

Young Adult Group

7/27/2021 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: Jennifer Bires, LCSW, OSW-C and Eric Cohen, RN, BSN, OCN. Registration is required.

Gynecologic Cancer Support Group

7/28/2021 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 and Emily Hirsch, BSN, RN, OCN. Registration is required.

Music Therapy

07/27/2021 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 psycho-social 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. Registration is required. Facilitated by: Raymond Leone, MMT, MT-BC.

Art Therapy for Teens in Treatment

07/26/2021 4-5PM

Connect virtually with other teens who are also impacted by cancer, while making intentional art. Artistic ability is not necessary – just a willingness to explore your creative side! Facilitator: Jane Woo, MA, ATR-BC. Register by sending email to the facilitator: jane.woo@inova.org

Pre-Op Breast Surgery Class

7/28/2021 3PM -4:30PM

Learn what you need to know before, during and after breast cancer surgery: lymph node biopsy, managing drains and discomfort, showering, moving comfortably, bra/prosthesis options, and more. Family/friends welcome. Registration is required.

Breast Cancer Support Group - Loudoun

7/26/2021 05:30-7PM

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. Facilitators: Christine Stone RN, 703-858-8867 and Sarah Bremen, MSW. Registration is required.

Caregiver Support Group - Fair Oaks

7/28/2021 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. Facilitator: Karen Archer, MSW, LCSW, OSW-C & Shairna Curtis, RN, BSN, OCN. Registration required.

Head and Neck Cancer Support Group - Fair Oaks

7/28/2021 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. Facilitators: Amy Bohoslav, RN, OCN and Maureen Broderick, LCSW, OSW-C

Buff Bones

7/29/2021 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. Registration is required.

Cardio & Core

7/26/2021 1-1:45PM

Using your own body weight and light resistance, this class will help build endurance, and stamina, whilst strengthening all the muscles that make up your core. If you're looking to get your heart and total body stronger, this class is for you! If you don't have weights at home you may substitute with water bottles, canned goods, bags of dried beans or rice. Registration is required

Cardio Drumming

7/29/2021 11-11:45AM

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

EZ Tai Chi

7/28/2021 6PM

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. Registration is required

Gentle Yoga

7/26/2021 2:30-3:13PM

Explore gentle movements which, when linked with your breath, allows you to flow from pose to pose, increasing your flexibility and stamina. Breath work and guided relaxation, restore balance and harmony to your body and mind. Registration is required.

Joyful Belly Dance

7/28/2021 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. Registration is required.

Launch Into Fitness

7/28/2021 1-1:45PM

An energizing workout combining cardio, strength and flexibility all modified to accommodate anyone with balance issues, recent surgeries or are just getting back into exercise. Participants move at their own pace. The class can be done while seated or standing. If you don't have weights at home you may substitute with water bottles, canned goods, bags of dried beans or rice. Registration is required.

Meditation & Guided Imagery

7/27/2021 11-11:45AM

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

Restorative Yoga

7/29/2021 2:30-3:15PM

With the use of props for support you'll hold poses for longer periods of time allowing for deeper relaxation and release. Registration is required.

Stay Strong

7/27/2021 2-3:15PM

Need to build muscle and strength as well as maintain your cardio fitness? StayStrong 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. You may substitute water bottles, canned goods, bags of dried beans or rice for weights. Registration is required.

Tai Chi

07/30/2021 1:30-2:15PM

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 form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This class will teach basic movements. Registration is required.

Total Body Conditioning

07/30/2021 12-12:45PM

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.

Yoga Nidra

7/28/2021 2:30-3:15PM

Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. Blankets, pillows and towels may be used as supportive props. Registration is required.

Yoga Sculpt - Evening

7/29/2021 6:30-7:15PM

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. Registration is required.

Yoga Sculpt - Mid-day

7/27/2021 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. Registration is required.

Zumba Gold

07/30/2021 10:30-11:15AM

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

Zumba

7/27/2021 7PM

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. Registration is required.