








LIFE WITH CANCER PROGRAM GUIDE ~ MARCH 2023

LOCATION	
	In-Person (masks required)
	Virtual/Online
	Family Center – 8411 Pennell Street, Fairfax, VA 22031
	Inova Schar Cancer Institute Fairfax – 8081 Innovation Park Drive, Fairfax, VA, 22031
	Fair Oaks Cancer Center – 3580 Joseph Siewick Drive, Lower Level - Suite 005, Fairfax, VA, 22033
	Inova Loudoun Hospital – 44045 Riverside Parkway, North Tower, 1st Floor, Leesburg, VA, 20176
	Inova Alexandria Hospital – 4320 Seminary Rd, Alexandria, VA 22304

CATEGORIES

Click on the desired topic below to jump to its various classes, groups & events.

- [Class or Group Series](#) (multi-week programs where content builds on the week prior. We ask that you attend the full series for the best outcome.)
- [Education](#)
- [Education – Nutrition](#)
- [Fitness & Exercise](#)
- [Fitness & Exercise – Yoga](#)
- [Pediatrics – Children, Teen & Parents](#)
- [Stress Reduction](#)
- [Support & Networking](#) (many are specific to cancer/disease-type)

Call 703.698.2526 to register

Events are listed in alphabetical order

CLASS OR GROUP SERIES

● ● **Balance for Neuropathy at Inova Schar Cancer Institute Fairfax – Tuesdays 12-12:30pm from March 7-28**

Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength.

● **Brain Fog – Mondays 5:30-7pm from March 6-27**

Understand the factors involved and the potential cognitive impacts of cancer and cancer treatments. Learn strategies that can help manage the impact on day-to-day functioning. Facilitated by Jillian Powers, BSN RN OCN, Cheryl Hughes, MSW, LCSW, Sam Lolak, MD, FACLP, Tyler Pudleiner, MS, Jane Woo, MA, ATR-BC, RIC.

● ● **Small Group Training at the Fairfax Family Center – Fridays 12:30-1:30pm or 2-3pm from March 17-April 28**

Attendees who have completed previous series are welcome to join again if they have consistent attendance. Space will be limited to 6 people per class. [Fitness evaluation](#) required prior to starting.

**To learn more about the Mindfulness-Based Cancer Recovery or Mind over Matter series, please contact Kim Lowery Walker, coordinator of the Integrative Psycho-Oncology Program or at kimblery.lowerywalker@inova.org or 703-698-2524.*

To learn about the next Good Grief series, contact Sarah Brooks at sarah.brooks@inova.org. To learn about the next Couples Communicating about Cancer series, contact Julie Ackerman at julie.ackerman@inova.org.

EDUCATION

● **Breast Surgery Pre-Operative (Pre-Op) Class – 1-2:30pm on Thursday, March 2; Tuesday, March 7; Monday, March 13 and Tuesday, March 21. 5-6:30pm on Tuesday, March 15 and Thursday, March 30.**

If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with reconstruction this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator. Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prosthesis and more. Family/friends welcome. [View breast cancer support & networking groups>>](#)

● **Drop-In Journaling – Wednesday, March 15, 1-2:30pm**

If you have taken a journaling workshop offered by Deborah Ross, then continue the journey with a monthly writing group. Writing prompts from a variety of sources will be offered along with

technique refreshers. Each month will have a different theme. *You must have taken a previous writing workshop to attend this drop in.

● **Men's Sexual Health: What Every Man Should Know about Cancer & Sexual Health**
– *Wednesday, March 1, 12-1:30pm*

Have you ever wondered how a cancer diagnosis can affect your sex life? This class is for you! Join us to learn about the impacts of cancer on sexual health for men and strategies to address these challenges. Facilitators: Rebecca DiPatri, BSN, RN, OCN (she/her) - rebecca.dipatri@inova.org & Lauren Broschak, MSW, LCSW, OSW-C (she/her) – lauren.broschak@inova.org.

