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, groups & counseling are FREE
• REGISTRATION IS REQUIRED for all groups & classes. Registration enables us to appropriately plan for materials and staff time.
• If you cannot attend a class/group for which you are registered, CANCEL your registration within 24 hours by calling 703.698.2526; this will allow another person to attend.

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

Medical Marijuana
● FC, Tue, Feb 7, 6:30-8pm
Come learn the latest on the use of medical marijuana from Loren Friedman, MD, FAAHPM, Palliative Care, Virginia Cancer Specialists. Registration is required.

Breast Surgery Preparation
● FC, Call 703.206.5433 for appointment
● FO-LWC, Wed, Feb 8 & 22, 12:30-2pm
● IAH-CCC, Mon, Feb 6, 12:30-2pm
● IAH-CCC, Tue, Feb 21, 12:30-2pm
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. Registration is required.

Endocrine/Anti-Estrogen Therapy
● FO-AUD, Tue, Feb 28, 4-5pm
If you have been prescribed endocrine therapy you may be wondering: why is endocrine therapy a vital part of my treatment? Do studies show a reduction in recurrence when it’s used?...What are the benefits vs. risks of side effects?...How do I manage side effects?...What do I need to know about bone health and healthy living during treatment?...and What resources are available to me as I navigate my survivorship journey? Dr. Kathleen Harnden of Inova Medical Group will explain all.

Gathering for Sarcoma Survivors and Families
● FC, Wed, Feb 15, 6:30-8pm
Felasfa M. Wodajo, MD of Virginia Cancer Specialists will host an evening of fellowship, food, and sarcoma updates. Registration is required.

Tools for Couples
● FC, Wed, Feb 22-Mar 15, 6:30-8pm
During this four-week series, you can meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Class size is limited. Please plan on attending all four sessions. Registration is required.

Weather Policy
In times of bad weather, if you have a class, group or scheduled appointment, please call 703.698.2520 or visit our homepage at lifewithcancer.org to verify that Life with Cancer is open. We recommend you verify one hour prior to your class to accommodate any changes in early closures.

COLON CANCER SYMPOSIUM
● FO-AUD, Tue, Feb 28, 4-5pm
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. Family member may attend. Registration is required; no exceptions.

Colorectal Cancer Symposium
● FO, Wed, Feb 22, 6-8:30pm
Colorectal cancer physicians and other experts will discuss the latest treatments, late effects, and nutritional issues and answer your questions. Dinner provided.

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.

Life with Cancer® Mission Statement To enhance the quality of life of those affected by cancer by providing education, information and support
Living with Advanced Cancer: Learning to Manage the Unknown
- ILH-PER, Thu, Feb 9, 6-7:30pm
Living with advanced disease can create many uncertainties. Questions about how to talk to family/friends, creating advanced directives, managing the changing symptoms or side effects, living fully in the moment, and planning for the future often arise. This interactive workshop will open a dialogue and provide you tools and tips for how to live fully while living with advanced cancer. Registration is required.

Look Good...Feel Better
- FO, Mon, Feb 20, 5-7pm
- IAH-CCC, Tue, Feb 7, 6-8pm
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 Cosmetology Association and Personal Care Products Council. Registration is required.

Mind over Matter
- FO, Wed, Jan 11-Feb 8, 6-7:30pm
Class continues for those already registered.

Orientation to Life with Cancer
- FO, Thu, Feb 9, 11:30am-12:30pm
- FO, Thu, Feb 23, 6-7pm
Take a tour of our Family Center and learn about our many free educational, wellness and support programs for children and adults. Can’t make a scheduled orientation? Call us at on the Life with Cancer Connect line and arrange a personal tour, 703.206-LIFE (5433). Registration is required.

San Antonio Breast Cancer Update 2017
- FO, Thu, Feb 23, 6:15-8pm
Join us for a special presentation with Anne Favret, MD, who will discuss the latest research findings from the recent annual San Antonio Breast Cancer Conference. Light refreshments. Registration is required by Tuesday, February 21.

Strategies for Improving Chemobrain
- FO-RO, Tue, Feb 21, 12-1pm
- IAH-CCW, Wed, Feb 8, 1-2pm
Understand the cognitive consequences of cancer treatment as well as the impact of co-existing factors and learn strategies to mitigate the impact that can accompany cognitive decline. Please register for all four sessions. Facilitated by Life with Cancer psychiatrist and therapists.

