

# SURVIVE & THRIVE SYMPOSIUM



SATURDAY  
MARCH 2, 2019  
AUSTIN, TX

## EMBRACING LIFE after a cancer diagnosis

### Connect with others whose lives have been affected by cancer

Cancer survivors, loved ones and caregivers are invited to learn about survivorship skills at the Texas Oncology Foundation Survive & Thrive Symposium in the Austin area. Workshops and lectures will focus on wellness issues and create a dialogue around the survivorship experience.

### Keynote Speaker:

**Lillie Shockney, RN, BS, MAS, ONN-CG**, is a two-time breast cancer survivor, a published author and nationally recognized public speaker on cancer with a focus on survivorship as well as metastatic breast cancer. She has worked at Johns Hopkins since 1983, serving as the administrative director of the Johns Hopkins Breast Center from 1997-2018, and as the director of the Johns Hopkins Cancer Survivorship programs from 2011-2018. Though an oncology nurse, her primary faculty appointment is in the JHU School of Medicine. Lillie was promoted to a professor in surgery and oncology in 2016, and was appointed to a faculty chair as a University Distinguished Service Professor of Breast Cancer. In 2009 she co-founded the Academy of Oncology Nurse and Patient Navigators. She continues to serve as its program director since its inception and is the Editor in Chief for its peer review journal, *the Journal of Oncology Navigation and Survivorship*.



### Other national and regional experts will discuss topics such as:

- Yoga
- Late & long-term side effects
- Nutrition
- Caregiving
- Art therapy
- Intimacy

Register today at  
[SurviveThriveSymposium.com](http://SurviveThriveSymposium.com)

Registration is **FREE!**  
Meals and self-parking included

Saturday, March 2, 2019  
7:30 am - 3:00 pm

The Westin Austin at the Domain  
11301 Domain Drive  
Austin, TX 78758

For questions, please call  
972-490-2930

*The Texas Oncology Foundation provides support to cancer patients in the communities where they live, work and receive treatment.*

Presented by

**TEXAS ONCOLOGY**

*More breakthroughs. More victories.®*



# Agenda

March 2, 2019 | The Westin Austin at the Domain – Austin, Texas

## Survive&Thrive SYMPOSIUM

7:30 - 8:15 am

### Registration & Light Breakfast

8:15 - 8:20 am

### Welcome

Debra Patt, MD, MPH, MBA

8:20 - 8:45 am

### Embracing the Day

8:45 - 9:45 am

### Keynote | The Value of Humor when Confronted with Cancer

Lillie Shockney, RN, BS, MAS, ONN-CG

9:45 - 9:50 am

### Break

9:50 - 10:35 am

### Breakout Sessions

**Fear of Recurrence** with Penny DeCou, LCSW and  
Vanessa Pettijohn, MSSW, LCSW

**Goat Yoga** with GOGA

**Nutrition** with Nicole Hodac, MS, RDN, CSO, LD

10:35- 10:40 am

### Break & Transition

10:40 - 11:25 am

### Breakout Sessions

**Fear of Recurrence**

**Goat Yoga**

**Nutrition**

11:25 - 11:30 am

### Break

11:30 am - 1:00 pm

### Lunch | Late & Long-Term Effects of Treatment Panel

Palliative Medicine: Quan T. Dang, MD

Medical Oncology: Kathryn E. Hudson, MD

Survivorship Navigator: Sabrina Mikan, PhD, RN, ACNS-BC

Facilitator: Penny DeCou, LCSW

1:00 - 1:05 pm

### Break

1:05 - 1:50 pm

### Breakout Sessions

**Caregiving 101** with Katie Narvarte, LMSW, OSW-C, OPN-CG

**Intimacy After Cancer** with Tamika Felder, Survivor

**Telling Your Story** with Rachel Belkin, Cha Ching Queen

1:50 - 1:55 pm

### Break & Transition

1:55 - 2:40 pm

### Breakout Sessions

**Caregiving 101**

**Intimacy After Cancer**

**Telling Your Story**

2:40 - 3:00 pm

### Concluding the Day

3:00 - 4:00 pm

### Art Therapy Reception

Kula Moore, MA, LPC, ATR-BC, CPRP