ABOUT LIFE WITH CANCER
Life with Cancer is Northern Virginia’s leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

LIFE WITH CANCER CONNECT
A direct link to your support team
703.206.5433

CLASS/GROUP REGISTRATION INFORMATION
- Classes and groups are FREE, but registration is required
- To register go to www.lifewithcancer.org or call 703.698.2526, 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.

CALENDAR KEY
Programs and groups are organized by geographic location using the following color key:
- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

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INFORMATION & EDUCATION

Seventh Annual Shine a Light on Lung Cancer
- ICPH, Thu, Nov 17, 6-8:30pm
Join us for this special event in honor of Lung Cancer Awareness Month. Listen to expert physician speakers discuss the latest and most state-of-the-art treatments for lung cancer. Dinner provided.

Orientation to Life with Cancer
- FC, Thu, Nov 10, 11:30am-12:30pm
Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can’t make a scheduled orientation? Just call Life with Cancer Connect 703.206-LIFE (5433) and arrange a personal tour.

Ask the Expert: Functional Medicine in Cancer Survivorship
- FC, Thu, Nov 3, 7-8pm
Functional medicine is an integrative approach which combines conventional and complementary therapies, emphasizing nutrition, exercise and lifestyle adjustments for optimum health, to facilitate healing for acute and chronic conditions. Marie Steinmetz MD, Inova Steinmetz Integrative and Functional Medicine Center will talk on “The Role of Functional Medicine in Cancer Survivorship.” Please register.

Ask the Expert: Understanding Pain and an Alternative to High Potency Opioids
- FC, Thu, Nov 17, 6:30-8pm
Dr. Michael Byas-Smith, Medical Director of The Capital Caring Adler Center and Center for Pain and Palliative Care, will discuss interventions performed to reduce the intake of oral opioids and the advantages of interventional blocks for reduction of side effects of oral medication such as drowsiness, dizziness and constipation. Please register.

Head and Neck Cancer Symposium: Special Event
- FC, Wed, Nov 9, 6-8:30pm
Head and Neck Cancer experts will discuss the latest treatments, late effects, and nutritional issues related to these types of cancer. Dinner provided.

Planning Ahead: Help with Tough Conversations
- FC, Tue, Nov 1-22, 6:30-8pm
Wherever you are in your cancer experience, this series will give you strategies to ensure that yours or your loved ones’ affairs are in order. Sessions include: Managing Financial Issues Related to Advanced Planning; Palliative Care; Making Your Funeral Arrangement Wishes Known in Advance; and Planning a Memorial or Celebratory Service. For dates of specific topics, or questions, contact Marsha Komandt, RN, OCN, 703.698.2530. Please register by the previous Friday of each session.

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

United Way-designate # 8225
Combined Federal Campaign-designate #46283
Planning Ahead

- **ILPO-I, Wed, Nov 2 & 9, 6:30-8pm**
  This series is for anyone, wherever you are in your cancer experience. An Oncology Nurse and an Oncology Therapist will provide information on the circle of life and guidance in creating and crafting a legacy. Please register.

**Breast Surgery Preparation**

- **IAH-CRC, Mon, Nov 7, 12:30-2pm**
- **IAH-CRC, Tue, Nov 15, 12:30-2pm**
- **FO-LWC, Wed, Nov 9 & 30, 12:30-2pm**
- **FC, Tue, Nov 15, 12-1:30pm**

Learn 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 member/friend may attend. Please register.

**Breast Surgery Preparation at Inova Loudoun Hospital**

- **ILH-PER, Tue, Nov 1, 4-5:30pm**
- **ILH-PER, Thu, Nov 17, 12-1:30pm**

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Registration is required; no exceptions. Family member may attend. Contact Christine Stone RN, MSN, OCN at 703-858-8867 or christine.stone@inova.org.

**Endocrine Therapy and Bone Health for Women with Breast Cancer**

- **FO-LWC, Wed, Nov 30, 4:30-5:30pm**

Dr. Mary Wilkinson will discuss current recommendations for bone health for women on endocrine/hormonal therapy.

