

Workshop Highlights:

- Benefits of exercise on physical functioning, weight management, fatigue, quality of life, depression, anxiety, body image, and sleep.
- Explore relationships between sleep, stress, and fatigue on the stress response affecting immune function, memory, bone metabolism, weight, and potential adrenal imbalances.
- Updates on evidence-based recommendations to reduce your risk of cancer and/or recurrence. Vitamin D and other supplements will also be discussed.
- Therapeutic Yoga and Restorative Yoga (I) targets joints to relieve stiffness, and reduce the physical effects of stress on your body.
- Therapeutic Yoga and Restorative Yoga (II) offers chair techniques for individuals with limited motion or other disabilities to obtain overall health benefits of yoga.
- Pilates a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back.
- Nutrition for healthy living, weight loss, and protection against cancer.
- Learn about the New American Plate and recipes from the AICR test-kitchen, which are quick, healthy, and offer cancer-protective meals.
- Whole food cooking classes utilizing nutrition strategies to optimize energy and immune function.
- Lymphedema risk reduction practices, exercises to stimulate lymph function, and lymphedema management.
- Cognitive Behavioral Therapy techniques to decrease overall stress, anxiety, and effects of triggers. Learn and apply basic skills through interactive group activities.
- Symptom management to reduce fatigue, depression, anxiety, hormonal disturbances, insomnia, osteoporosis, neuropathy, and cognitive dysfunction.
- Weight management will discuss common myths, fads, and marketing around weight loss. Learn why many diets don't work and evidence-based methods that do.
- Apply core, strength, and flexibility training while learning lymphatic support techniques.
- Implement a personalized exercise prescription while hiking beautiful Methow Valley trails. Calculate target heart rate reserve parameters for optimum health benefits.
- Yoga Nidra, also known as yogic sleep, is a form of guided relaxation, which gives you the benefits of deep sleep without the dullness of being unconscious.

Faculty Information

Tim Burnham Ph.D.

Dr. Burnham is an Associate Professor of Exercise Science at Central Washington University. His research interests include quality of life interventions and cancer survivorship issues. He has seven peer-reviewed publications, which look at the interaction between physical activity and physical and psychosocial function.

Amanda Esmond, PT, DPI, OCS.

Dr. Esmond is a Physical Therapist and Pilates Instructor. She has Doctorate of Physical Therapy and is certified in Orthopedics from the American Physical Therapy Association. She has special interests in sports rehabilitation, orthopedics, orthotic therapy, and manual therapy.

Susan Fletcher, BS, RD.

Sue is a registered dietician with extensive experience providing medical nutritional therapy in special populations. She provides nutritional counseling on the New American Plate plus recipes for healthy eating, weight management, and cancer-fighting meals.

Mary Gunkel, BAE RN RYT200.

Mary has been an oncology nurse for 20 years and also has a teaching degree. She currently manages an oncology program that spans four rural counties in Eastern Washington. She is a certified Yoga teacher in the Viniyoga tradition and teaches Restorative Yoga, Therapeutic Yoga, Yoga Nidra.

Katie Kemble, DNP, FNP-C, AOCNP.

Dr. Kemble has a special interest in translational research as-well-as research looking at quality of life measures in cancer survivors. She is an advanced oncology certified nurse practitioner with Level I and II Motivational Interviewing training, and Cognitive Behavioral Therapy training for clinicians.

Chandra Villano, ND.

Dr. Villano has an undergraduate degree in Exercise Physiology and Doctorate in Naturopathic Medicine. She has a naturopathic consulting practice, teaches community preventative health education, and whole food cooking classes. She's a certified instructor of Yoga of the Heart for Cardiac and Cancer Patients.

Tamara Wells, OTR/L, CLT.

Tamara is an Occupational Therapist. She is certified both as a Manual Lymphedema Therapist and Neurodevelopmental Therapist and specializes in advanced problem solving for lymphedema and rehabilitation. She has extensive training and experience working with cancer survivors.

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EASE Cancer Foundation

A registered 501c3 non-profit corporation based in North Central Washington, dedicated to providing innovative educational programs for cancer survivors and enhancing cancer survivorship services in rural areas.