[View sexual health support groups>>](#)

● **Need Sleep** – *Thursday, March 16, 5:30-7pm*

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Learn evidence-based tools for getting back to sleep. For more information, contact facilitator Darah Curran, LCSW at darah.curran@inova.org or 703-206-5435.

● **Series: Brain Fog** – *Mondays 5:30-7pm from March 6-27*

Understand the factors involved and the potential cognitive impacts of cancer and cancer treatments. Learn strategies that can help manage the impact on day-to-day functioning. Facilitated by Jillian Powers, BSN RN OCN, Cheryl Hughes, MSW, LCSW, Sam Lolak, MD, FACLP, Tyler Pudleiner, MS, Jane Woo, MA, ATR-BC, RIC.

[View other series>>](#)

● ● **Women's Sexual Health: Let's Talk about Sex & Cancer at the Fairfax Family Center**
– *Thursday, March 2, 12-2pm*

Have you ever wondered how a cancer diagnosis can affect your sex life? This class is for you! Join this interactive seminar to learn and talk about the impacts of cancer on sexual health for women and strategies to address these challenges. Facilitators: Rebecca DiPatri, BSN, RN, OCN (she/her) - rebecca.dipatri@inova.org & Lauren Broschak, MSW, LCSW, OSW-C (she/her) –

lauren.broschak@inova.org.

[View sexual health support groups>>](#)

EDUCATION – NUTRITION

● **Nutrition & Cancer Prevention** – *Monday, March 13, 12-12:30pm*

This class will cover the latest evidence-based recommendations regarding nutrition and cancer risk. Registered Dietitian, Kelsey Coulter, will explain how you can adjust your own diet to help reduce the risk of cancer occurrence and recurrence. For more information, contact kelsey.coulter@inova.org.

● **Plant-Based Diets** – *Wednesday, March 29, 12-1pm*

Have you ever been curious about plant-based diets? In this class you will learn about plant-based eating and how you can incorporate more nutritious plant foods into your diet. For more information, contact kelsey.coulter@inova.org.

● **Prostate Nutrition During Radiation Treatment** – *Thursdays 12-1pm*

This class is intended for patients who are about to start or are currently undergoing radiation therapy

for prostate cancer. We will discuss common side effects of pelvic radiation and nutritional strategies for managing them. Opportunity for Q&A at the end of class. For more information, contact emily.collins@inova.org.

● **Survivorship Nutrition – Wednesday, March 22, 5-6:30pm**

Are you familiar with the latest evidence-based recommendations for survivorship nutrition? Registered Dietitian, Lauren Fay, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence. For more information, contact lauren.fay@inova.org.

● **Weight Management – Wednesday, March 22, 8:30-9am**

This class is intended for individuals in search of weight management strategies for cancer prevention and cancer survivorship. Registered Dietitian, [Kelsey Coulter](#) will discuss tools for helping to achieve and maintain a healthy body weight. For more information, contact kelsey.coulter@inova.org.

FITNESS & EXERCISE

REGISTER HERE >> [IN-PERSON CLASSES](#) | [WEEKLY VIRTUAL CLASS LINKS](#)

● **Buff Bones – Thursdays 1-1:45pm**

Fun and functional, this workout helps build stronger bones as well as tone and fine-tune major muscle groups for strength and total-body conditioning. You'll build strength by performing different types of movements using hand weights, bands, exercise balls, and body weight. You may substitute water bottles, canned goods, bags of dried beans, or rice for weights.

● ● ● **Cardio Drumming at the Fairfax Family Center or Virtual – Thursdays 11-11:45am**

An energetic, full-body workout that's just plain fun! You don't need drumsticks or drums, just enthusiasm, and a willingness to move! Plan to substitute plastic kitchen utensils in lieu of drumsticks or, just use your arms.

● **EZ Tai Chi – Wednesdays 6-6:45pm**

Paired with a Tai-Chi-based warm-up and cool down exercise, EZ Tai Chi addresses the key components of fitness while relieving tension, stress and improving balance. Using the "Harvard Medical School Guide to Tai Chi" protocol, you'll learn 5 easy-to-remember movements that can be practiced at home, work or while traveling.