**Hormones and Breast Cancer: Managing Side Effects**

- **FO-LWC, Wed, Nov 16, 4:30-6pm**

Maureen Broderick, LCSW, and Gale Towery, RN, BSN, OCN, CBCN will discuss managing the side effects of hormonal therapy, including hot flashes, sleep disruption, joint pain and sexual side effects.

**Look Good...Feel Better**

- **FC, Mon, Nov 21, 7-9pm**
- **FO-LWC, Mon, Nov 14, 2-4pm**
- **ILH-R, Mon, Nov 14, 12-2pm**

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetics Association and Personal Care Products Council.

**Compassion Cultivation**

- **FC, Tue, Nov 1-29, 2:30-4pm**

Class continues for those already registered.

**Mindfulness-Based Cancer Recovery Program for Women in Maintenance or Recently in Recovery**

- **FC, Wed, Nov 2 & 9, 1-2:30pm**
- **ILH-R, Wed, Nov 2-16, 6:30-8pm**

Class continues for those already registered.

**Write to Heal: Processing Trauma through Journaling**

- **FC, Mon, Nov 7, 1:30-3pm**

Class continues for those already registered.

**STRESS MANAGEMENT**

**Art Therapy for Long-Term Survivors**

- **FC, Fri, Nov 11, 12:30-3pm**

Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration for this group begins on the 1st of each month. Once registered please call to cancel if you cannot attend so someone else may attend. Jean McCaw, ATR-BC, LCPAT.

**Drumming**

- **FC, Mon, Nov 21, 10-11am**
- **44084 RP, Mon, Nov 21, 12-1pm**

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. No experience necessary and all instruments are provided. Group facilitated by Jennifer Brothers, MSW. Please register 24 hours in advance.
Healing through Art Therapy
FC, Thu, Nov 17, 12:30-3pm
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. Registration for this group begins on the 1st of each month. Once registered please call to cancel if you cannot attend so someone else may attend. Jean McCaw, ATR-BC, LCPAT.

Healing Touch
44084 RP, Wed, Nov 9, 6:15-7:15pm
Registration opens on the first business day of the month at 9:15am. Healing Touch practitioners 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. Space is limited; registration opens on the first business day of the month at 10am and is required.

Knitting and Crocheting Circle
FC, Tue, Nov 1, 7-8:30pm
FC, Fri, Nov 18, 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. Please register.

Making Sense of Your Story
FC, Wed, Nov 9, 12:30-2:30pm
Group continues for those already registered.

Meditation and Guided Imagery
FC, Thu, Nov 3-17, 2-3pm
FC, Wed, Nov 2 & 16, 3-4pm
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 the Mind and Body
44084 RP, Thu, Nov 3-17, Dec 1-22, 11:30am-1pm
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 for your comfort.

Music Therapy
FO-LWC, Thu, Nov 3, 11am-12:30pm
A series of six 90 minute music therapy group meetings that will use music to express, explore and inspire the human condition, increasing socialization and the human connection. No music background necessary.

Music Therapy
FO-RO, Tue, Nov 15, 12-1pm
AIAH-CCW, Wed, Nov 9, 1-2pm

Intro to Qi Gong
IAH-LWC, Tue, Nov 8-Dec 13, 3:30-4:30pm
In this six-week series you will learn to use the internal tools of your mind, body, and breath to promote wellness. Explore how breathing, guided meditation, and gentle movement may impact your emotional and physical well-being, as well as gain knowledge about the theoretical background for Qi Gong. For greatest benefit, practice between classes and attendance at each session are strongly encouraged.

Reiki for Relaxation
FO-LWC, Tue, Nov 8, 6 & 7pm
FO-LWC, Wed, TBD
FC, Mon, Nov 14, 6 & 7pm
44084 RP, Thu, Nov 17, 6:45-8pm
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. Please note: Registration opens on the first business day of the month at 9:15. Please schedule just one appointment per month, per all locations, so that others may take advantage of this opportunity.

Zentangle: Gratitude and Appreciation
44084 RP, Tue, Nov 8, 1:30-3pm
Add some new Tangles to your repertoire and explore ways to combine them for a unique piece of art. Bring a word, phrase or saying that inspires you or expresses gratitude or appreciation. No prior experience is needed. Our focus is on Zentangle as a therapeutic tool for meditation, stress relief and increased focus. All supplies provided. If you have attended a workshop in the past, please bring your basic kit. Advance registration is required.

