



# Survive & Thrive SYMPOSIUM

## EMBRACING LIFE

after a cancer diagnosis

with Keynote Speaker  
**Chantal Rice**



**SATURDAY, MARCH 7, 2020**  
**7:30am - 4:00pm**

**The Westin Austin at the Domain**

11301 Domain Drive  
Austin, TX 78758

**For questions, please call**  
(214) 666-2093

**FREE**  
Registration!

Meals and self-parking  
included

Presented by

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

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

### **National and regional experts will discuss topics such as:**

- Late & Long-Term Effects of Treatment
- Communicating Cancer
- Transforming Dying, Transforming Ourselves
- Nutrition | For Me By Me Meal Planning
- Fear of Recurrence

### **Connect with others whose lives have been affected by cancer through:**

- Art Therapy
- Tai Chi, Yoga or Zumba

### **About Our Keynote Speaker**

Chantal Rice has been a writer, editor and journalist for 25 years. She has contributed to a variety of local, regional and national publications. Chantal's last role was as managing editor of *Austin Woman* magazine—the only women-centric publication of its kind in Central Texas. This position enabled her to further cultivate a relationship with the Austin community that has invaluable enhanced her career and life. It was this community Chantal turned to for support when she was diagnosed with breast cancer in the spring of 2019. Though the diagnosis was certainly upsetting and frightening, she knew that with the support of family, friends, her selfless life partner, skilled medical team and the Austin community, she could take back control of her health, maintain an optimistic perspective and kick cancer's butt! After several surgeries and months of recovery, Chantal is now cancer-free!

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



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Established in 1997, the Texas Oncology Foundation is a nonprofit organization dedicated to providing support to cancer patients in the communities where they live, work and receive treatment.

The Foundation provides programs that offer hope and encouragement to cancer patients and their loved ones through:

- Patient financial assistance
- Patient support and survivorship groups
- Patient and caregiver education
- Providing connections to existing local support services
- Supporting cancer research

# Agenda

TIME	ACTIVITY
7:30 - 8:00 am	<b>Registration &amp; Light Breakfast</b>
8:00 - 8:05 am	<b>Welcome</b> Debra Patt, MD, MPH, MBA
8:05 - 8:10 am	<b>Embracing the Day</b>
8:10 - 8:55 am	<b>Keynote Address   Unbreakable</b> Chantal Rice, Survivor
9:00 - 10:00 am	<b>Late &amp; Long-Term Effects of Treatment</b> Medical Oncology: Lakshmi Balasubramanian, MD Radiation Oncology: Ryan Tierney, MD Surgical Oncology: Heather King, MD, FACS Facilitator: Tamika Felder, Survivor
10:05 - 10:50 am	<b>Breakout Sessions</b> <b>Communicating Cancer</b> with Katie Narvarte Ozuna, LMSW, OSW-C, OPN-CG & Justin Ozuna, Survivor <b>Sex &amp; Intimacy</b> with Tamika Felder, Survivor <b>Transforming Dying, Transforming Ourselves</b> with Tani Bahti, RN, CT, CHPH
10:55 - 11:40 am	<b>Breakout Sessions</b> <b>Communicating Cancer</b> <b>Sex &amp; Intimacy</b> <b>Transforming Dying, Transforming Ourselves</b>
11:45 am - 12:30 pm	<b>Nutrition   For Me By Me Meal Planning</b> Nicole Hodac, MS, RDN, CSO, LD
12:30 - 1:15 pm	<b>Lunch</b>
1:25 - 2:10 pm	<b>Art Therapy Directive</b> Shani Bell, MAAT, LPC, ATR
2:15 - 3:00 pm	<b>Breakout Sessions   Hosted by Capital of Texas Team Survivor</b> <b>Tai Chi, Yoga, or Zumba</b>
3:05 - 3:50 pm	<b>The Person in the Arena: Living Fully Amidst the Fear of a Recurrence</b> David Zuniga, PhD
3:50 - 4:00 pm	<b>Concluding the Day</b>

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