● **Joyful Belly Dance – Wednesdays 11-11:45am**

Immerse yourself in the music, rhythms, patterns, and pure joy of Middle Eastern belly dance! Learn shimmies, belly rolls, undulations, isolations, and more as you feel your body getting stronger, more relaxed, and more limber. Belly dance is an amazing workout, a ton of fun, and absolutely beautiful! Wear comfortable clothing and bare feet.

● **Love the Mat – Mondays 8:30-9am**

Take a different position on strength and join Stacey on the floor for thirty minutes of flexibility and a total body workout. Being able to get down on the floor, on all fours, and on your back is necessary. A good mat or comfy carpet to lie on is essential and weights are optional.

● **Mindfulness in Motion – Fridays 1:30-2:15pm**

Join Life with Cancer's peaceful movement class based on ancient Tai Chi principles. The sequences will involve coordinating slow-flowing movements with calm and deep rhythmic breathing to restore the mind and body to a state of ease. This is a 45-minute moving meditation practice. All fitness abilities are welcome. Please wear comfortable clothing and footwear.

● ● **Nordic Walking at the Fairfax Family Center – Mondays 12:30-1pm**

Let's bundle up and get outside for a 30-minute walk where we will explore the use of Walking poles to engage our upper and lower body musculature and work on cardiovascular endurance and fight fatigue. Space is limited to 8 people for safety and quality of instruction. Classes will be canceled if temperatures drop below 32 degrees.

● ● ● **Osteoblast at the Fairfax Family Center or Virtual – Mondays 2-3pm**

This class is the advanced version of Buff Bones. 60-minutes in length, this class will address the mind and body with breathwork and flow from the lower body to the upper body to the floor followed by a cool down. Weight-bearing exercises will be performed. Please have a set of weights or resistance bands that are appropriate for your fitness level (light to medium). Participants must be able to work from the floor. Modifications for various conditions and fitness levels will be provided.

● ● **Series: Balance for Neuropathy – Tuesdays 12-12:30pm**

Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength. [View other series>>](#)

● ● **Series: Small Group Training at the Fairfax Family Center – Fridays 12:30-1:30pm or Fridays 2-3pm beginning March 17-April 28**

Attendees who have completed previous series are welcome to join again if they have consistent attendance. Space will be limited to 6 people per class. [Fitness evaluation](#) required prior to starting. [View other series>>](#)

● ● ● **StayStrong at the Fairfax Family Center or Virtual – Tuesdays 2:30-3:15pm**

Need to build muscle and strength as well as maintain your cardio fitness? Stay Strong is what you're looking for. This all-level class builds muscle and strength by incorporating weights and body weight to get and keep you strong. If joining online, you may substitute water bottles, canned, goods, bags of dried beans, or rice for weights.

● ● ● **Tai Chi at the Fairfax Family Center or Virtual**

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness rather than force and resistance it has been recognized for thousands of years as both a method of self-cultivation and a form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance.

Tai Chi 1 – Wednesdays 3:15-3:45pm: This class will teach basic movements.

Tai Chi 2 – Wednesdays 3:45-4:30pm: Designed for people that have learned some of the basic movements and are ready for some advancement in their practice.

● **Total Body Conditioning – Thursdays 10-10:45am**

Designed for all levels, TBC, combines aerobic conditioning with strength training and balance

elements, to keep your fitness routine fresh. Don't have weights, no problem! Water bottles, body weight, or cans of soup will do the trick.

● **Zumba – Tuesdays 7-8pm**

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, Zumba can help to lift your mood and improve your general sense of well-being.

● **Zumba Gold – Fridays 10:30-11:15am**

Easy-to-follow choreography that promotes balance, range of motion, and coordination. Come prepared to sweat!