HEALTHY LIVING

Barre Tone
FC, Thu, Nov 17-Dec 22, 7:15-8:15pm
NO CLASS NOVEMBER 24, 2016. Jazz up your routine and experience the latest trend in full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance, aerobics with the benefits of the ballet barre at its core. Leave with renewed energy, a calmer spirit, and a new passion for life. A signed waiver is required before you can participate in class.

Building Strength While in Treatment
FO-LWC, Tue, Nov 1-22, 1-2pm
Class continues for those already registered.

Circuit Training
44084 RP, Thu, Nov 3-Dec 22, 9-10am
Class continues for those already registered. No class Nov. 25.

Cross-Train Challenge
FC, Wed, Nov 2-Dec 7, 3-3:45pm
If you crave variety this is the class for you! Fusing together different intensities and types of movement we’ll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery.

Writing Your Life Stories
FC, Tue, Nov 8-29, 2:30-4pm
This 4 week series will give you an opportunity to capture some of your favorite memories and explore your life story. We will explore emotional growth and healing through writing. Each week participants will share their writing with the group and receive feedback. Space is limited; registration opens on the first business day of the month at 9:15. Please schedule just one appointment per month, per all locations, so that others may take advantage of this opportunity.

Fighting Cancer with a Fork
FO-RO, Tue, Nov 15, 12-1pm
AIAH-CCW, Wed, Nov 9, 1-2pm
Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register.
Fitness for Wellness, Level I
○ 44084 RP, Mon, Nov 7-Dec 19, 10:30-11:30am
○ 44084 RP, Wed, Nov 2-Dec 21, 10:30-11:30am
For those who are new to fitness this class will help you to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class.

Fitness for Wellness, Level II
○ 44084 RP, Tue, Nov 1-Dec 20, 10:15-11:15am
○ 44084 RP, Thu, Nov 3-Dec 22*, 10:15-11:15am
We’ll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class. Registration required. *No Class Nov 25.

Level I Exercise: Launching into Fitness
○ FC, Tue, Nov 29-Dec 13, 1-1:45pm
For those who are new to LWC’s exercise program, this series will help to assess your fitness level, improve strength, flexibility and stamina. If you’ve had surgery within the last 6 weeks a note from your doctor is necessary before you may begin class. Registration and a signed waiver (available online) is required before you can participate in class.

Level II Exercise: Chair-Based, Mon
○ FC, Mon, Nov 7-Dec 12, 2-2:45pm
LEVEL I EXERCISE IS A PREREQUISITE. This class is designed to increase mobility, build strength, flexibility and balance. No class Nov 21.

Level II Exercise: Chair-Based, Wed
○ FC, Wed, Nov 2-Dec 7*, 2-2:45pm
LEVEL I EXERCISE IS A PREREQUISITE. The class is designed to increase mobility, build strength, flexibility and balance. *No class Nov 23.

Level III Exercise: Keeping Fit
○ FC, Mon, Nov 7-Dec 12, 3-4pm
PREREQUISITE: LEVELS I & II EXERCISE. You’ll build strength, balance and flexibility while moving to energizing music in this cardio dance based class.

Gentle Yoga,
○ 44084 RP, Mon, Nov 7-Dec 19, 7-8:30pm
○ 44084 RP, Tue, Nov 1-Dec 20, 11:30am-1pm
○ FC, Thu, Nov 3-Dec 15*, 1-2pm
This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a blanket. Registration required. *No class Nov 24.

Joyful Bellydance
○ FC, Wed, Nov 2-Dec 14, 6-7pm
Immerse yourself in the music, rhythms, patterns and pure joy of middle eastern bellydance! Learn shimmies, bellyrolls, undulations, isolations and more as you feel your body getting stronger, more relaxed and more limber. Aid digestion, strengthen the core, add flexibility, a tune your natural alignment, improve memory and so much more! Bellydance is an amazing workout, a tone of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration required.

