

TUESDAY, MAY 9, 2023

*The Art of Living  
Beyond Cancer Conference*

EMBASSY SUITES  
LA VISTA CONFERENCE CENTER



# Registration Information

Morning Keynote Speakers

*Dr. Stephanie Koraleski and Dr. Kay Ryan*

## Keynote Speakers

*Dr. James Armitage and Shirley Young Armitage*

Honorary Chairs

*Dr. James and Karen Linder*

Presenting Sponsor:



Underwriting:

The Dr. C.C. and Mabel L. Criss  
Memorial Foundation

## Keynote Speakers



### Luncheon Keynote: Dr. James Armitage and Shirley Young Armitage

James O. Armitage, M.D., is a world-renowned expert in the treatment of non-Hodgkin lymphoma, Hodgkin disease, and chronic lymphocytic leukemia and has played a critical role in advancing bone marrow transplantation. Dr. Armitage developed and directed the bone marrow transplant programs at the University of Iowa and at the University of Nebraska Medical Center (UNMC). Since 1982 he has served in many leadership roles at UNMC, where he is currently the Joe Shapiro Professor of Medicine, Division of Oncology and Hematology.

Shirley Young Armitage currently serves as president of The Jim & Shirley Young Family Foundation. As foundation president, Shirley oversees funding for a number of local nonprofits with a focus on organizations that support families facing medical hardships and pancreatic cancer research initiatives. She has dedicated much of her life caring for loved ones battling cancer and other terminal illnesses.

## Honorary Chairs



### Honorary Chairs: Dr. James and Karen Linder

James Linder, M.D., is a physician, author, academic and businessperson. He serves as chief executive officer (CEO) of Nebraska Medicine and most recently was president of the University Technology Development Corporation and chief strategist for the University of Nebraska system. He is also a professor of pathology and microbiology at the University of Nebraska Medical Center.

Karen Linder is a business leader, investor, author and artist. She serves as CEO and president of Tethon 3D, a 3D printing company, as well as her principal role at Linseed Capital. She was a co-founder of the Pipeline Entrepreneurship Fellowship, an organization that mentors entrepreneurs with high-growth potential. An accomplished artist, her works are housed in more than 100 institutional and private collections.

The Linders' personal commitment to cancer care began in the 1980's as both worked in the Department of Pathology and Microbiology at UNMC. Their roles as laboratory professionals gave them the opportunity to detect the earliest signs of cancer and to make diagnoses that guided treatment.

# Art of Living Beyond Cancer Conference Schedule



Tuesday, May 9, 2023  
Embassy Suites La Vista, 12520 Westport Pkwy, 68128

TIME	ALL ARE WELCOME	PROFESSIONALS TRACK	ALL ARE WELCOME
7:15-8:00 a.m.	<b>Registration/Breakfast/Visit Exhibitors</b>		
8:00-9:00 a.m.	<b>MORNING KEYNOTE</b> Speakers: Dr. Stephanie Koraleski and Dr. Kay Ryan		
<b>SESSION ONE</b> 9:00-10:00 a.m.	Managing Anxiety and Fear of Recurrence (Dr. Adam C. Mills)	Health Disparities in Cancer Prevention and Treatment (Kiley Petersmith)	Newly Diagnosed and So Many Questions (Bradly Vlcek)
10:00-10:30 a.m.	<b>Social Time/Visit Exhibitors</b>		
<b>SESSION TWO</b> 10:30-11:30 a.m.	Genetic Testing: Who and Why? (Jessie Poskochil)	Brain Fog Facilitator Training Part 1 (Brianna Parkhill)	Survivorship Care Planning: A How-To (Rachael Schmidt)
11:30 a.m.-1:00 p.m.	<b>SURVIVING AND THRIVING LUNCHEON</b> Keynote Speakers: Dr. James Armitage and Shirley Young Armitage		
TIME	ALL ARE WELCOME	PROFESSIONALS TRACK	ALL ARE WELCOME
<b>SESSION THREE</b> 1:00-2:00 p.m.	Side Effects: Fatigue, Lymphedema, Neuropathy and More (Amanda Bond)	Brain Fog Facilitator Training Part 2 (Brianna Parkhill)	Supplements for Survivors: Your Questions Answered (Teri Gabel)
2:00-2:30 p.m.	<b>Afternoon Break/Visit Exhibitors</b>		
<b>SESSION FOUR</b> 2:30-3:30 p.m.	Finding Your Inner Beauty (Emily Bolmeier, Lisa McDermott, and Sharon O'Donnell)	The Latest on Immunotherapy and CAR-T Cell Therapy (Dr. Matt Lunning)	Young Adult Survivorship (Becky Gehringer, Emalee Barto and Taylor Cochrane)
3:30 p.m.	<b>ADJOURN</b>		