FITNESS & EXERCISE – YOGA

● ● ● **Chair Yoga at Loudoun or Virtual – Wednesdays 1-1:45pm**

Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breathwork, and gentle stretches all without the stress of getting up and down off the floor. The chair is used for seated postures and meditation and for greater stability in standing and balance postures. You will also learn techniques to calm the mind and body that can be practiced anywhere. All levels and abilities are welcome.

● **Gentle Yoga – Mondays 6:30-7:30pm**

Blending gentle movement to increase flexibility and stamina, breath work, and guided relaxation to help restore balance and harmony to your body and mind. You'll learn movements that stretch, strengthen, and relax muscles.

● ● **Lymphatic Yoga at the Fairfax Family Center – Fridays 9:30-10:15am**

Lymphatic Yoga is a moderately-paced class that can increase circulation, and blood flow, and support the lymphatic drainage process. Using a combination of yoga flow, static holds, and gravity, this class is accessible for all levels using props to explore modifications and increase your confidence. Learn more about your immune system and techniques to use in your daily life.

● **Somatic Yoga – Sundays 6-6:45pm**

Somatic Yoga is a movement therapy that is accessible to everyone. Many mitigate persistent stress, physical and emotional pain, stiffness, and postural imbalances with this subtle practice. By observing the brain-to-muscle behaviors, we may be able to mindfully re-educate the patterns and have long-lasting and immediate results.

● **Yoga Nidra – Wednesdays 2:30-3:15pm**

Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. This meditation is for all levels and no experience is required. Blankets, pillows, and towels may be used as supportive props.

● **Yoga Sculpt – Tuesdays 1-1:45pm**

Yoga Sculpt combines yoga, light weight training, core work and cardio, for a full body workout. It is

designed to help tone and strengthen muscles and improve balance and overall fitness. Have a small towel and water available.

PEDIATRICS – CHILDREN, TEENS & PARENTS

● [On-Demand Movement Classes/Videos](#) – Available at your leisure!

In partnership with Create Calm, enjoy mindfulness-based movement and yoga ranging from quick 1-minute videos to 20-30-minute videos, in both English & Spanish. Great for the entire family.

<https://createcalm.org/classes-trainings/inova-on-demand/>.

● **Peds Caregiver Connection Group** – Tuesday, March 13, 8-9pm

For those caring with a child or teen with cancer – drop in as you're able. Network with other caregivers, share tips and encouragement, and learn from one another. For more information, contact

jessica.gana@inova.org or shari.langer@inova.org.

● **Where to Start: How to Support your Child After Your Cancer Diagnosis** – Monday, March 27, 11-12am

If you or your partner have been recently diagnosed with cancer, this class will provide information and guidance on how to support your children throughout your cancer journey. You will learn strategies for engaging your children in conversations around cancer, in addition to learning what to look out for in case your child needs additional support. This is a one-time educational class that serves as an introduction to the Pediatric Life with Cancer Program and the resources available to support your family. Parents or caregivers are welcome.

● **Young Adults in Treatment Hangout** – Thursday, March 9, 7-8pm

This casual Zoom hangout (for ages 16-24) is a safe place to connect with other teens and young adults with cancer to share, listen, support one another, and make friends. Drop-in when you can. All are welcome! For more information, contact shari.langer@inova.org.

STRESS REDUCTION

Art Therapy – ●● Monday, March 6 at the Fairfax Family Center & ● Monday, March 13, 1-3:30pm

Experience the power of your creativity through art therapy, relaxation, and mindfulness! Join us as we engage in the creative process, socially distanced and masked. No prior artistic experience is necessary, just a willingness to explore and be a part of a supportive and creative community.

Facilitator: Jane Woo, MA, ATR-BC – jane.woo@inova.org.

● **Meditation & Guided Imagery** – Tuesdays 11-11:45am

Guided imagery can quickly calm your body whilst simultaneously relaxing your mind. Gentle stretches, breathwork, and guided meditation deepen your practice. If you don't have props at home, pillows, blankets, and towels can be substituted.

