



# Survive & Thrive CONFERENCE 2025

**Friday, November 14**  
3 pm – 8 pm

**Saturday, November 15**  
7:30 am – 6 pm

**Sunday, November 16**  
7:30 am – 11 am

**Sheraton Austin  
Georgetown Hotel &  
Conference Center**  
1101 Woodlawn St.  
Georgetown, TX 78268

Presenting Sponsor **TEXAS ONCOLOGY**  
*More breakthroughs. More victories.®*

## READY. SET. GO!

### FEATURED SPEAKER



**Kathryn Hudson, M.D.**  
Director of Survivorship,  
Texas Oncology

### EMCEES & FACILITATORS



**Tamika Felder**  
Cancer Survivor  
Founder and Chief Visionary,  
Cervivor



**Cindy Trice, DVM**  
Cancer Survivor  
Co-founder and Chief  
Innovation Officer,  
KickIt Pajamas

Educational Lectures • Expert Panels • Engaging Workshops • Fulfilling Activities • Connection with Others



## SCAN TO REGISTER

[TexasOncologyFoundation.org](https://TexasOncologyFoundation.org)

TEXAS ONCOLOGY  
FOUNDATION

SURVIVE  
& THRIVE



## FRIDAY, NOVEMBER 14

3:00 – 6:00 pm	Registration and Kickoff Activities
6:00 – 7:00 pm	Dinner with Ice Breakers
7:00 – 8:00 pm	● Keynote Address

## SATURDAY, NOVEMBER 15

7:30 am – 6:00 pm	Respite and Resource Room
7:30 – 8:30 am	Registration and Breakfast
8:30 – 8:45 am	● Welcome
8:45 – 9:00 am	● Laughter Yoga
9:00 – 10:00 am	● Keynote Address
10:00 – 10:15 am	● No Guilt: It's Okay Not to be Okay
10:15 – 11:00 am	● Medical Panel
11:00 – 11:15 am	Break
11:15 am – 12:00 pm	Morning Breakouts ● Understanding Your Treatment ● Caregivers: Keeping the Train on the Tracks ● Intimacy ● Nutrition
12:00 – 1:00 pm	Lunch
1:00 – 1:10 pm	● Mindfulness Exercise
1:10 – 1:40 pm	● Mini Keynote
1:40 – 1:55 pm	Break
1:55 – 2:40 pm	Afternoon Breakouts ● Emotional Support ● Nutrition ● Pain Management ● Emotional Support
2:40 – 2:55 pm	Break
2:55 – 3:40 pm	Afternoon Breakouts ● Unbreakable: Discovering Your True Resilience ● Self-Care ● Legacy Planning ● Cancer Tell All
3:40 – 3:55 pm	Break
3:55 – 4:15 pm	● Day 1 Conclusion
4:15 – 6:00 pm	Vendor Market and Happy Hour
8:00 pm	Weekend Warrior Pajama Party

## SUNDAY, NOVEMBER 16

7:00 – 7:30 am	● Sunrise Yoga
7:30 – 8:30 am	Continental Breakfast
8:30 – 9:00 am	● Mini Keynote Address
9:00 – 9:15 am	Break
9:15 – 10:00 am	Morning Breakouts ● Nutrition ● Emotional Support ● Sound Bath for Healing ● What's Next
10:00 – 10:15 am	Break
10:15 – 11:00 am	● And Go!

*Topics and agenda are subject to change.*

Tracks are designed to give guidance on suggested sessions to attend. However, you can attend any session that interests you.

● **Ready Track:** Newly diagnosed or in treatment

● **Set Track:** In or completed treatment

● **Go Track:** All Participants

### REGISTRATION OPTIONS

- **Sensational Saturday:** Take part in all Friday activities and Saturday activities from 7:30 am to 6:00 pm
- **Weekend Warrior:** Take part in the full weekend experience and exclusive benefits:
  - All Friday activities
  - All Saturday activities
  - Saturday Weekend Warrior Pajama Party
  - All Sunday activities
  - Welcome gift

SCAN TO REGISTER



### HOTEL

The Sheraton Austin Georgetown Hotel & Conference Center has a room block reserved for the Survive & Thrive Conference. Visit our event page, using the QR code above, for the booking link. Or contact the hotel directly to book your room.

### ● Sheraton Austin Georgetown Hotel & Conference Center

1101 Woodlawn Ave.  
Georgetown, TX 78628  
(737) 444-2700