



Life with Cancer®

Information
Education
Support
At No Cost

What is “Life with Cancer”?

Don't let the name throw you. None of us wants a life with cancer. When you are diagnosed with cancer you are thrown into a world that is unknown to you. You will soon find out that **you are not alone**. Many others have traveled and continue to travel this path. At Life with Cancer you will find a community from which you can gain knowledge and support to help you meet challenges of living with cancer.

Our Mission . . .

Our mission is to enhance the quality of life of those affected by cancer by providing information, education and support. We accomplish this mission through the delivery of evidence-based programs to children, adults, and families affected by cancer, **at no cost**, and regardless of where treatment is received.

Taking Care of All of You . . .

You are more than your diagnosis. While you focus on medical appointments and treatments, it is easy to forget what is happening within and around you. **Life with Cancer honors and cares about every dimension of you-** your mind, your body, your spirit, your emotions.

Your Circle of Support

At Life with Cancer your circle of support includes **experienced professionals** in the field of oncology nursing, oncology counseling, art and play therapy. We partner with medical professionals, certified yoga instructors, meditation instructors, a certified oncology fitness instructor, registered dietitians and nutritionists, poets, writers and others to bring programs and service to children, adults and families affected by cancer. You will meet other individuals who are actively seeking ways to meet the challenges of living day to day when cancer is part of their lives.

Where to Find Us

Our main location is our family center located at 8411 Pennell Street in Fairfax. We also have on-site staff, programs and services at all Inova hospitals.

Life with Cancer Connect

A direct link to your support team

703.206.LIFE (5433)

www.lifewithcancer.org



Turn the page for more information.





This is what Life with Cancer can provide, at no cost, to individuals and families, regardless of where they live or receive treatment.

Classes

Knowledge is power, especially in the middle of crisis. Our classes help you understand a variety of topics including, lab values, fatigue, peripheral neuropathy, what to expect during chemo, tools for couples, strategies to improve sleep, as well as treatment updates, research on specific cancers and so much more.

Fitness & Nutrition

Experience the benefits of exercise at any level from barely beginning to more advanced aerobic exercise. Try something new: gentle yoga or tai chi. Learn about healthy food choices and how to make healthy eating part of your life during and beyond treatment.

Expressive Arts

Through the creative process of art, music, poetry and writing you can reduce stress, gain insight, increase awareness of self and others, cope with symptoms and enjoy the life-affirming pleasures of making art. Artistic ability or writing experience is NOT required to experience the benefits of the creative process.



Support Groups

Come together with others who are seeking insight, understanding and connection. Life with Cancer groups are facilitated by an experienced counselor and nurse team to provide a productive group experience for every member.

Individual & Family Counseling

Take time to explore and express your feelings and learn new ways of coping with stress. Learn how best to communicate about cancer with family members, children, friends, employers and your healthcare team. Learn how to manage the challenges and changes associated with a cancer diagnosis.

Individual & Family Nursing Consultations

Learn more about your disease, side-effects of treatment and how to manage them. Learn about tests, procedures and treatment plans. Learn how to read and interpret lab results and lab values as well as clinical trials and how to create a survivorship care plan.



Children, Teens Parents

Help your children understand the myths and realities of cancer. Together with other children, cancer can be discussed openly. Children can gain a better understanding and fears can be lessened. Life with Cancer speaks their language: art, games, activities, and of course, snacks.

Spanish Language Programs

Tomar parte en las clases y talleres sobre el ejercicio, la nutrición, la meditación y otras herramientas en el bienestar.

Bereavement

For some, grief is part of the cancer experience. Come together with others to understand and work through the grief process. Specific groups for Adults, Parents, Children and Teens.

Oncology Massage

This is the only service at Life with Cancer for which there is a charge, \$50 for a one-hour appointment. Payment is made directly to the massage therapist.

**To view and register for upcoming
classes & groups go to www.lifewithcancer.org**