

Living with Breast Cancer

An Education and Exercise Series

Every Wednesday, May 16 – June 23

Inova Loudoun Hospital
44045 Riverside Parkway, Leesburg, VA 20176
Conference Rooms A-B



Exercise: 6:00 – 7:00 pm

There is a link between moderate physical exercise and improved quality of life for breast cancer survivors. Jennifer Cochran, certified personal trainer with a special certification from the Pink Ribbon Program, will be leading exercise classes for women living with breast cancer. Join Jennifer and other women as you practice good self-care and enhance your wellbeing.

Physician approval required if you have had surgery within six weeks.

Education: 7:30 – 9:00 pm

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| May 19 | Oncotyping, Overview of Drug Therapies, Updates - Amy Irwin, MD
Navigating the Breast Cancer Experience - Breast Cancer Navigator, Barbara McDonnell, RN |
| May 26 | Mind Body Connection, Stress Management - Sandra Weller, LCSW
Genetics Counseling Overview - Grace-Ann Fasaye, ScM, CGC |
| June 2 | Nutritional Guidelines for Healthy Living - Courtney Engle, RD |
| June 9 | Monitoring and Reducing the Risk for Locoregional Recurrence - Shannon Lehr, MD
All About Lymphedema - Sara Kent, OTR/L |
| June 16 | Breast Cancer Development, Pathology and Radiation - Kin-Sing Au, MD |
| June 23 | Learn about Life with Cancer's Survivorship Care Plan - Deborah Cook, RN
The "New Normal," Exploring Sexuality, Intimacy & Body Image - Sage Bolte, PhD, LCSW, OSW-C |

**Please come to any or all classes, but register for exercise and education separately.
Registration is required at least two days prior to the series or each session.**

To register call 703-698-2526 or go to
www.lifewithcancer.org