

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:

- Hereditary Cancer, Genetics, and New Targeted Therapies; keynote address will cover gene research, genetic testing, genetic syndromes, and Next Generation Sequencing and Testing.
- Genetic Screening. Discuss the information used for a hereditary cancer evaluation and why this information is important. Learn how to draw your own family history.
- Explore relationships between sleep, stress, and fatigue on the stress response affecting immune function, memory, bone metabolism, weight, and potential adrenal imbalances.
- Whole foods cooking classes for optimizing nutritional content, flavor, energy, satiety, immunity, blood sugar regulation, and digestion.
- Learn about the New American Plate and recipes from the AICR test-kitchen, which are quick, healthy, and offer cancer-protective meals.
- Therapeutic Yoga and Restorative Yoga assist to relieve stiffness, optimize breathing, and reduce the negative effects of stress on your body.
- 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.
- Shake Your Soul® YogaDance & Kripalu DansKinetics® uses movement to improve flexibility, cardiovascular fitness, and endurance. Finding joy along with freedom, passion, power, and grace is at the core of this YogaDance experience.
- 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. This Tibetan tradition is adapted to create personal prayer flags that symbolize our healing and recovery.
- Updates in cancer risk reduction, stress management, plus symptom management to reduce fatigue, depression, anxiety, insomnia, hormonal disturbances, osteoporosis, peripheral neuropathy, and cognitive dysfunction.
- Chemo brain and cognitive games is a fun interactive session that will provide tips on ways to improve you memory and promote neuroplasticity, which is the brain's way of reorganizing itself by forming new neural connections throughout life.
- Body Image, Sexual Health, and Relationship Intimacy will explore ways to cope with physical changes and emotional stress caused by cancer and cancer treatment. Discover a renewed self-image, plus learn tips for making intimacy a part of your life again, and improve communication.
- Lymphedema Education and Risk Reduction Training: Learn about the lymph system, risk reduction practices, beneficial exercises and lymphatic massage to stimulate lymph function.
- Benefits of exercise on physical functioning, weight management, fatigue, quality of life, depression, anxiety, body image, and sleep.
- Putting It All Together 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.

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.

Maggie Ellings, DNP, ARNP, FNP-BC, RN. Dr. Ellings received her Doctor of Nursing Practice from the University of Washington. She is an oncology nurse practitioner who has a special interest in cancer survivorship. Her doctoral research focused on sexual health and relationship intimacy discussions for those with cancer. She has received multiple scholarships for her doctoral work and for her experience in women's health.

Susan Fletcher, BS, RD. Susan is a registered dietician and has extensive experience providing medical nutrition therapy for specific medical conditions in underserved populations. She has dedicated many years counseling low-income pregnant and postpartum women on appropriate nutrition. 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 has a teaching degree. She is the director of an oncology program that spans four rural counties in Eastern Washington. Mary is a certified yoga teacher in the Viniyoga tradition and teaches Restorative Yoga, Therapeutic Yoga, and Yoga Nidra.

Terah Hansen, MS, CGC, LGC. Terah provides genetic counseling, testing, and consultation for individuals and families with a variety of concerns. She interprets genetic family histories, assesses their risk of disease, identifies interventions to manage risk, and educates about inheritance, testing, management, prevention, ethical issues, resources, and research.

Teri Hugo Hirss, M.Ed. Teri is an Expressive Movement Therapist. She holds a Master's degree in Education from University of Vermont. Teri is a certified Health Realization counselor. She is trained as a certified Shake Your Soul/Kripalu DansKinetics instructor. She holds certifications from numerous institutions including Harvard Medical School. Teri specializes in women's issues and stress management utilizing body-centered psychology and mindfulness teachings.

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. <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 coordinates Confluence Health's Cancer Survivorship Program.