Restorative Yoga
○ FC, Fri, Nov 4-18, 10:15-11:30am
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. Please bring a blanket.

Yoga Nidra for Patients in Treatment
○ FO-LWC, Wed, Nov 2-16, 10-11:30am
Class continues for those already registered.

Yoga for Strength and Flexibility
○ 44084 RP, Wed, Nov 2-Dec 21*, 5-6:30pm
Bring your yoga practice to a new level. This yoga class will focus on strengthening your body and increasing flexibility. Registration required. Bring a blanket. *No class on Nov 23.

Shape Up
○ FC, Thu, Nov 3-10, 7:30-8:30
Class continues for those already registered.

Yin Yoga for Patients in Treatment
○ FO-LWC, Friday, Nov 4-Dec 2*, 1-2pm
Class continues for those already registered. *No class on Nov 25.

Zumba Gold
○ 44084 RP, Fri, Nov 4-Dec 16*, 10:30-11:30am
Zumba Gold combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix can help lift your mood and improve your general wellbeing. This class can be modified for your level of activity. If attending for the first time please bring a signed waiver to first class. *No class Nov 25.

Zumba!
○ FC, Tue, Nov 1-22, 7-8pm
Please register under “Zumba - Bilingüe/ 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 wellbeing.

SUPPORT & NETWORKING

Book Club
○ ILH-R, Wed, Nov 30, 6:30-8pm
W;t: A Play by Margaret Edson, is a Pulitzer Prize winning play that “delves into timeless questions with no final answers: How should we live our lives knowing that we will die? ... What will seem most important to each of us about life as that life comes to an end?” Journey with fictional character, Professor Vivian Bearing following her diagnosis of advanced ovarian cancer to explore those questions and others.

Brain Tumor Group
○ FC, Tue, Nov 8, 6-7:30pm
Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Young Women with Breast Cancer
○ IAH-CCW, Tue, Nov 8, 6:30-8pm
A group for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.
Breast Cancer Support Group
- **FC**, Thu, Nov 3, 5:30-7pm
- **ILH-R**, Mon, Nov 28, 6-8:30pm
- **IAH-CCW**, Mon, Nov 21, 5:30-7pm
- **FO-RO**, Wed, Nov 9, 5:30-7pm
- **FC**, Tue, Nov 22, 12-1:30pm
- **IMVH-CC**, Wed, Nov 9, 6-7:30pm

Register by preceding Wednesday.

Workshops are open to all women with breast cancer and their adult loved ones to share experiences and learn from one another. Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

**Carcinoid Cancer Group**
- **FC**, Sat, Nov 12, 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.

**Care for the Caregiver**
- **FC**, Sat, Dec 3, 8:15am-12pm

If you are the caregiver of someone with cancer we understand the importance of support and community. Please join us for a morning of connection and self-care. In addition to opportunities to meet other caregivers in a casual and supportive environment we call “Caregiver Conversations”; you will have the opportunity to sign-up for various self-care workshops such as gentle yoga, guided meditation, art therapy and topic-specific discussion groups. Space is limited and registration is required. Participants can sign-up for workshops the morning of the event. Please register by preceding Wednesday.

**Coalesce I: An Advanced Breast Cancer Group**
- **FC**, Fri, Nov 4-18, call for time

Meet weekly with women of all ages to share life’s joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

**Coalesce II: An Advanced Breast Cancer Group**
- **FC**, Tue, Nov 8 & 22, 10:30am-12pm

Meet weekly with women of all ages to share life’s joys and sorrows. Contact Micheline Toussaint, LCSW, RYT for more information, micheline.toussaint@inova.org or 703.698.2521.

**Colorectal Cancer Connect Group**
- **ILH-R**, Wed, Nov 16, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN

**Cutaneous Lymphoma Support Group**
- **FC**, Wed, Nov 2, 5:30-7pm

For women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Register online at www.lifewithcancer.org or call 703.698.2526. Lee Spangler, MD of Fairfax Radiology will present “An Update on the Latest in Breast Cancer Screening”.