# SESSION DESCRIPTIONS

MORNING KEYNOTE: 8:00 a.m. - 9:00 a.m.

SESSION ONE: 9:00 a.m. - 10:00 a.m.



## 1. Morning Keynote Address

Stephanie Koralieski, Ph.D. & Kay Ryan, Ph.D., R.N.

Hope is a key ingredient for boosting resilience and quality of life. Please join us as we take a look at how someone affected by cancer (as a Survivor or Caregiver) might find or increase hope in their life.

## 2. Managing Anxiety and Fear of Recurrence

Adam C. Mills, Ph.D.

Anxiety is a normal but challenging experience through the cancer process. The uncertainty and uncontrollability of cancer typically results in significant increases in anxiety, stress, and worry. People dealing with cancer can experience anxiety at multiple different points during the process and for multiple different reasons. Dr. Adam Mills from the Fred and Pamela Buffett Cancer Center at Nebraska Medicine will present on (1) the reasons we experience anxiety, (2) the various forms of anxiety we experience, (3) the times we can expect to experience increased anxiety, and (4) and the multiple evidence-based approaches to help manage it.

## 3. Health Disparities in Cancer Prevention and Treatment

Kiley Petersmith, DNP, R.N., CPEN, CPN

This session will explore social determinants of health and their impact in terms of cancer risk, detection, and access to treatment as well as examine conditions surrounding one's environment that can negatively influence health, particular to vulnerable populations.

## 4. Newly Diagnosed and So Many Questions

Bradly Vlcek, BSN, R.N., OCN®

In this session we will be discussing the topic of being recently diagnosed with cancer. This is intended for both the patient and their caregivers. We will discuss what you can expect when you are first diagnosed, for example what type of additional testing you would need for staging. We will also discuss helpful tips for you and your caregiver during this time in order to help alleviate any stress that can be involved.

# SESSION DESCRIPTIONS



SESSION TWO: 10:30 a.m. - 11:30 a.m.

## 1. Genetic Testing: Who and Why?

Jessie Poskochil, MGC, CGC

This session will provide an overview of genetic testing in the cancer setting. We will review how often cancer is hereditary, which individuals in a family are best to test, and why it is important to offer genetic testing. We will look at a variety of hereditary cancer syndromes, including breast cancer, colon cancer, pancreatic cancer, and more.

## 2. Brain Fog Facilitator Training Part 1

Brianna Parkhill, OTD, OTR/L, CBIS

**\*\* For Prospective Facilitators Only \*\***

A Time to Heal Cancer Foundation has launched a new 6-week Navigating Brain Fog series. Nearly three of every four cancer patients experience brain fog and it is also one of the most common complaints after COVID-19. **This two-part session will train and certify healthcare professionals to facilitate this course in-person or online via ZOOM. Certified trainers can receive reimbursement from ATTH for facilitating our Brain Fog classes.** Join the authors of this curriculum to be trained to facilitate this new program that includes the facilitator manual, participant workbook, handouts, and online resource page.

## 3. Survivorship Care Planning: A How-To

Rachael Schmidt, APRN-NP

As the population of cancer survivors continues to grow, so has the importance and recognition of survivorship care. This session will focus on the cancer care that continues after cancer treatment has ended and how a survivorship care plan can help facilitate this care.