Registration is required for all groups and programs

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
PEDIATRIC ONCOLOGY PARENT NIGHT
**FC, Tue, Feb 28, 6-8:30pm**
Pediatric Oncology girls of all ages, on treatment, and their moms, are invited to join us for a night of beauty and bling! We'll provide dinner and “spa” treats including seated chair and hand massages and mini-makeovers. Get “diva’d up” with accessories and have your very own photo shoot! Please register with Meg Crossett at 703-795-3340, candlelighters@gmail.com or with Cathy Bottrell, LCSW at 703-531-1515, cathy.bottrell@inova.org.

SURVIVING CANCER COMPETENTLY PROGRAM (SCCIP-ND): FOR PARENTS OF CHILDREN NEWLY DIAGNOSED WITH CANCER
**FC, Mon, Feb 13, 27 & Mar 13, 6-7pm**
Developed by leading experts at the Children’s Hospital of Philadelphia, SCCIP-ND is a three-session, skill-based program that aims to promote individual and family coping, competence and resilience. The course is facilitated by experienced oncology therapist with specialized training in the SCCIP-ND intervention.

TOUCHSTONE- GRIEF SUPPORT GROUP
**FC, Wed, Jan 26-Mar 2, 5:30-6:30pm**
This 6 week group is for children ages 5-12 who are grieving the loss of a family member due to cancer. Through age appropriate discussion, art therapy and other meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur as a child is grieving the death of a loved one. To register or for more information contact Jean McCaw MA, ATR-BC, LCPAT, Child & Adolescent Program Coordinator at 703-698-2537 or jeann.mccaw@inova.org. No online registration.

BUILDING STRENGTH WHILE IN TREATMENT
**FO-LWC, Tue, Feb 7-28, 1:30-2:30pm**
This class is appropriate for all fitness levels. Learn how to build strength and increase energy with gentle, low intensity and low impact resistance exercises. With emphasis on increasing overall strength, endurance and range of motion, this class will help you cope with the physical issues associated with your treatment. Equipment is provided. Dress comfortably and bring water and a small towel. Please bring a signed waiver to the first class. Registration is required.

HEALTHY LIVING

**FITNESS**

**Barre-Tone**
**FC, Thu, Feb 2-Mar 9, 7:15-8:15pm**
This class is appropriate for all fitness levels. Jazz up your routine and experience the latest trend in a full body workout appropriate for all fitness levels. Ideal for those who want to sculpt, strengthen, and increase flexibility, why enjoying the infusion of dance. Registration is required.

**Barre-Pilates-Fuze**
**FO-LWC, Thu, Feb 2-Mar 2, 11:30am-12:30pm**
Appropriate for all levels. You'll combine barre and Pilates movements set to motivating music to create an invigorating workout. Please bring your own mat and a signed waiver to the first class. Registration is required.

**Cross-Train Challenge**
**FC, Wed, Feb 1-Mar 29, 3-3:45pm**
Appropriate for medium to experienced fitness levels. 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. Please bring a signed waiver to the first class. Registration is required.

**Functional Circuit Training**
**44084 RP, Tue, Feb 7-28, 11:30am-12:30pm**
**44084 RP, Thu, Feb 2-Mar 2, 11:30am-12:30pm**
This class is appropriate for all fitness levels. Using timed stations and different movement patterns you’ll develop agility, strength, balance and flexibility. Please bring a signed waiver to the first class. Registration is required.

**Functional Fitness**
**FO-LWC, Mon, Feb 6-Feb 27, 10-11am**
Appropriate for all levels. Using resistance equipment, body weight and different movement patterns you’ll build strength, cardio, flexibility and balance. Please bring a signed waiver to the first class. Registration is required.

**Joyful Belly Dance**
**FC, Thu, Feb 2-Mar 2, 6-7pm**
This class is appropriate for all fitness levels. 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. It’s an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

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 & Adolescent Program Coordinator. 703.698.2537 or jean.mccaw@inova.org.
TO REGISTER FOR MOST CLASSES GO TO WWW.LIFEWITHCANCER.ORG OR CALL 703.698.2526

ART THERAPY FOR LONG-TERM SURVIVORS

- **Zumba - Bilingüe/Bilingual**
  - FC, martes, 7-28 de febrero, 7-8pm
  - Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Para más información, llamar a 703-698-2526. Si está asistiendo por primera vez en 2016, fa-
  - cannot attend.
  - please call 703.698.2526 to cancel if you cannot attend so someone else may attend.

- **FO-LWC, Fri, Feb 24, 1-3:30pm**
  - Healing Through Art Therapy
  - Registration begins on the first of the month. 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 art experience is necessary, just a willingness to explore and be part of a supportive, creative community. Registration is required. Once registered please call to cancel if you cannot attend so someone else may attend.