**GYN Cancers Group**
- **FC**, Wed, Nov 9, 5:30-7pm

Meet weekly with women of all ages to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

**Head and Neck Cancers Symposium**
- **FC**, Wed, Nov, 9, 6-8:30pm

See page 1.

**Leukemia and Lymphoma Support Group**
- **FC**, Mon, Nov 21, 1-2:30pm

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. Each month we will focus on a specific topic (e.g. coping with uncertainty, fear of recurrence, etc.) in addition to open discussion.

**Living with Advanced Disease**
- **FO-LWC**, Thu, Nov 10, 1-2:30pm
- **ILH-R**, Mon, Nov 28, 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. Join others who can support you on this road. Registration encouraged.

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**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

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**It’s a Win-Win!**

Join us for four awesome community races benefitting Life with Cancer

- **2nd Annual Breakaway Fitness 5K**, November 6
- **27th Annual Virginia Run Turkey Trot**, November 24
- **Ringing In Hope, Walk, Run & Fun**, December 31
- **16th Annual Mantua Raccoon Run**, May 13 - Save the Date!!

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To register go to http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP.

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**Good Grief**
- **IAH-LWC**, Thu, Nov 3-Dec 8*, 2:30-4pm
- **FO-LWC**, Thu, Nov 3-Dec 1*, 6-8pm
- **FC**, Tue, Nov 1, 7:15-9pm

Group continues for those already registered. *No group Nov 24.

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Lung Cancer Support Group
FC, Wed, Nov 2, 6:30-8pm
Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Shine a Light on Lung Cancer
ICPH, Thu, Nov 17, 6-8:30
See page 1.

Multiple Myeloma: Special Speaker: William Matsui, MD
FC, Tue, Nov 15, 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: William Matsui, MD, Director of the Multiple Myeloma Program at Johns Hopkins will talk on “Multiple Myeloma and High Risk Disease.” Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Us Too Prostate Cancer Support Group
ICPH, Tue, Nov 9, 7:30-9PM
Renowned prostate cancer oncologist and survivor, Dr. Charles “Snuffy” Myers will present the latest on prostate cancer treatment. Space is limited. Please register.

Us Too Prostate Cancer Support Group
IAH-HEC 1&2, Thu, Nov 10, 6-7:30pm
This monthly group will include a 20-30 minute presentation by a physician or other health professional on an area relevant to prostate cancer, followed by an opportunity to share and learn with others. We will also hear from a member of our Prostate Cancer Survivor’s Support Group.

Us Too Prostate Cancer Support Group
LCSC, Tue, Nov 8, 6-8pm
These meetings provide an opportunity to network with others, gain valuable resources and listen to professional speakers as arranged by the group. Special program in November to include a physician panel: Radiation Oncologist, Dr. Jason Sun, Urologist, Dr. Jennifer Young, and Medical Oncologist, Dr. Amit Sarma.

Spirituality Quest: Feeling the Magic of Gratitude
FC, Tue, Nov 8, 10:30-12pm
Frequent guest facilitator, Jenn Fay, RScP, will help us explore this month’s theme. Come ready to share your expressions of gratitude. Please register by Nov 7.

Women’s Survivorship Group
ILH-R, Thu, Nov 10, 6:30-8pm
Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer.

Young Adult Group
FC, Thu, Nov 17, 7:30-9pm
Note: November’s group will meet on the third Thursday due to Thanksgiving holiday. 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.

CHILDREN, TEENS, PARENTS
For information and to register for the following groups, unless otherwise indicated, please contact Jean McCaw, MA, ATR-BC, LCPAT, Child & Adolescent Program Coordinator at Life with Cancer, 703.698.2537, jean.mc-caw@inova.org.

Curious about Cancer
FC, Wed, Nov 2 and Nov 9, 5:30-6:30pm
Group continues for those already registered. No online registration.

Kid and Sib Day
FC, Tue, Nov 8, 10am-2pm
Children ages 5-12 with cancer and their brothers and sisters, ages 5-12 are invited for a day of connection with peers, art therapy, yoga and other meaningful activities. Lunch will be provided.