# SESSION DESCRIPTIONS



SESSION THREE: 1:00 p.m. - 2:00 p.m.

## 1. Side Effects: Fatigue, Lymphedema, Neuropathy, and More Amanda Bond, PA-C

We all know about the common side effects that may occur during cancer therapy and typically resolve following completion, such as nausea during chemo treatment and skin erythema/discomfort during radiation therapy, but the less commonly addressed effects are those that may last long-term (i.e. neuropathy) or present months or years after treatment (i.e. heart failure). This lecture will provide an overview of possible late and long-term effects related to treatment. Knowledge is power and screening for and reporting early signs can allow for early intervention and improved quality of life!

## 2. Brain Fog Facilitator Training Part 2

Brianna Parkhill, OTD, OTR/L, CBIS

**\*\* For Prospective Facilitators Only \*\***

A Time to Heal Cancer Foundation has launched a new 6-week Navigating Brain Fog series. Nearly three of every four cancer patients experience brain fog and it is also one of the most common complaints after COVID-19. **This two-part session will train and certify healthcare professionals to facilitate this course in-person or online via ZOOM. Certified trainers can receive reimbursement from ATTH for facilitating our Brain Fog classes.** Join the authors of this curriculum to be trained to facilitate this new program that includes the facilitator manual, participant workbook, handouts, and online resource page.

## 3. Supplements for Survivors: Your Questions Answered

Teri Gabel, Pharm.D., BCPP, MH

Supplements and natural medicines may help support you during your cancer journey, but it's important to do your research. What is safe? What are the side effects or risks? Will they interact with other drugs or supplements that you are taking now? How do you choose what's right for your specific needs? Learn these answers and more from a pharmaceutical expert on this ever-evolving topic.

# SESSION DESCRIPTIONS

SESSION FOUR: 2:30 p.m. - 3:30 p.m.



## 1. Finding Your Inner Beauty

Emily Bolmeier, Lisa McDermott, & Sharon O'Donnell

Have you looked in the mirror and not recognized the person that you see? Have you lost your hair? Do you have scars or radiation marks? Some changes from cancer treatment may be temporary, while others may be permanent. Join us as we meet with a team of cosmetologists and board certified mastectomy fitters to discuss makeup and skin care, post-mastectomy or lumpectomy garment and prosthesis fittings, scarf and hat styling demonstrations, and wig options. Come listen for your first step in reclaiming your confidence, comfort, and sense of self.

## 2. The Latest on Immunotherapy and CAR-T Cell Therapy

Matthew Lunning, D.O., FACP

In this session we will discuss the latest updates on the journey through cellular therapy in the management of hematologic malignancies. We will explore this by navigating through checkpoints in care to include the "Brain to Vein", "Vein to Vein", and "Vein to Gain". This session will highlight challenges in the management of cellular therapy patients in different stages of their journey, the evolving indications for CAR-T, and the post-cellular therapy complications and management.

## 3. Young Adult Survivorship

Emalee Barto, M.S., J.D., Taylor Cochrane, J.D. & Becky Gehringer, MPT

A cancer diagnosis at any age will impact your life, but younger cancer survivors face unique challenges of their own. You may be balancing a career or navigating your personal life. Or perhaps you're raising children, having children, or trying to have children. Young adult cancer patients often feel isolated, because those around them may not understand what you're experiencing. Come join Emalee, Taylor and Becky, three young adult survivors of rare and aggressive cancers. They are the fearless authors of love|blackbird, a blog created for young cancer patients to feel at home. Join them for a real and raw conversation and for the opportunity to build your community of those who understand.



## Emalee Barto, M.S., J.D.

### Young Adult Survivorship

Emalee Barto, M.S., J.D., is an attorney in Washington, D.C. At age 27, she was a recent graduate pursuing her legal career and newly married. In January 2018, she was diagnosed with a Grade II Astrocytoma brain tumor. While receiving treatment, she was terminated from her position due to the extended medical leave, and her marriage ended in divorce. After completing treatment and taking some time to heal, she took her passion to Washington. She now uses her legal skills and passion for cancer survivorship in her work as a Healthcare Consultant.



