



Life with Cancer®

MIND OVER MATTER:

**How to manage your anxiety and/or depression
before it manages you**

Offered at 3 Locations –Registration is Required

- **Inova Fair Oaks Cancer Center**, 3580 Joseph Siewick Drive, LL, Ste.005, Fairfax, VA 22033
Tuesday, Oct 1-29, 6-7:30pm. Facilitators: Maureen Broderick, MSW, LCSW & Karen Archer, MSW, LCSW
- **Inova Loudoun Hospital**, Natural Birthing CTR, 44055 Riverside P 'way, Ste 110, Leesburg, VA, 20176
Tuesday, October 15-November 12, 2-3:30pm. Facilitators: Elise Schneider, MSW, LCSW & Courtney Weaver, MSW, LCSW.
- **Inova Alexandria Hospital**, Life with Cancer Ste 1.NE.54, 4320 Seminary Road, Alexandria, VA 22304
Wednesday, October 2-30, 2:30-3:30pm. Facilitator: David McGinness, MSW, LCSW, OSW-C.

This 5-week skill-based program teaches evidence-based tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Using cognitive, behavioral and relaxation strategies, each of these professionally facilitated sessions builds upon the previous one. Attendance at all sessions is strongly encouraged. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning.

Community support makes it possible for Life with Cancer to offer this program free of charge to individuals impacted by cancer.

**Advance registration is required at
www.lifewithcancer.org or call 703.698.2526**

This program is offered without charge thanks to community support