1pm The Art of Pressed Flowers (FC)</td>
<td>11am Therapeutic Gentle Yoga with Pat (44084 RP)</td>
<td>3pm Guided meditation with Jendi Fay (FC)</td>
<td>10:00pm Coalesce: An Advanced Breast Cancer Support Group (FC)</td>
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<td>4:30pm Reiki for Relaxation (FC)</td>
<td>12:30pm Therapy &amp; Introduction to Late Effects (FC)</td>
<td>7pm Blood Cancers Group: Amy S. Kimball, MD (FC)</td>
<td>10:15am Restorative Yoga with Judi (FC)</td>
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<td>5:30pm Good Grief for Children (FC)</td>
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<td>6:15pm Gentle Yoga for Cancer Survivors</td>
<td>6pm Prostate Cancer Support Group (IAH-CW)</td>
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<td>7pm Jumbo - Bilingual (FC)</td>
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<td>7pm Tools for Couples (FC)</td>
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<td>7pm Reiki for Relaxation (FC)</td>
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