## Emily Bolmeier

### Finding Your Inner Beauty

Emily Bolmeier is a clinical cosmetologist and certified mastectomy fitter at Inner Beauty, a specialty salon for cancer survivors, located in the Methodist Estabrook Cancer Center. She has worked at Inner Beauty for almost 10 years. Emily has a passion for helping women achieve symmetry post breast surgery. For some women, a lifelong relationship begins when they come to Inner Beauty and receive state of the art mastectomy bras and prostheses. Emily and other Inner Beauty employees also provide wig fittings, hat fittings, head shaves, skincare consultations, and hair colors. Emily is so grateful to be in a position where she can truly help people during their difficult cancer journey.



## Amanda Bond, PA-C

### Side Effects: Lymphedema, Neuropathy and More

Amanda Bond is a physician assistant in the Department of Hematology and Oncology at Nebraska Medicine in Omaha. Amanda has been a PA for 12 years and has spent the majority of her professional career treating patients who are undergoing treatment for cancer. During that time, she has developed a special interest in Oncology Survivorship and Cancer Risk/Prevention with an emphasis on patient education and empowerment. Amanda is one of three Survivorship-focused Advanced Practice Providers at Nebraska Medicine. She has also served as a lecturer for the UNMC PA program and the local chapter of the Oncology Nursing Society and is an active member of the Nebraska Medicine Advanced Practice Provider Committee.



## Taylor Cochrane, J.D.

### Young Adult Survivorship

Taylor Cochrane is a mother, wife, attorney, and advocate living in Omaha, NE. She was diagnosed with Stage 3 Small Cell Ovarian Cancer in early 2017, and just hit her 5-year "remission" milestone in December of 2022! She and her husband, Jim, have two children, Reid and Penelope, and also live with and care for Alex, her adult brother with Autism. She is passionate about bringing young survivors together in support, strength, laughter, and healing. Her favorite saying about cancer is that "you are a survivor from the day you are diagnosed".



## Teri Gabel, Pharm.D., BCPP, MH

### Supplements for Survivors: Your Questions Answered

Teri L. Gabel is a registered pharmacist board certified in psychiatric pharmacy practice and has advanced training in natural medicines. Dr. Gabel brings a unique blend of knowledge and people skills to the patient care arena. Her areas of expertise include natural and psychiatric medications. Dr. Gabel's innovative practice blends the best of conventional and natural medicines, based on current scientific data and traditional information. Individual consultation is available by appointment. Educational Programming for individuals and groups on a variety of health topics is also available. Dr. Gabel has been a volunteer faculty member with the UNMC Department of Psychiatry and lectured for the UNMC and Creighton Departments of Psychiatry.



## Becky Gehringer, MPT

### Young Adult Survivorship

Becky Gehringer's most cherished accomplishment is being a mother to Garrett (14), Addison (11) and Ethan (8). She earned a master's degree in physical therapy with an additional certification in orthopedics. Her passion is assisting injured individuals return to their highest level of function following surgeries, accidents or chronic pain. Most recently, she came to love teaching fitness classes to help clients maximize their activity levels while beating cancer. Becky was diagnosed with synovial sarcoma at the age of 32 while pregnant with Ethan. Following several treatment protocols, including participation in a phase 1 clinical trial, she has completed treatment and Ethan is a thriving second-grader. She loves anywhere that involves a warm climate, with bonus points if it involves a body of water and a boat. She is beyond grateful to her family and friends, as well as A Time To Heal for being instrumental in her continued journey against cancer.



## Stephanie Koraleski, Ph.D.

### Morning Keynote Address

Dr. Stephanie Koraleski is a psychologist specializing in psycho-oncology, the care of cancer survivors. She has worked in the cancer survivorship field for over 25 years, both in the Behavioral Health Department at Nebraska Methodist Hospital and in co-founding and serving as executive director of A Time to Heal Cancer Foundation. She has co-authored five books and has presented on cancer survivorship at numerous local, regional, national and international conferences. Dr. Koraleski is a long-time member of the institutional review board of Methodist Hospital and has volunteered with the American Cancer Society, the Nebraska Ovarian Cancer Coalition, Wings of Hope, the Nebraska Cancer Coalition and served on the boards of the Omaha Women's Fund, Duchesne Academy, the College of St. Mary, and A Time to Heal.