Pediatric Oncology Parent Night
FC, Tue, Nov 22, 6-8:30pm
What do to when counting sheep isn’t working—helping your child get a good night’s sleep. Topics presented by Darah W Curran, MSW, LCSW; LWC Oncology therapist II will include insomnia, why is sleep important, how much sleep do you need?, strategies to getting a good night sleep, sleep environment, quieting the racing mind at bedtime, experiential relaxation strategies and yoga. Dinner and children’s activity group included. RSVP to Cathy Bottrell, LCSW at 703.531.1515 or cathy.bottrell@inova.org by 11/28.

Oncology Massage and Body Work
Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031
To schedule with Fran Arnold, call 703.851.0995
To schedule with Cindy Rocca, call 703.598.4321

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
• 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.
Surviving Cancer Competently Program [SCCIP-ND]: For parents of children newly diagnosed with cancer
○FC, Thu, Oct 27, Nov 10 & Dec 1, 6-7pm
Program continues for those already registered.

Talking to Your Children about Cancer
○ILH-R, Mon, Nov 14, 6:30-8pm
Regardless of who is diagnosed with cancer, the whole family is affected. Cancer is a complicated disease to understand and challenging to explain to a child or teen. Discussing it with your child or teen 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.

Life with Cancer Programs and Services for Children, Teens and Parents

- Individual and family counseling for children, teens, and parents
- Art therapy, play therapy, sand tray therapy
- Guidance in how to talk with your child or teen about cancer
- SCCIP-ND: a three-session program intervention which provides techniques to help parents/caregivers cope more effectively when they have a child diagnosed with cancer.
- Support in navigating the end of treatment and survivorship
- Grief support
- Information and referral to services in the community

For more information or to schedule an appointment please contact Jean McCaw, MA, ATR-BC, LCPAT, Child and Adolescent Program Coordinator. 703.698.2537 or jean.mccaw@inova.org.

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).

Want to receive weekly updates from Life with Cancer?

Sign up for Life with Cancer Email News
You will receive timely information about
- Program Highlights
- 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.