- **44084 RP, Mon, Feb 13, 6-7pm**
  - Reiki for Relaxation
  - Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

- **44084 RP, Thu, Feb 23, 6:45-8pm**
  - Meditation and Guided Imagery
  - 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 breath work and a relaxation technique that leads into a guided meditation. Come to one or all sessions, but please register by the preceding day.

- **44084 RP, Tue, Feb 14, 1:30-3pm**
  - Zentangle
  - Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by using simple repetitive strokes to create structured patterns. The theme for February is hearts. If you’ve attended class before, bring your kit. Registration is required.

- **44084 RP, Wed, Feb 1, 11:30am-12:45pm**
  - Drummimg
  - 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. Musical ability is not necessary and all instruments are provided. Registration is required.

- **44084 RP, Thu, Feb 1, 11:45am-12:30pm**
  - Mindfulness-Based Cancer Recovery for Patients in Treatment
  - This ancient practice involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Registration opens on the first business day of the month at 9:15. Registration is required. Once registered please call to cancel if you cannot attend so that someone else may attend.

- **44084 RP, Thu, Feb 23, 6:45-8pm**
  - Writing Your Life Stories
  - This writing group is for those who completed the previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing.

- **44084 RP, Thu, Feb 16, 2:30-4pm**
  - Mindfulness-Based Cancer Recovery for Patients in Treatment
  - Read the book Mindfulness-Based Cancer Recovery by Soloway, AOCN. Registration is required and space is limited. For more information please contact Rebecca McIntyre at 703-698-2524.

- **44084 RP, Fri, Feb 3, 11:45am-1pm**
  - Knitting and Crocheting Circle
  - For more information, please call 703.698.2526.

- **44084 RP, Mon, Feb 13, 6 and 7pm**
  - Reiki for Relaxation
  - Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

- **44084 RP, Fri, Feb 3, 11:45am-1pm**
  - Mindfulness-Based Cancer Recovery for Patients in Treatment
  - Same as above, with required attendance at orientation meeting on January 26th meeting, 5:30-6:30

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**SUPPORT & NETWORKING**

**Book Club**
- **FO-RO, Tue, Feb 28, 6-7:30pm**
  “When Breath Becomes Air” by Paul Kalanithi. It has been described as “a moving and thoughtful memoir of family, medicine and literature.” Registration is required.

**Brain Tumor Group**
- **FC, Tue, Feb 14, 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. Registration is required.

**Breast Cancer Group**
- **FC, Wed, Feb 1, 6:45-8pm**
- **FO-RO, Wed, Feb 8, 5:30-7pm**
- **IAH-CCW, Mon, Feb 20, 5:30-7pm**
- **ILH-R, Mon, Feb 27, 6-7:30pm**
  This group is for women diagnosed with stage 0-3 breast cancer, no more than 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

**Carcinoid Cancer Group**
- **FC, Sat, Feb 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 neuroendocrine tumors. For more information email mitchmberger@msn.com.

**Caregiver Connection**
- **FO-C, Wed, Feb 8, 5:30-7pm**
- **FC, Mon, Feb 13, 7-8:30pm**
- **ILH-R, Mon, Feb 13, 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 Monday. Registration is required.

**Coalesce II: An Advanced Breast Cancer Group**
- **FC, Tue, Feb 14 & 28, 10:30am-12pm**
  Meet 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. Registration is required.

**Coalesce I: An Advanced Breast Cancer Group**
- **FC, Fri, Feb 3-24, 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. Registration is required.

**Colorectal Cancer Connect Group**
- **ILH-R, Wed, Feb 15, 6-7:30pm**
  Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship.

**Cutaneous Lymphoma Support Group**
- **FC, Sat, Feb 11, 10am-12pm**
  Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP.

**Good Grief**
- **FC, Tue, Feb 7-Mar 14, 7:15-9pm**
  This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Registration is required.

**GYN Cancers Group**
- **FC, Wed, Feb 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. Registration is required.

**Head and Neck Cancers Group**
- **FC, Wed, Feb 8, 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. Registration is required.

**Just for the Guys**
- **FC, Tue, Feb 21-Mar 28, 6:30-8pm**
  Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. In this four-week series we will explore these themes and learn tools for coping. Join us in a place where you will be among brothers who truly understand. Registration is required.