## Matthew Lunning D.O., FACP

### The Latest on Immunotherapy and CAR-T Cell Therapy

Dr. Matthew Lunning is an Associate Professor in the Division of Hematology/Oncology at UNMC. He serves the Department of Internal Medicine as the Associate Vice Chair of Research, Assistant Vice Chancellor for Clinical Research, Medical Director of the Clinical Research Center, Medical Director of Cellular Therapy, and Medical Director Lymphoma Research. He received his medical degree from Des Moines University in 2006. Dr. Lunning completed his internal medicine residency at UNMC where he served as Chief Medical Resident. He completed his Hematology/Oncology fellowship and served as the Hematology Chief Fellow at Memorial Sloan-Kettering Cancer Center. Dr. Lunning returned to UNMC in 2013 and has been active in clinic research, research mentoring, education, and patient care.



## Lisa McDermott

### Finding Your Inner Beauty

Lisa McDermott is a clinical cosmetologist and certified mastectomy fitter at Inner Beauty, located in the Methodist Estabrook Cancer Center. With her experience in the beauty industry, Lisa enjoys fitting breast cancer survivors in bras and prosthesis that help them to feel feminine and beautiful. Lisa also enjoys the reactions of women when they find a wig at Inner Beauty that makes them feel like themselves again. When she's not working, Lisa enjoys cooking, knitting, reading and spending time with her family.



## Adam C. Mills, Ph.D.

### Managing Anxiety and Fear of Recurrence

Dr. Adam Mills is a clinical health psychologist at Nebraska Medicine. In 2017, he brought co-located psychological support to the cancer center, and since then, he has been the primary psychologist in cancer care at Nebraska Medicine. He works alongside oncologists, nurse case managers, social workers, and other specialists to help patients navigate this difficult experience. He also works with individuals dealing with a variety of other medical issues, including organ failure and neurological issues. Dr. Mills grew up in Sioux Falls, South Dakota, and received his undergraduate degree at UNL. He completed his clinical psychology doctoral training at Oklahoma State University and his residency at the Medical University of South Carolina. He lives in Papillion with his wife and two boys.



## Sharon O'Donnell

### Finding Your Inner Beauty

Sharon O'Donnell is a licensed clinical cosmetologist and a board certified mastectomy fitter at Inner Beauty in the Methodist Estabrook Cancer Center. Sharon has been in the industry for many years, and is a wig and partial wig topper expert! Her expertise as a wig specialist is key to finding just the right style, then customizing the wig so it is the perfect look for her patient. In her mastectomy fitting roll, Sharon uses the initial Mastectomy consultation to explore and identify patients' needs and personal style. With this information, she is able to find the best products to meet her patients' needs. Sharon's goal is to send her patients out into the world feeling restored and confident, so that they feel that they are looking their best.



## Brianna Parkhill, OTD, OTR/L, CBIS

### Brain Fog Facilitator Training, Parts 1 and 2

Dr. Brianna Parkhill is an assistant professor of occupational therapy at the College of Saint Mary. She earned her doctorate in occupational therapy from Creighton University. Before working in academia, Dr. Parkhill was an outpatient occupational therapist for Madonna Rehabilitation Hospital, where she became a Certified Brain Injury Specialist (CBIS). Dr. Parkhill has experience developing and teaching neurorehabilitation, mental health, and clinical education courses. She also developed the Navigating Brain Fog Curriculum for A Time to Heal Cancer Foundation. She enjoys spending time with her family, taking pictures, and attending exercise classes!



