



# Survive & Thrive SYMPOSIUM

## EMBRACING LIFE

after a cancer diagnosis

with Keynote Speaker  
**Justin Ozuna**



**SATURDAY, FEBRUARY 15, 2020**  
**7:30am - 3:30pm**

**Omni Hotel at the Colonnade**

9821 Colonnade Blvd  
San Antonio, TX 78230

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

**FREE**  
Registration!

Meals Included  
Self-Parking & Valet  
Parking Available

*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 San Antonio. Workshops and lectures will focus on wellness issues and create a dialogue around the survivorship experience.

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

- Discussing Cancer with Family & Children
- Laughter Yoga
- Managing Fear of Recurrence
- Nutrition | Winning at the Market
- Keep Your Sex Life Alive!
- Late & Long-Term Effects of Treatment

### **About Our Keynote Speaker**

Justin Ozuna is a digital marketing expert and entrepreneur whose diagnosis of Chronic Myeloid Leukemia in 2006 began a seven-year, up-and-down journey that included six physicians, four oral chemotherapies, three oncology centers and two clinical trials. He graduated with an emerging media and communications degree from the University of Texas at Dallas and has enjoyed a career in corporate energy and nonprofit healthcare communications. He is the founder of Metamedia Creative Co., a digital marketing agency that partners with major healthcare centers and universities around the country.

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> Thomas D. Fisher, MD
8:05 - 8:10 am	<b>Embracing the Day</b>
8:10 - 9:10 am	<b>Keynote Address   Finding Opportunity Amidst Adversity</b> Justin Ozuna, Survivor
9:15 - 10:15 am	<b>Discussing Cancer with Family &amp; Children</b> Rebecca Clinton, MSW, MBA, LCSW Deanna Smith, CCLS Shoni Power, Survivor Tamika Felder, Survivor
10:20 - 10:50 am	<b>Laughter Yoga</b> Claire Billingsley, Certified Laughter Yoga Leader
10:50 - 11:35 am	<b>Lunch</b>
11:50 am - 12:35 pm	<b>Breakout Sessions</b> <b>Managing Fear of Recurrence</b> - Katie Narvarte, LMSW, OSW-C, OPN-CG <b>Nutrition   Winning at the Market</b> - Nicole Hodac, MS, RDN, CSO, LD <b>Keep Your Sex Life Alive!</b> - Leslie Schover, PhD
12:45 - 1:30 pm	<b>Breakout Sessions</b> <b>Managing Fear of Recurrence</b> - Katie Narvarte, LMSW, OSW-C, OPN-CG <b>Nutrition   Winning at the Market</b> - Nicole Hodac, MS, RDN, CSO, LD <b>Keep Your Sex Life Alive!</b> - Leslie Schover, PhD
1:40 - 3:10 pm	<b>Late &amp; Long-Term Effects of Treatment Panel</b> Gynecologic Oncology: Joseph de la Garza, MD, FACOG Medical Oncology: Anil Singh, MD Radiation Oncology: Jennifer Lee, MD Surgical Oncology: Michael Keller, MD Survivorship Navigation: Sabrina Mikan, PhD, RN, ACNS-BC Facilitator: Tamika Felder, Survivor
3:10 - 3:30 pm	<b>Concluding the Day</b>

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