● **Mindfulness-Based Cancer Recovery (MBCR)* Drop-In – Thursday, March 2, 11am-12pm**

For those that completed the 6-session Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series. Facilitator: Cheryl Hughes, LCSW. To register, please contact Kim Lowery Walker at 703-698-2524 or kimberly.lowerywalker@inova.org.

● **Mindfulness Break – Fridays 12-12:30pm | [Zoom Link to Join](#)**

Join us for a mindfulness break! All are welcome for a weekly mindful activity and optional discussion led by Life with Cancer staff members. Take a moment from your day to re-focus, relax, and re-energize. In March, our theme will be hope. This session will focus on a mindfulness meditation. Registration is not required. If you would like a reminder the day before, please notify Kim Lowery Walker, at 703-698-2524 or kimberly.lowerywalker@inova.org.

● **Music Therapy – Tuesdays 10-11am**

Music Therapy is the clinical and evidence-based use of music to further development, emotional, physical, and social goals in an individual. Music therapy can help support the physical and psychosocial needs of patients and family members who are dealing with cancer. This weekly group will offer the opportunity to discover how the healing nature of rhythm and sound can be integrated into your cancer experience. Sessions may include music meditation, guided visualization, live improvisation, drumming, toning, song writing and song sensation. No past music experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Facilitated by: Raymond Leone, MMT, MT-BC.

● **Sound Bath Meditation – Thursdays 6-6:45pm**

A sound bath is a meditative experience where those in attendance are “bathed” in sound waves. These waves are produced by various sources, including healing instruments such as gongs and singing bowls. From the comfort of your own home, immerse yourself in sound and vibrations that will restore you to a state of ease so you can rest and feel more ready for sleep.

● **Yoga Nidra – Wednesdays 2:30-3:15pm**

Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. This meditation is for all levels and no experience is required. Blankets, pillows, and towels may be used as supportive props.

**To learn more about the Mindfulness-Based Cancer Recovery or Mind over Matter series, please contact Kim Lowery Walker, coordinator of the Integrative Psycho-Oncology Program or at kimberly.lowerywalker@inova.org or 703-698-2524.*

SUPPORT & NETWORKING

● **Bladder Cancer Group – Tuesday, March 28, 2-3:30pm**

This group is open to all bladder cancer patients as well as their caregivers to provide connection for the community of bladder cancer patients, as well as provide psychoeducation for bladder cancer patients and their families on both local and national resources, treatment changes and clinical trials.

Facilitators: Karen Sachse, MSN, RN, CNS-BC – karen.sachse@inova.org, and Jenna Sangastiano, LPC – jenna.sangastiano@inova.org.

● ● ● **Bladder Cancer Workshop at the Fairfax Family Center or Virtual – Thursday, March 16, 4-7:30pm**

In partnership with the Bladder Cancer Advocacy Network (BCAN), this special program will cover topics including genetics of bladder cancer, a clinical trials update, online BCAN resources, and pelvic floor therapy. Facilitators include physicians and clinicians from Inova Schar Cancer Institute, Life with Cancer and BCAN. Register [here](http://bit.ly/3Qh6cmc) - <http://bit.ly/3Qh6cmc>.

● **Brain Tumor Group – Wednesday, March 15, 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: Alicia Gray, MSW, LCSW, OSW-C – alicia.gray@inova.org and Mary Kay Mecca, BSN, RN, OCN – marykay.mecca@inova.org.

● **Breast Cancer Group, Advanced-Coalesce 1 – Monday, March 13 & 27, 12-1pm**

This support group is for any patient living with metastatic breast cancer. Join us to meet with women of all ages to share life's joys and sorrows. Facilitator: Kim Lowery Walker, LCSW – kimberly.lowerywalker@inova.org.

● **Breast Cancer Group, Young Adults with Metastatic-Fair Oaks – Tuesday, March 21, 5:30-7pm**

Young adults in their 20s, 30s and 40s with metastatic breast cancer are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first-time, please call Maureen Broderick, LCSW at 703-391-4180.

