

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.

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.
- 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.
- 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.
- Learn about the New American Plate Challenge 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.
- Love, laughter, and life after cancer offers strategies to manage the roller coaster of emotions often felt after cancer treatment. Mind-body methods, creative outlets, power of laughter, and recognizing emotional signs of depression.
- Cognitive Behavioral Therapy techniques to decrease overall stress, anxiety, and effects of triggers. Learn and apply basic skills through interactive group activities.
- Updates in cancer risk reduction, plus symptom management to reduce fatigue, depression, anxiety, insomnia, hormonal disturbances, osteoporosis, peripheral 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.
- The Great Outdoors incorporates lymphatic support techniques and implementing a personalized exercise prescription while hiking beautiful Methow Valley trails. Calculate target heart rate reserve parameters for optimum health benefits.
- Applied Art Therapy. In Tibetan tradition, when prayer flags are decorated with images and words, they transmit healing energy into the world through the power of the wind. In this workshop, this Tibetan tradition is adapted by using simple art supplies to create personal prayer flags that symbolize our healing and recovery. All art supplies included.

Faculty Information

Tim Burnham Ph.D. Dr. Burnham is an Associate Professor of Exercise Science at Central Washington University. His research interests include cancer survivorship issues and developing cancer survivorship rehabilitation programs. He has multiple peer-reviewed journal publications, which look at the interaction between physical activity, and physical and psychosocial function.

Susan Fletcher, BS, RD. Susan is a registered dietician and has extensive experience providing medical nutrition therapy for specific medical conditions in underserved populations. Susan provides counseling for cancer survivors on nutrition and diet modifications.

Mary Gunkel, BAE RN RYT200. Mary has been an oncology nurse for 20 years and also has a teaching degree. She currently is Director for Oncology Services for Confluence Health, which spans four rural counties in Eastern Washington. She is a certified yoga teacher in the Viniyoga tradition and teaches Restorative Yoga, Therapeutic Yoga, and Yoga Nidra.

Phylicia Hancock-Lewis, MSN, FNP, ARNP. Phylicia is a nurse Practitioner with extensive experience in family practice, women's health, and psychosocial. She dedicates much of her time to community educational programs and women's health outreach classes focusing on health promotion and disease prevention with lifestyle modifications.

Amanda Jacobs, PhD. Dr. Jacobs has a Doctorate in Educational Psychology, with emphasis in the arts, and a Masters in Music. She is a composer, playwright, and artist educator. She is most recognized for her award-winning work on "Jane Austen's PRIDE AND PREJUDICE, A Musical", which swept the New York Musical Theater Awards, including the coveted "Stage Entertainment Award", and "Most Promising Musical" award.
<http://amanda-jacobs.blogspot.com/p/as-educator.html>

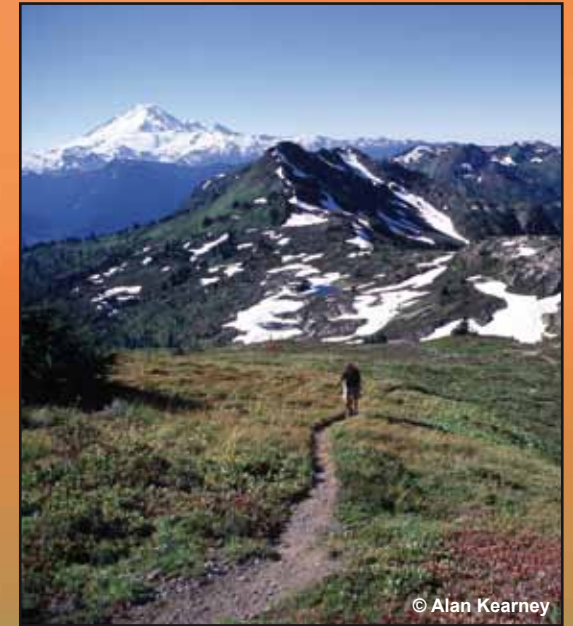
Katie Kemble, DNP, FNP-C, AOCNP, ARNP. Dr. Kemble received her Doctorate of Nursing Practice at the University of Washington and FNP/PA certificate from Stanford University. She has a special interest in translational research and research looking at quality of life measures in cancer survivors. Katie runs Confluence Health's Survivorship Program.