## Kiley Petersmith, DNP, R.N., CPEN, CPN

### Diversity and Inclusion: How to Relate and Communicate

Kiley Petersmith is the director of community engagement at Nebraska Methodist College. Kiley began her nursing career in pediatrics before transitioning to academia at her alma mater Nebraska Methodist College. Currently, she works to advance the strategic vision of the Center for Community Engagement through community partnerships and engagement activities by leading efforts to develop programs that address health equity. Kiley serves on the Omaha Healthy Kids Alliance Board, Omaha Public Schools Health Advisory Committee, Nebraska Action Coalition, and various committees within NMC. She completed a fellowship with the Alliance of Nurses for Healthy Environments, engaging in policy and leadership initiatives to improve social and environmental conditions impacting health.



## Jessie Poskochil, MGC, CGC

### Genetic Testing: Who and Why?

Jessie Poskochil is a licensed and certified genetic counselor at the Munroe-Meyer Institute with the University of Nebraska Medical Center (UNMC). Jessie joined UNMC as a genetic counselor focused on hereditary cancer genetics in 2021 and has special interests in hereditary melanoma and breast cancer, outreach clinics, and teaching. Currently, Jessie provides cancer genetic counseling at the Fred & Pamela Buffett Cancer Center in Omaha, NE and the June E. Nysten Cancer Center in Sioux City, IA. Jessie also co-instructs the embryology course for the Genetic Counseling Education Program at UNMC.



## Kay Ryan, Ph.D., R.N.

### Morning Keynote Address

Dr. Kay Ryan is a nurse and educator with a great deal of experience in health promotion and higher education. She is co-author and co-founder of A Time to Heal, a whole person wellness rehabilitation program for people who have gone through cancer diagnosis and treatment. She has published numerous peer-reviewed research articles and has presented internationally on topics related to health promotion and cancer survivorship. Dr. Ryan served on the board of the National Wellness Association for many years and taught as a visiting professor at the National University of Ireland at Galway. She currently teaches online classes for A Time to Heal, local Veterans and Nebraska Methodist College.



## Rachael Schmidt, APRN-NP

### Survivorship Care Planning: A How-To

Rachael Schmidt is an Advanced Oncology Certified Nurse Practitioner and Program Director of the Cancer Risk & Prevention and Survivorship Programs at Nebraska Medicine. Her clinical focus is treating patients at high risk for cancer as well as cancer survivors by focusing on all aspects of cancer survivorship including prevention of new cancers, surveillance of late/long term effects of cancer treatment, intervention of side effects, and coordination of care between oncology and primary care. She currently is the Principal Investigator on a multi-site cancer center survivorship study, which looks at digital health coaching in cancer survivors.

# Meet Our Presenters



## Bradly Vlcek, BSN, R.N., OCN® Newly Diagnosed and So Many Questions

Bradly Vlcek is an outpatient hematology/oncology nurse case manager at the Fred and Pamela Buffett Cancer Center in Omaha, Nebraska. Bradly received his Bachelor of Science in Nursing at Clarkson College. He is certified as an oncology nurse. Bradly has more than 13 years of experience and holds roles as a treatment center nurse and nurse case manager in oncology. He currently has been working the past seven years as a nurse case manager specializing in lymphoma. He is responsible for setting patients up for staging when they are first diagnosed, educating them on treatments and side effects, and being there for them when they have questions or need intervention. He has given multiple presentations related to oncology and recently authored a chapter “Chemotherapy” in the “ONS Cancer Basics third edition” textbook, which was published in fall 2022.

## Continuing Education

### Global objectives:

- Discuss strategies to help enhance resilience and improve quality of life as derived from case experiences from Survivors and/or Caregivers.
- Explain the challenges experienced through the cancer process and approaches to regaining self-confidence, comfort, and sense of self.
- Describe how professional or family caregivers can utilize resources to assist patients or family members to be better prepared to cope and avoid burnout.