● **Breast Cancer Group, Young Women with Metastatic – Tuesday, March 7, 5:30-7pm**

Young adults in their 20s, 30s and 40s with metastatic breast cancer are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first-time, please call Maureen Broderick, LCSW at 703-391-4180 or Sofi Goerdts, MSN, RN at 703-776-8768.

● **Breast Cancer Group, Young Women-Alexandria – Tuesday, March 14, 6:30-8pm**

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others to gather information and learn how to best navigate survivorship. Facilitators: Karen Sachse, MSN, RN, CNS-BC – karen.sachse@inova.org, and Jenna Sangastiano, LPC – jenna.sangastiano@inova.org.

● **Breast Cancer Support Group-Alexandria – Thursday, March 9 and Monday, March 20, 5:30-7pm**

This group is for women diagnosed with stage 0-3 breast cancer, up to 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Facilitators: Karen Sachse, MSN, RN, CNS-BC – karen.sachse@inova.org, and Jenna Sangastiano, LPC – jenna.sangastiano@inova.org.

● **Breast Cancer Support Group-Fairfax – Thursday, March 16, 6-7:30pm**

For women with stage 0-3 breast cancer who are no more than two years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Facilitators: Laura

Kaminski, BSN, RN, OCN, CBCN – laura.kaminski@inova.org & Kelly Conen Jablonski, LCSW – kelly.conenjablonski@inova.org.

● ● **Breast Cancer Support Group at the Fairfax Family Center – Tuesday, March 28, 6-7:30pm**

For women with stage 0-3 breast cancer who are no more than two years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Facilitators: Rebecca Berley, LCSW – rebecca.berley@inova.org & Sofi Goerdt, MSN, ONN – sofi.goerdt@inova.org.

● ● **Breast Cancer Support Group at Loudoun – Thursday, March 2, 5:30-7pm**

For women diagnosed with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Facilitated by oncology therapist, Barbara Legnini MSW, LCSW Barbara.legnini@inova.org and Oncology Nurse Navigator, Christine Stone RN, MSN, OCN christine.stone@inova.org.

● **Breast Cancer Support Group, Weight Management – Tuesday, March 14, 6-7pm**

Achieving a healthy weight after your diagnosis and treatment for breast cancer can be challenging. Meet with others who share a similar challenge, learn strategies and gain support to help you achieve your goals. Registration is required through Lauren Fay at lauren.fay@inova.org.

● **Breast Cancer Support Group, Young Women-Fair Oaks – Monday, March 6, 6-7:30pm**

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to two years completion of active treatment, are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first-time, please contact Maureen Broderick 703-391-4180 or Sofi Goerdt 703-776-8768.

● **Carcinoid/Neuroendocrine Cancer Support Group – Saturday, March 11, 10am-12pm**

Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with carcinoid tumors, a type of neuroendocrine tumors. For more information, please email cacsnets@gmail.com.

● **Caregiver Connection (Caregivers Only) – Wednesday, March 22, 5:30-7pm**

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. This group is for caregivers only. Facilitators: Karen Sachse, MSN, RN, CNS-BC – karen.sachse@inova.org.

● **Caregiver Connection (Patients & Caregivers) – Monday, March 13, 7-8:30pm**

Patient and/or their caregivers are invited to meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Facilitators: Durene LeFlouria, MSW, LCSW – durene.leflouria@inova.org and Rebecca DiPatri, BSN, RN, OCN – rebecca.dipatri@inova.org.

● **Colorectal Cancer Support Group, Advanced Stage – Thursday, March 16, 6-7:30pm**

This support group is for any patient living with metastatic colorectal cancer and/or their family caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with

associated challenges. Facilitator: Lauren Broschak, MSW, LCSW, OSW-C – lauren.broschak@inova.org and Annabel Anderson, MSN/MPH, RN – annabel.anderson@inova.org .