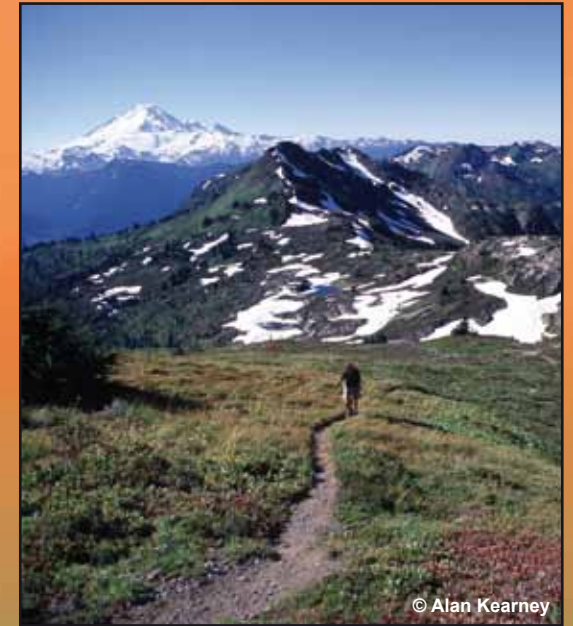
Mandy Robertson, MD. Dr. Robertson earned her Doctor of Medicine degree at the University of Florida. She completed an Internal Medicine internship and residency at Virginia Mason Medical Center in Seattle. She returned to the University of Florida College of Medicine for a three-year Hematology/Oncology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

Chandra Villano, ND. Dr. Villano has an undergraduate degree in Exercise Physiology, with 10 years experience in Cardiopulmonary Rehabilitation. She earned her Doctorate in Naturopathic Medicine from Bastyr University. Dr. Villano specializes in clinical nutrition. She has a passion for green living, detoxifying environmental pollutants, and she teaches a yearlong wellness & lifestyle improvement program.

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 and is a frequent lecturer.

Cancer Survivorship Workshop

Journey to Wellness



9th Annual
October 9th-10th, 2015

Sun Mountain Lodge
Winthrop, WA



EASE Cancer Foundation
EXERCISE AND SURVIVORSHIP EDUCATION

Journey to Wellness

October 9th - 10th, 2015
Sun Mountain Lodge, Winthrop WA

Friday, October 9th

- 5:00 Registration
5:30 Dinner
 Welcome and Introductions
EASE Cancer Foundation Faculty
- 5:45 Keynote Address: Hereditary Cancer, Genetics, and New Targeted Therapies
Mandy Robertson, MD
- 7:00 Jeff Lowe's Metanoia - Northwest Screening!**

This is a film about one man's journey from the top of the world to the end of the line. Jeff's story inspires us all, as he brings the creativity and strength that characterized his climbing career to the challenge that he faces today: his own mortality.

Saturday, October 10th

- 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)**
- Shake Your Soul/ Kripalu YogaDance
Teri Hugo Hirss, M.Ed.
 - Symptom Management & Health Promotion
Katie Kemble, DNP
 - Genetic Screening Workshop
Terah Hansen, MS
 - What's the Big Fat Deal ???
 Whole Foods Fat and Sugar Focus
Chandra Villano, ND

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

- Therapeutic and Restorative Yoga II
Mary Gunkel, BAE, RN, RYT200
- Chemo Brain & Cognitive Games
Tim Burnham, PhD, Tamara Wells, OTR/L, CLT
- New American Plate Recipes
Sue Fletcher, BS, RD
- Applied Art Therapy
Amanda Jacobs, PhD

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

- Shake Your Soul/ Kripalu YogaDance
Teri Hugo Hirss, M.Ed.

Breakout Sessions III *continued*

- Symptom Management & Health Promotion
Katie Kemble, DNP
- Energy and Bone Balance
 Whole Foods Protein & Calcium Focus
Chandra Villano, ND
- Putting it All Together
Tim Burnham, PhD, Tamara Wells, OTR/L, CLT

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

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

- Therapeutic and Restorative Yoga
Mary Gunkel, BAE, RN, RYT200
- Body Image, Sexual Health, & Relationship Intimacy
Maggie Ellings, DNP
- What's the Big Fat Deal ???
 Whole Foods Fat and Sugar Focus
Chandra Villano, ND
- Applied Art Therapy
Amanda Jacobs, PhD

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

- Shake Your Soul/ Kripalu YogaDance
Teri Hugo Hirss, M.Ed.
- Lymphedema Risk Reduction & Massage
Tamara Wells, OTR/L, CLT
- New American Plate Recipes
Susan Fletcher, BS, RD
- Applied Art Therapy
Amanda Jacobs, PhD

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

- Yoga Nidra
Mary Gunkel, BAE, RN, RYT200
- Genetic Screening Workshop
Terah Hansen, MS
- Energy and Bone Balance
 Whole Foods Protein & Calcium Focus
Chandra Villano, ND
- Putting it All Together
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 \$115.00.
 Additional persons per room (children under 12 free) \$30.
 Room tax is additional & subject to change without notice.

EASE Cancer Foundation PO Box 377 • Cashmere, WA 98815
 509-860-1322 • www.easecancer.org