Cancer Survivorship Workshop Journey to Wellness



7th Annual
October 11th-12th, 2013

*Sun Mountain Lodge
Winthrop, WA*



EASE Cancer Foundation
EXERCISE AND SURVIVORSHIP EDUCATION

Journey to Wellness

October 11th - 12th

Sun Mountain Lodge, Winthrop WA

Friday, October 11th

5:30 Registration
6:PM **Buffet Dinner**

6:45 Welcome and Introductions
EASE Faculty
7:00 Relationships: Sleep, Stress, and Fatigue
Tim Burnham, PhD
8:00 Music with Singer-Songwriter Sum Guy
Brian Ohme

Saturday, October 12th

7:30 **Breakfast & Announcements**
EASE Faculty

8:00 Weight Management (8:00-8:45)
Tim Burnham, PhD

Breakout Sessions I (concurrent 9:00-10:00)

- Therapeutic & Restorative Yoga I
Mary Gunkel, BAE, RN, RYT200
- Updates in Cancer Risk Reduction
Katie Kemble, DNP, FNP-C, AOCNP
- Whole Food Cooking
Chandra Villano, ND
- Core, Flexibility, & Strength Training
Tamara Wells, OTR/L, CLT, Tim Burnham, PhD

Breakout Sessions II (concurrent 10:15-11:15)

- Therapeutic & Restorative Yoga II
Mary Gunkel, BAE, RN, RYT200
- Lymphedema Risk Reduction & Massage
Tamara Wells, OTR/L, CLT
- New American Plate Recipes
Sue Fletcher, BS, RD
- Pilates
Amanda Esmond, PT, DPT, OCS.

Breakout Sessions III (concurrent 11:30-12:30)

- The Great Outdoors
Tim Burnham, PhD

Breakout Sessions III *continued*

- Symptom Management
Katie Kemble, DNP, FNP-C, AOCNP
- Whole Food Cooking
Chandra Villano, ND
- Pilates
Amanda Esmond, PT, DPT, OCS.

Lunch 12:30 - 1:30 (on own)

Breakout Sessions IV (concurrent 1:30-2:30)

- Lymphedema Risk Reduction & Massage
Tamara Wells, OTR/L, CLT
- Nutrition for Healthy Living
Susan Fletcher, BS, RD
- Whole Food Cooking
Chandra Villano, ND
- Pilates
Amanda Esmond, PT, DPT, OCS.

Breakout Sessions V (concurrent 2:45-3:45)

- Therapeutic & Restorative Yoga I
Mary Gunkel, BAE, RN, RYT200
- Stress Management Workshop
Katie Kemble, DNP, FNP-C, AOCNP
- New American Plate Recipes
Susan Fletcher, BS, RD
- Core, Flexibility, & Strength Training
Tamara Wells, OTR/L, CLT, Tim Burnham, PhD

Breakout Session VI (concurrent 4:00-5:00)

- Yoga Nidra
Mary Gunkel, BAE, RN, RYT200
- Stress Management Workshop
Katie Kemble, DNP, FNP-C, AOCNP
- Whole Food Cooking
Chandra Villano, ND
- The Great Outdoors
Tim Burnham, PhD

5:00 **Wrap-up & Evaluation**
EASE Cancer Foundation Faculty

5:30 **Adjournment**

Workshop Registration

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____

Cell phone: _____

E-mail: _____

BREAKOUT ACTIVITIES: We are offering 14 activities during our breakout sessions. Upon receipt of your reservation fee, we will mail you a confirmation package that will let you select the anticipated activities you would like to participate in.

Registration Fees

Registration \$50

Registration fees include Friday night buffet dinner, music, Saturday breakfast buffet, and all supplies for workshops

*Space is limited; reserve early.
Workshop enrollment & room reservations are limited to 40 participants to ensure optimum learning and hands-on participation.*

Method of Payment

Apply Online at: www.easecancer.org

Check Visa MasterCard

Please make checks payable to *EASE Cancer Foundation*.

Card number: _____ Exp. Date: _____

Cardholder name: _____

Cardholder address and zip code: _____
(if different from registration info above.)

Cardholder signature _____

Hotel Reservations

Call Sun Mountain Lodge at 1-800-572-0493 and mention that you are with the EASE Cancer Foundation to receive special lodging rates and book your room.

RATES:

Lodging per night/room, single or double occupancy \$110.50.
Additional persons per room (children under 12 free) \$25.
Room tax is additional & subject to change without notice.

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