● **forGing ahead (Gastrointestinal Cancer Group) – Thursday, March 2, 6-7:30pm**
Provides support to patients diagnosed with Stage 0-3 gastrointestinal cancers (Anal, colon, esophageal, gallbladder, liver, pancreatic, rectal, stomach). Facilitators: Anna Harkins-Joseph, LCSW – anna.harkins-joseph@inova.org and [Dr. Rakesh Biswas](mailto:Dr.Rakesh.Biswas).

● **Gynecologic Cancer Group – Wednesday, March 22, 5:30-7pm**
Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Facilitators: Leigh Ann Caulkins, LCSW – leighann.caulkins@inova.org and Emily Hirsch, BSN, RN, OCN – emily.hirsch@inova.org.

● **Head and Neck Cancer Group – Wednesday, March 8, 5:30-7pm and Monday, March 20, 6-7:30pm**
This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship. March 8 Facilitators - Fairfax: Lauren Broschak, MSW, LCSW, OSW-C – lauren.broschak@inova.org & Zenaida Ferguson, RN, BSN and March 20 Facilitators – Fair Oaks: Amy Bohoslav, RN, OCN and Maureen Broderick, LCSW, OSW-C at 703-391-4180.

● **Just for the Guys Support Group – Thursday, March 16, 6-7:30pm**
This monthly group provides an opportunity to share and learn from other survivors both in and out of treatment. Spouses/partners/loved ones welcome! Facilitator: David McGinness, MSW, LCSW, OSW-C – david.mcginness@inova.org.

● **Leukemia & Lymphoma Support Group – Wednesday, March 8, 10-11:30am**
This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. The group's format is open discussion of such topics as coping with uncertainty and treatment side effects, alleviating anxiety, and expressing the many reactions to a cancer diagnosis. Group alternates every other month between in-person and Zoom/virtual. Facilitators: Sarah Brooks, LPC – sarah.brooks@inova.org and Jillian Powers, RN, BSN.

● **Living Well With Advanced Cancer-Fair Oaks – Thursday, March 9 and March 23, 1-2:30pm**
Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Meets the 2nd & 4th Thursday of each month. Facilitators: Karen Archer, MSW, LCSW, OSW-C – karen.archer@inova.org & Kaitlyn Hegarty, RN, BSN, OCN – kaitlyn.hegarty@inova.org.

● **Lung Cancer Group – Tuesday, March 14, 6-7:30pm**
Join other patients, survivors, family members, and friends to discuss the challenges of living with lung cancer and its treatments. Facilitator: David McGinness, MSW, LCSW, OSW-C – david.mcginness@inova.org.

● **Multiple Myeloma – Tuesday, March 21, 12-1:30pm**
Co-sponsored with the Leukemia & Lymphoma Society, this month's group will be held via Zoom and

is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month, Tara Roy, MS, NP, AOCNP, from Takeda will be presenting on Managing Side Effects of Multiple Myeloma Treatments. Facilitators: Darah Curran, LCSW – darah.curran@inova.org and Rebecca DiPatri, BSN, RN, OCN®, Oncology Nurse Navigator - rebecca.dipatri@inova.org.

● **Myelodysplastic Syndromes (MDS) Support Group – Saturday, March 11, 10:30am-12pm**
A patient-led support group open to all individuals affected by MDS. The objective for this group is to provide patients, caregivers and families a safe place to cope with the emotional aspects of MDS, to share with others their feelings and challenges and to hear from local MDS healthcare professionals. Please register with Brian Anderson at brian.s.anderson65@gmail.com or call 703.984.9379.

● **Pancreatic Support Group – Wednesday, March 1, 1-2:30pm**
Join us as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with diagnosis and treatment. For patients only. Facilitators Karen Archer, MSW, LCSW, OSWC – karen.archer@inova.org and Mary-Kay Mecca, RN, BSN, OCN – marykay.mecca@inova.org.

● **Peds Caregiver Connection Group – Tuesday, March 13, 8-9pm**
For those caring with a child or teen with cancer – drop in as you're able. Network with other caregivers, share tips and encouragement, and learn from one another. For more information, contact jessica.gana@inova.org or shari.langer@inova.org.