Gift In-Kind Donations
Life with Cancer accepts gently used wigs, which we collect for refurbishing and redistribution by E-Beauty.com.
We cannot accept any other used items including books, CDs, or personal items.
New items may be accepted at our discretion.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRI/SAT/SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15am Fitness for Wellness, Level II (44084 RP)</td>
<td>10:15am Fitness for Wellness, Level II (44084 RP)</td>
<td>10:00am Yoga Nidra (FO-LWC)</td>
<td>9:00am Circuit Training (44084 RP)</td>
<td>Coolscapes (FC)</td>
</tr>
<tr>
<td>11:30am Gentle Yoga (44084 RP)</td>
<td>10:30am Fitness for Wellness, Level I (44084 RP)</td>
<td>10:15am Fitness for Wellness, Level I (44084 RP)</td>
<td>10:15am Fitness for Wellness, Level II (44084 RP)</td>
<td>Coolscapes (FC)</td>
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<tr>
<td>1pm Building Strength... (FO-LWC)</td>
<td>1pm Mindfulness-Based Cancer Recovery Program (FC)</td>
<td>10:00am Yoga Nidra (FO-LWC)</td>
<td>11:00am Orientation to Life with Cancer (FC)</td>
<td>10:30am Zumba Gold (44084RP)</td>
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<tr>
<td>2:30pm Compassion Cultivation (FC)</td>
<td>2:30pm Level II Exercise: Chair-Based (FC)</td>
<td>10:30am Fitness for Wellness, Level I (44084 RP)</td>
<td>12pm Breast Surgery Preparation (ILH-PER)</td>
<td>10:15am Restorative Yoga (FC)</td>
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<tr>
<td>4pm Breast Surgery Preparation (ILH-PER)</td>
<td>3:00pm Meditation and Guided Imagery (FC)</td>
<td>10:00am Yoga Nidra (FO-LWC)</td>
<td>1:30pm Art therapy for Long-Term Survivors (FC)</td>
<td>1pm Yin Yoga, Fair Oaks (FO-LWC)</td>
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<tr>
<td>6:00am Loss of a Child (FC)</td>
<td>5:00pm Yoga for Strength and Flexibility (44084 RP)</td>
<td>10:30am Fitness for Wellness, Level II (44084 RP)</td>
<td>6pm Surviving Cancer Competently Program (FC)</td>
<td>10am Carioidinal Cancer Group (FC)</td>
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<tr>
<td>7:00pm Knitting and Crocheting Circle (FC)</td>
<td>6:30pm Breast Cancer Support Group-Special Speaker (FC)</td>
<td>10:00am Fitness for Wellness, Level II (44084 RP)</td>
<td>6:30pm Parenting Alone (FC)</td>
<td>10am Carioidinal Cancer Group (FC)</td>
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<tr>
<td>7:15pm Good F (FC)</td>
<td>7:00pm Curative Lymphoma Support Group (FC)</td>
<td>10:00am Fitness for Wellness, Level II (44084 RP)</td>
<td>7:30pm Shape Up (FC)</td>
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<tr>
<td>7:30pm Us Too Prostate Cancer Group (FC)</td>
<td>10:00am Fitness for Wellness, Level II (44084 RP)</td>
<td>10:15am Fitness for Wellness, Level II (44084 RP)</td>
<td>1:00pm Yin Yoga, Fair Oaks (FO-LWC)</td>
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<tr>
<td>10:15am Fitness for Wellness, Level II (44084 RP)</td>
<td>10:30am Coalesce II (FC)</td>
<td>9:00am Circuit Training (44084 RP)</td>
<td>10:30am Breast Surgery Preparation (ILH-PER)</td>
<td>1pm Knitting and Crocheting Circle (FC)</td>
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<tr>
<td>11:30am Gentle Yoga (44084 RP)</td>
<td>10:30am Coalesce II (FC)</td>
<td>10:15am Fitness for Wellness, Level I (44084 RP)</td>
<td>10:15am Breast Surgery Preparation (ILH-LWC)</td>
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<tr>
<td>1pm Building Strength... (FO-LWC)</td>
<td>10:30am Spirituality Quest (FC)</td>
<td>10:00am Yoga Nidra (FO-LWC)</td>
<td>1:30pm Art therapy for Long-Term Survivors (FC)</td>
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<td>2:30pm Zentangle (44084-RP)</td>
<td>11:30am Gentle Yoga (44084 RP)</td>
<td>10:30am Fitness for Wellness, Level I (44084 RP)</td>
<td>10am Carcinoid Cancer Group (FC)</td>
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<tr>
<td>6:30pm Planning Ahead (FC)</td>
<td>1pm Building Strength... (FO-LWC)</td>
<td>10:00am Fitness for Wellness, Level I (44084 RP)</td>
<td>12pm Breast Surgery Preparation (ILH-PER)</td>
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<tr>
<td>6:30pm Young Women with Breast Cancer (IAH-CCW)</td>
<td>2:30pm Writing Your Life Stories (FC)</td>
<td>10:30am Fitness for Wellness, Level I (44084 RP)</td>
<td>1pm Gentle Yoga (FC)</td>
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<tr>
<td>7:00pm Zumba! (FO-LWC)</td>
<td>3:00pm Qi Gong (IAH-LWC)</td>
<td>10:30am Fitness for Wellness, Level I (44084 RP)</td>
<td>2pm Meditation and Guided Imagery (FC)</td>
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<tr>
<td>7:30pm Us Too Prostate Cancer Group (LCSS)</td>
<td>6pm Us Too Prostate Cancer Group (IAH-CCW)</td>
<td>10:15am Fitness for Wellness, Level I (44084 RP)</td>
<td>2:30pm Good Grief, Alexandria (IAH-LWC)</td>
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<tr>
<td>11:30am Gentle Yoga (44084 RP)</td>
<td>6pm Brain Tumor Group (FC)</td>
<td>10:15am Fitness for Wellness, Level I (44084 RP)</td>
<td>6pm Prostate Cancer Support Group (IAH-CCC)</td>
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<tr>
<td>1pm Reading Group (FC)</td>
<td>6:30pm Planning Ahead (FC)</td>
<td>10:00am Yoga Nidra (FO-LWC)</td>
<td>6pm Breast Cancer Group (IAH-CN)</td>
<td>27</td>
</tr>
</tbody>
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