**Oncology Massage and Body Work**

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

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

  - $50 for 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
  - Physician approval is required for patients; ask for written permission at your next appointment.
  - To schedule an appointment in Loudoun call Fran Arnold, 703.851.0995. To schedule an appointment in Fairfax call Cindy Rocca, 703.598.4321 or Fran Arnold, 703.851.0995.
  - For your first appointment, arrive 15 minutes early to complete paperwork.
  - Please provide 24 hour notice if you need to cancel an appointment.
  - After two missed appointments without notification, massage options in the community will be provided.

To register for most classes go to www.lifewithcancer.org or call 703.698.2526.
Leukemia and Lymphoma Support Group
FC, Mon, Feb 20, 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, Feb 9 & 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. Join others who can support you on this road. Please call 703.391.3758 for more information. Registration encouraged.

Living with Cancer and Chronic Illness
CC, Tue, Feb 28, 7-8:30pm
This is a faith-based community group for those who are living with cancer or other chronic illnesses. Caregivers and survivors are welcome. Share the challenges, blessings, medical insights, and life experiences and draw faith, hope, and strength knowing there are others dealing with similar circumstances, willing to stand beside you and willing to pray for you as we walk through this life one day at a time. For more information go to http://christchurchva.org/groups.

Lung Cancer Group
FC, Wed, Feb 1, 6:30-8pm
Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Registration is required. Facilitators: Carrie Friedman, RN, BS, OCN.

Mindfulness-Based Cancer Recovery Monthly Group
FC, Tue, Feb 7, 11am-12pm
For those that completed the 6-session Mindfulness-Based Cancer Recovery Program this monthly drop-in group is designed to support your practice. Stop by and see former group members, engage in some meditation and guided imagery; and talk about the benefits and challenges of maintaining “mindful-awareness” in your daily life. Contact Rebecca McIntyre at 703.698.2524 or Rebecca.McIntyre@inova.org. Registration is required.

Multiple Myeloma-Open Discussion
FC, Tue, Feb 21, 11:45am-1:30pm
Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will be an open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register!

Gathering for Sarcoma Survivors and Families
FC, Wed, Feb 15, 6:30-8pm
See page 1.

Spirituality Quest Group
FC, Tue, Feb 14, 10:30am-12pm
Join us on the second Tuesday of the month as we explore our spiritual paths. For Valentine’s Day, come to explore “What are Many Words Used for Love?” Registration is required.

Us Too Prostate Cancer Support Group
FO-LWC, Thu, Feb 9, 6-7:30pm
Join other men for an opportunity to network and learn about valuable prostate cancer information and resources. Registration is required.

Us Too Prostate Cancer Support Group
LCSC, Tue, Feb 14, 6-8pm
See description, above. Check website for February topic. Registration is required.

Women’s Survivorship Group
ILH-R, Thu, Feb 9, 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, and other modalities, this group will help you gain insight and balance your life after cancer.

Young Adult Group
FC, Thu, Feb 23, 7:30-9pm
This is not your grandmother’s support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Please register.

Young Women with Breast Cancer
IAH-CCW, Tue, Feb 14, 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. Please register.

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.

