



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

Education

Knowledge is power, especially in the midst of crisis. Our classes can help you understand a variety of topics including: brain fog, nutrition, insomnia, managing strong emotions, what to expect during chemotherapy, pre-op classes, mind-fulness, strategies to reduce stress, as well as treatment and research updates.

Fitness

So many choices, at least one class is bound to suit you: Chair-Based Exercise, Cross-Train Challenge, Barre Tone, Functional Fitness, Belly Dance, Cardio-Core, Gentle and Restorative Yoga, Zumba and so much more!

Stress Reduction

Our Integrative Psycho-Oncology Program (IPOP) is designed to build emotional coping skills and resilience from cognitive, mindfulness and contemplative perspectives. Art Therapy, Music Therapy, Reiki and Healing Touch can also reduce stress, provide insight, increase awareness of self and others, and help you cope with symptoms from cancer.

Support Groups

Come together with others who are seeking insight, understanding, connection and solutions to the challenges of living with cancer. Our support groups are facilitated by experienced professionals to provide a productive group experience for every member. We offer disease-specific groups, groups for caregivers, young adults and a Spirituality Quest group.

Individual and 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.

Nutrition Consultation

Using evidence-based research, Life with Cancer Oncology-Certified Registered Dietitians can help participants modify their diets to promote overall wellness and survival success during and after cancer treatment.

Children, Teens and Parents

Experienced Oncology Therapists provide support to children, teens and/or parents during all aspects of a cancer

experience from diagnosis through survivorship or bereavement. Our programs provide a safe environment to talk about the challenges and changes within families, and a place to learn skills to cope with a loved one who has cancer or a child, teen or adult's own cancer diagnosis.

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.

Acupuncture

Six sessions are free of charge for patients in treatment or experiencing significant disease or treatment side effects. To schedule an appointment, please click on this link -

<https://LifewithCancer.as.me/acupuncture>.

Oncology Massage

Free and reduced cost oncology massage sessions are available for patients in treatment or experiencing significant disease or treatment side effects. To schedule an appointment, please click on this link -

<https://hushforms.com/lifewithcancermassage>.

Psychiatry

Our Psychiatrist has a strong understanding of cancer treatments and stressors; he will guide you in managing your

medications and in mind-body and contemplative practices, especially in cultivating mindfulness and compassion. While other Life with Cancer services are free, there is a charge for psychiatric services. We accept all major healthcare insurance plans.

To view our monthly calendar and register for classes and groups go to www.lifewithcancer.org or call us at 703 698 2526.