Mandy Robertson, MD. Dr. Robertson earned a Doctor of Medicine degree at the University of Florida. She completed an Internal Medicine internship and residency at Virginia Mason Medical Center in Seattle. She returned to the University of Florida College of Medicine for a three-year Hematology/Oncology Fellowship, where she was named Chief Fellow.

Chandra Villano, ND. Dr. Villano has an undergraduate degree in Exercise Physiology and a Doctorate in Naturopathic Medicine from Bastyr University. She has a naturopathic consulting practice, specializing in clinical nutrition & non-toxic lifestyle enhancement and instructs wellness programs

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. Tamara has extensive training and experience working with cancer survivors.

Cancer Survivorship Workshop Journey to Wellness



8th Annual
October 10th-11th, 2014

Sun Mountain Lodge
Winthrop, WA



EASE Cancer Foundation
EXERCISE AND SURVIVORSHIP EDUCATION

Journey to Wellness

October 10th - 11th, 2014

Sun Mountain Lodge, Winthrop WA

Friday, October 10th

5:30 Registration

6:PM Dinner

6:30 Welcome and Introductions
EASE Cancer Foundation Faculty

6:45 Keynote Address: Hereditary Cancer, Genetics,
and New Targeted Therapies
Mandy Robertson, MD

Saturday, October 11th

7:30 Breakfast & Announcements
EASE Cancer Foundation Faculty

8:00 Relationships: Sleep, Stress, and Fatigue
(8:00-8:45) *Tim Burnham, PhD*

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

a. Therapeutic and Restorative Yoga I
Mary Gunkel, BAE, RN, RYT200

b. Updates & Symptom Management
Katie Kemble, DNP

c. What's the Big Fat Deal ???
Whole Foods Fat and Sugar Focus
Chandra Villano, ND

d. Weight Management
Tim Burnham, PhD

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

a. Therapeutic and Restorative Yoga II
Mary Gunkel, BAE, RN, RYT200

b. Lymphedema Risk Reduction & Massage
Tamara Wells, OTR/L, CLT

c. New American Plate Recipes
Sue Fletcher, BS, RD

d. Applied Art Therapy
Amanda Jacobs, PhD

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

a. Love, Laughter, and Life after Cancer
Phylicia Hancock-Lewis, FNP

Breakout Sessions III *continued*

b. Updates & Symptom Management
Katie Kemble, DNP

c. Energy and Bone Balance
Whole Foods Protein & Calcium Focus
Chandra Villano, ND

d. The Great Outdoors
Tim Burnham, PhD, Tamara Wells, OTR/L, CLT

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

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

a. Love, Laughter, and Life after Cancer
Phylicia Hancock-Lewis, FNP

b. Cognitive Behavioral Therapy: Exercises to
Decrease Stress Triggers
Katie Kemble, DNP

c. What's the Big Fat Deal ???
Whole Foods Fat and Sugar Focus
Chandra Villano, ND

d. Applied Art Therapy
Amanda Jacobs, PhD

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

a. Therapeutic and Restorative Yoga I
Mary Gunkel, BAE, RN, RYT200

b. Lymphedema Risk Reduction & Massage
Tamara Wells, OTR/L, CLT

c. New American Plate Recipes
Susan Fletcher, BS, RD

d. Applied Art Therapy
Amanda Jacobs, PhD

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

a. Yoga Nidra
Mary Gunkel, BAE, RN, RYT200

b. Cognitive Behavioral Therapy: Exercises to
Decrease Stress Triggers
Katie Kemble, DNP

c. Energy and Bone Balance
Whole Foods Protein & Calcium Focus
Chandra Villano, ND

d. The Great Outdoors
Tim Burnham, PhD, Tamara Wells, OTR/L, CLT

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: 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, 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 \$112.50.
Additional persons per room (children under 12 free) \$25.
Room tax is additional & subject to change without notice.

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