INOVA | Inova Saville Cancer Screening & Prevention Center

FREE

November Schedule 2022

Wednesday, November 2nd Strength Training Exercise Class (Hybrid) With Inova Well 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Friday, November 4th** Nutrition Headlines and Health Halos, Nutrition Seminar (Hybrid) With Kelsey Coulter, RD 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Monday, November 7th** Plant Based Diet / Eat the Rainbow, Nutrition Seminar (Hybrid) With Kelsey Coulter, RD 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Wednesday, November 9th** Lung Cancer Screening & Barriers, Expert Lecture (Hybrid) With Kei Suzuki, MD 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031
Friday, November 11th Yoga(&Core) Exercise Class (Hybrid) With Inova Well 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Monday, November 14th** Yoga Exercise Class (Hybrid) With Inova Well 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Wednesday, November 16th** Mindful Eating, Nutrition Seminar (Hybrid) With Kelsey Coulter, RD 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Friday, November 18th** Lifestyles & GI Cancers, Expert Lecture (Hybrid) With Tim Cannon, MD 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031
Monday, November 21st Yoga Exercise Class (Hybrid) With Inova Well 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Monday, November 28th** Sexual Health, Expert Lecture (Hybrid) With Ingrid Rosner, MD 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	**Wednesday, November 30th** Strength Training Exercise Class (Hybrid) With Inova Well 12:00pm-1:00pm Saville Patient Education Room 1st Floor Pavilion 8081 Innovation Park Dr, Fairfax, VA 22031	

All seminars, lectures and exercise classes will be available in-person and virtually (Hybrid). If you sign up for a virtual session, you will receive an email with a zoom link to join.

SCAN ME

Saville Schedule

Location: 8081 Innovation Park Dr, Call: 571-472-3500 Email: savillecenter@inova.org
Fairfax, VA 22031