

Survive & Thrive CONFERENCE 2026

AGENDA

FRIDAY, SEPTEMBER 18 | Fortifying Your Roots

3:00 – 6:00 pm	Check in and Kickoff Activities Respite and Resource Room Open Health and Community Resource Fair
6:00 – 7:00 pm	Dinner and Table Bingo
7:00 – 7:10 pm	Welcome Speech
7:00 – 8:00 pm	Cancer Tell All

Friday, September 18 | 3 pm – 8 pm

Saturday, September 19 | 7:30 am – 6 pm

Sunday, September 20 | 8 am – 12 pm

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

SATURDAY, SEPTEMBER 19 | Strengthening the Core

7:30 am – 6:00 pm	Respite and Resource Room
7:30 – 8:30 am	Check In and Breakfast
8:20 – 8:30 am	Saturday Kickoff
8:30 – 8:45 am	Welcome Address - Healthy Survivorship
8:45 – 9:00 am	Ice Breaker
9:00 – 10:00 am	Medical Panel
10:00 – 10:15 am	Break
10:15 – 11:00 am	Breakout Sessions • Deeper Dive-Medical Panel • Nutrition and Survivorship • Diving into Acceptance
11:00 – 11:15 am	Break
11:15 am – 12:00 pm	Breakout Sessions • Pain Management • Responding to Cancer • Legacy Planning
12:00 – 12:45 pm	Lunch
12:45 – 1:40 pm	Fashion Show
1:40 – 1:55 pm	Break
1:55 – 2:40 pm	Breakout Sessions • Art Therapy- Rooted in Resiliency • Intimacy • Teaming up to make nutrition easy
2:40 – 2:55 pm	Break
2:55 – 3:55 pm	Keynote Address
4:00 – 6:00 pm	Vendor Market
8:00 – 10:00 pm	Pajama Party - 10 Year anniversary celebration

Topics and agenda are subject to change

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SUNDAY, SEPTEMBER 20 | Thriving in Full Bloom

7:00 – 7:30 am	Sunrise Yoga
8:00 – 9:00 am	Continental Breakfast
9:00 – 9:45 am	Life of a Pinwheel
9:45 – 10:00 am	Break
10:00 – 10:45 am	Breakout Sessions • Pelvic Exercise • Sound Bath - Self Love • Spirituality Session
10:45 – 11:00 am	Break
11:00 am – 12:00 pm	Resilient Readers Book Club Conclusion

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SHARE YOUR EXPERIENCE!

We'd love to share your story or experience with Texas Oncology Foundation programs. Use the QR code to enter your testimonial. Responses may be used by Texas Oncology Foundation for promotional purposes, including, but not limited to, electronic, print, and online media.



RESOURCE AND RESPITE ROOM

Ames Meeting Room (Friday and Saturday)

Stop by the Resource and Respite Room for:

- Helpful resources from Texas Oncology Foundation, sponsors, and community partners
- A few moments of comfortable, quiet rejuvenation
- Charging station

