

AGENDA

SATURDAY, SEPTEMBER 28

7:30 am – 6:00 pm **Respite and Resource Room**

7:30 – 8:30 am **Registration and Breakfast**

8:30 – 8:45 am **Welcome**
Kathryn Hudson, M.D.

8:45 – 9:45 am **Survivorship Expert Panel**
Defining Survivorship and Everything It Entails

9:45 – 9:55 am **Break**

9:55 – 10:40 am **Morning Breakouts**

- Creative Healing: Using Art Therapy to Empower & Support Your Journey
- A Medical Expert's Take on Palliative Care
- Feeding Your Future: Nourishing Nutrition for Cancer Survivors
- Patients and Caregivers: Speaking Each Other's 'Love Language' During Cancer

10:40 – 10:50 am **Break**

10:50 – 11:35 am **Morning Breakouts**

- Creative Healing: Using Art Therapy to Empower & Support Your Journey
- Finding Your Passion
- Nurturing Pelvic Floor and Sexual Health with Cancer
- Navigating Pain Management

11:35 am – 12:35 pm **Lunch**

12:35 – 12:45 pm **Break**

12:45 – 1:30 pm **Afternoon Breakouts**

- EveryBody Has a Story
- Get-Real Mindset
- Harnessing Your Experience into Engagement
- Advance Care Planning

1:30 – 1:40 pm **Break**

1:40 – 2:25 pm **Afternoon Breakouts**

- Fear of Recurrence
- Holistic Health Panel
- Interfaith Spirituality
- The Side Effect No One Talks About – Fertility and Cancer (Medical Expert Panel)

2:25 – 2:35 pm **Break**

2:35 – 3:35 pm **Keynote Address: "Silver Linings – The Gifts of a Cancer Diagnosis"**
Cindy Trice, DVM

3:35 – 4:00 pm **Day 1 Conclusion**
Tamika Felder

4:00 – 6:00 pm **Vendor Market and Happy Hour**

8:00 pm **Weekend Warrior Pajama Party**

Topics and agenda are subject to change.

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AGENDA

SUNDAY, SEPTEMBER 29

7:00 – 7:30 am

Early Morning Options

- Coffee Chats
- Sound Bath Meditation
- Sunrise Yoga – Breathe, Stretch, and Welcome the Day

7:45 – 8:15 am

Continental Breakfast and Reflections with Tamika

8:15 – 8:25 am

Break

8:25 – 9:25 am

Morning Breakouts

- Legacy Planning
- Plan and Prepare to Plate
- Cancer Tell-All

9:25 – 9:35 am

Break

9:35 – 10:35 am

Morning Breakouts

- Comfortable in Your Own Skin: Oncology Skincare
- Mentors & Meetups: Three Color Soothing Art Therapy
- Wellness Goals

10:35 – 10:45 am

Break

10:45 – 11:30 am

Sunday Service and Conference Conclusion

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