 <p>JOINTLY ACCREDITED PROVIDER™ INTERPROFESSIONAL CONTINUING EDUCATION</p>	<p>In support of improving patient care, this activity has been planned and implemented by University of Nebraska Medical Center and A Time to Heal Cancer Foundation. University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.</p>
--	--

The University of Nebraska Medical Center designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Nebraska Medical Center designates this activity for 5.5 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

 <p>ASWB approved continuing education</p>	<p>As a Jointly Accredited Organization, University of Nebraska Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 4.0 clinical continuing education credits. The content level of this activity is intermediate.</p>
---	---

# Conference Registration Form

✓ Yes, sign me up for the 2023 Art of Living Beyond Cancer Conference!



**TO REGISTER ONLINE, GO TO ATTH.ORG**

## REGISTRANT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## SELECT YOUR REGISTRATION OPTION

\$25 General Admission (by April 1, 2023).  \$35 Late Registration (after April 1, 2023). Includes four breakout sessions and lunch. Please select ONE breakout session for each time slot. Please note dietary restrictions: \_\_\_\_\_

### If you need CE hours, please check below:

\$75 Health Care Professionals\* (by April 1, 2023).  \$95 Registration (after April 1, 2023). Includes keynotes and up to four breakout sessions designated as qualifying for continuing education (CE) credits.

\$250 Brain Fog Facilitator Training (check only if you are taking Brain Fog Facilitator Training Part 1 and Part 2)

### Luncheon Only

\$65 LUNCHEON ONLY. Includes admission to keynote address and luncheon only. Does not include admission to breakout sessions. Please note dietary restrictions: \_\_\_\_\_

\* Physicians, oncology providers, nurses, social workers, occupational/physical therapists and other health-related professionals.  
General Admission: Survivors, caregivers, nonprofits, students and general public.

Please indicate which breakout sessions you would like to attend:

#### SESSION ONE 9:00 a.m. - 10:00 a.m.

- Managing Anxiety and Fear of Recurrence
- Health Disparities in Cancer Prevention and Treatment
- Newly Diagnosed and So Many Questions

#### SESSION TWO 10:30 a.m. - 11:30 a.m.

- Genetic Testing: Who and Why?
- Brain Fog Facilitator Training Part 1
- Survivorship Care Planning: A How-To

#### SESSION THREE 1:00 p.m. - 2:00 p.m.

- Side Effects: Fatigue, Lymphedema, Neuropathy and More
- Brain Fog Facilitator Training Part 2
- Supplements for Survivors: Your Questions Answered

#### SESSION FOUR 2:30 p.m. - 3:30 p.m.

- Finding Your Inner Beauty
- The Latest on Immunotherapy and CAR-T Cell Therapy
- Young Adult Survivorship

**To Mail Your Registration**



# Conference Registration Form (continued)



## PAYMENT INFORMATION

- Please add this \$\_\_\_\_\_ donation to help other survivors
- My check is enclosed for the total amount of \$\_\_\_\_\_
- Please charge my credit card for the amount of \$\_\_\_\_\_
- Please include 3% credit card processing fee as an additional donation to A Time to Heal

Card Type:  Visa  MasterCard  AmEx  Discover

Name as it appears on card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Verification Security Number: \_\_\_\_\_

Mail your registration to: (PLEASE NOTE ADDRESS)

**A Time to Heal Cancer Foundation**  
**8707 West Center Rd. Ste 101**  
**Omaha, NE 68124**

If you prefer, you may register at [www.atth.org](http://www.atth.org)

## CONTINUING EDUCATION

Global objectives:

- Discuss strategies to help enhance resilience and improve quality of life as derived from case experiences from Survivors and/or Caregivers.
- Explain the challenges experienced through the cancer process and approaches to regaining self-confidence, comfort, and sense of self.
- Describe how professional or family caregivers can utilize resources to assist patients or family members to be better prepared to cope and avoid burnout.

The University of Nebraska Medical Center designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Nebraska Medical Center designates this activity for 5.5 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.



In support of improving patient care, this activity has been planned and implemented by University of Nebraska Medical Center and A Time to Heal Cancer Foundation. University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



As a Jointly Accredited Organization, University of Nebraska Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 4.0 clinical continuing education credits. The content level of this activity is intermediate.

# **THANK YOU** for Your Support!