● **Prostate Cancer Support/Education Group-Alexandria – Thursday, March 9, 6-7:30pm**
This monthly group provides an opportunity to share and learn from other survivors both in and out of treatment. Spouses/partners/loved ones welcome! David McGinness, MSW, LCSW, OSW-C – david.mcginness@inova.org.

● **Sexual Health - Get your Groove Back: Sexuality & Sensuality After Cancer Diagnosis for Women – Wednesday, March 22, 12-1pm**
This group is open to women who have been diagnosed with cancer. Join us to discuss the impact of cancer on sexual health, share how cancer has affected your sexuality, connect with others who have similar experiences, and learn from each other. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C (she/her) – lauren.broschak@inova.org & Jennifer Bires, MSW, LCSW, OSW-C (she/her) – jennifer.bires@inova.org.

● **Sexual Health - Sex and Cancer for Men: A Group for Exploring Sexuality and Sensuality After a Cancer Diagnosis – Wednesday, March 15, 12-1pm**
Have you ever wondered how a cancer diagnosis can affect your sex life? This class is for you! Join us to learn about the impacts of cancer on sexual health for men and strategies to address these challenges. Facilitator: Lauren Broschak, MSW, LCSW, OSW-C (she/her) – lauren.broschak@inova.org and Rebecca DiPatri, BSN, RN, OCN®, Oncology Nurse Navigator (she/her) - rebecca.dipatri@inova.org.

● **Spirituality Quest – Tuesday, March 14, 10:30-11:30am**
Spiritual Strengths: “Positive psychology” is the branch of psychology that focuses on human wellbeing, virtues, and flourishing. Positive psychologists believe that every person has five key

character strengths that influence how they engage with the world. What are your strengths, and how do they relate to your spirituality? Come and explore with the group.

● **Women's Survivorship Support Group – Thursday, March 9, 6-7:30pm**

Your cancer treatment is done, now what? This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various modalities so that you can go from surviving to thriving. This group is intended for women who have completed cancer treatment and or are on maintenance therapy. Facilitators: Julie Ackerman, LCSW, OSW-C – julie.ackerman@inova.org and Christine Stone, RN, MSN, OCN – christine.stone@inova.org.

●● **Young Adult Group at the Fairfax Family Center – Wednesday, March 22, 7-8:30pm**

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: Rachel Brandon, LMSW – rachel.brandon@inova.org and Mythri Mudireddy, MD.

REMINDERS

- *Registration is required, unless noted in the descriptions above. Registration enables us to appropriately plan for materials, send you Zoom details for online/virtual events and to contact you in case the class is cancelled or postponed.*
- *If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526.*
- *Registration closes for a class or group 24-hours prior to event date, Monday-Friday. If an event falls on Monday, registration closes Friday.*
- *Please check your Junk Mail or SPAM folder for class or event invitations.*
- *Zoom invitations will be sent within a few days from the scheduled event, not the time of registration, and will be sent by the group facilitator.*
- *Colored circles indicate virtual or in-person and the location. [View color key.](#)*

Call 703.698.2526 to register

**To receive news on upcoming Life with Cancer events and resources,
[sign up for the weekly LWC e-newsletter.](#)**

OTHER LIFE WITH CANCER SERVICES

- **Free Therapeutic Counseling - One-on-One, Couples and Pediatrics**
- **Free Nutrition Counseling**
- **Free Nursing Consultation / Navigation**
- **Free Fitness Consultation**
- **Oncology Psychiatry:** fee-based services usually covered by health insurance. Accepting adults in-treatment with Inova.
- **Free Massage & Acupuncture** for patients in-treatment with Inova. Reduced cost massages of \$70/session are available for all other patients & caregivers. Acupuncture is also available for patients experiencing side effects from treatment within the last 12-months.

Need help or have questions? We're here for you.
Please contact lifewithcancer@inova.org or call 703.206.5433(LIFE).