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).
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td><strong>FEbruary 2017</strong></td>
<td><strong>To Register for Most Classes Go to <a href="http://www.lifewithcancer.org">www.lifewithcancer.org</a> or Call 703.698.2526</strong></td>
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<td>10:30am Strength, Balance, Stretch (44084 RP)</td>
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<td>1</td>
<td>1pm MBCR/Monthly (FC)</td>
<td>1pm MBCR/Weekly (FC)</td>
<td>1pm Total Body Conditioning (44084 RP)</td>
<td><strong>10:30am Zumba Gold (44084 RP)</strong></td>
</tr>
<tr>
<td>2</td>
<td>1:30pm Building Strength... (FO-LWC)</td>
<td>1:30pm Building Strength... (FO-LWC)</td>
<td>1:30pm Total Body Conditioning (44084 RP)</td>
<td><strong>11:45am Restorative Yoga (44084 RP)</strong></td>
</tr>
<tr>
<td>2</td>
<td>4pm Yoga for Health (IAH-LWC)</td>
<td>4pm Yoga for Health (IAH-LWC)</td>
<td>4pm Yoga for Health (IAH-LWC)</td>
<td><strong>11:45am Restorative Yoga (44084 RP)</strong></td>
</tr>
<tr>
<td>2</td>
<td>4pm Breast Surgery Preparation (ILH-R)</td>
<td>4pm Breast Surgery Preparation (ILH-R)</td>
<td>4pm Breast Surgery Preparation (ILH-R)</td>
<td><strong>1pm Art Therapy/Long-Term Survivors (FC)</strong></td>
</tr>
<tr>
<td>2</td>
<td>5pm Look Good...Feel Better (IAH-CCW)</td>
<td>5pm Look Good...Feel Better (IAH-CCW)</td>
<td>5pm Look Good...Feel Better (IAH-CCW)</td>
<td><strong>1pm Yin Yoga/Patients in Treatment (FO-LWC)</strong></td>
</tr>
<tr>
<td>2</td>
<td>6:30pm Strategies for Improving Chemobrain (FC)</td>
<td>6:30pm Strategies for Improving Chemobrain (FC)</td>
<td>6:30pm Strategies for Improving Chemobrain (FC)</td>
<td><strong>11:10am Cutaneous Lymphoma Group (FC)</strong></td>
</tr>
<tr>
<td>2</td>
<td>6:30pm Total Body Conditioning (44084 RP)</td>
<td>6:30pm Total Body Conditioning (44084 RP)</td>
<td>6:30pm Total Body Conditioning (44084 RP)</td>
<td><strong>12:30pm Breast Surgery Preparation (FC)</strong></td>
</tr>
<tr>
<td>2</td>
<td>7pm Knitting and Crocheting Circle (FC)</td>
<td>7pm Knitting and Crocheting Circle (FC)</td>
<td>7pm Knitting and Crocheting Circle (FC)</td>
<td><strong>12:30pm Breast Surgery Preparation (FC)</strong></td>
</tr>
<tr>
<td>2</td>
<td>7pm Zumba (FC)</td>
<td>7pm Zumba (FC)</td>
<td>7pm Zumba (FC)</td>
<td><strong>12:30pm Breast Surgery Preparation (FC)</strong></td>
</tr>
<tr>
<td>2</td>
<td>7:15pm Good Grief (FC)</td>
<td>7:15pm Good Grief (FC)</td>
<td>7:15pm Good Grief (FC)</td>
<td><strong>12:30pm Breast Surgery Preparation (FC)</strong></td>
</tr>
<tr>
<td>2</td>
<td>7:30pm Us Too, Prostate Cancer Support (FC)</td>
<td>7:30pm Us Too, Prostate Cancer Support (FC)</td>
<td>7:30pm Us Too, Prostate Cancer Support (FC)</td>
<td><strong>12:30pm Breast Surgery Preparation (FC)</strong></td>
</tr>
<tr>
<td>3</td>
<td>10:30am Functional Fitness (FO-LWC)</td>
<td>10:30am Functional Fitness (FO-LWC)</td>
<td>10:30am Total Body Conditioning (44084 RP)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>3</td>
<td>10:30pm Spirituality Quest Group (FC)</td>
<td>10:30pm Spirituality Quest Group (FC)</td>
<td>10:30pm Total Body Conditioning (44084 RP)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>3</td>
<td>11:30am Functional Circuit Training (44084 RP)</td>
<td>11:30am Functional Circuit Training (44084 RP)</td>
<td>11:30am Total Body Conditioning (44084 RP)</td>
<td><strong>Coalesce</strong></td>
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<tr>
<td>3</td>
<td>1:30pm Building Strength... (FO-LWC)</td>
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<td>1:30pm Total Body Conditioning (44084 RP)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>3</td>
<td>4pm Yoga for Health (IAH-LWC)</td>
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<td>4pm Yoga for Health (IAH-LWC)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>3</td>
<td>6pm Breast Cancer Group (FC)</td>
<td>6pm Breast Cancer Group (FC)</td>
<td>6pm Breast Cancer Group (FC)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>3</td>
<td>6pm Medical Marijuana (FC)</td>
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<td>6pm Medical Marijuana (FC)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>3</td>
<td>7pm PiYo (FO-LWC)</td>
<td>7pm PiYo (FO-LWC)</td>
<td>7pm PiYo (FO-LWC)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>4</td>
<td>10am Total Body Conditioning (44084 RP)</td>
<td>10am Total Body Conditioning (44084 RP)</td>
<td>10am Total Body Conditioning (44084 RP)</td>
<td><strong>Coalesce</strong></td>
</tr>
<tr>
<td>4</td>
<td>10:30am Strength, Balance, Stretch (44084 RP)</td>
<td>10:30am Strength, Balance, Stretch (44084 RP)</td>
<td>10:30am Strength, Balance, Stretch (44084 RP)</td>
<td><strong>Coalesce</strong></td>
</tr>
</tbody>
</table>
| 4 | 11:30am Bre...