

Workshop Highlights

- ✦ **Long-Term Survivorship:** Emerging Care in Wellness & Rehabilitation.
- ✦ **Immune Responses & Immunotherapy** will discuss innate immunity and defense systems, and how immunotherapy uses the body's own immune system to fight cancer.
- ✦ **Physical Wellbeing & Symptom Management** explores strategies to manage fatigue, anxiety, hormonal disturbances, neuropathy, bone health and osteoporosis.
- ✦ **Optimizing Sleep to Maximize Health.** Sleep improves mood, physical functioning, regulates hormones, and reduces disease risk. Learn strategies for mastering a good night's sleep.
- ✦ **Lymphedema Risk Reduction Practices** includes learning signs and symptoms of lymphedema and manual lymphatic massage and exercises to facilitate lymphatic function.
- ✦ **Finding Meaning in Life Despite a Diagnosis** - explore different ways to capture and find meaning as you live with a diagnosis of cancer.
- ✦ **Providing Life Support – CLEAR!** Dr. Carlson would like to explore with you how we make decisions toward the end of life.
- ✦ **Eat to Thrive – Anti-Inflammatory Strategies and Abundance & Gratitude Bowls.** An appetizing overview of food as medicine, whole foods meal prep for rotation, variety, & ease, and intentional mindset for optimal nutrition.
- ✦ **Whole Food Nutrition & Cancer Fighting Foods** will explore healthy eating habits and phytochemicals that may reduce carcinogens and block the development of new cancers.
- ✦ **Healthy Weight Strategies.** Weight management will discuss common myths and marketing around weight loss. Learn why many diets don't work and about evidence-based methods that do.
- ✦ **Expressive Art.** 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 tradition is adapted to create personal prayer flags that symbolize our healing and recovery.
- ✦ **Silver Linings Playbook,** Overcoming & Humor are themes in a creative writing experience within a fun, inspirational, and healing environment. No writing experience required.
- ✦ **Shake Your Soul®** is a fun-filled movement practice that relaxes your nervous system, energizes your body, and awakens your soul through a powerful, fluid dance repertoire set to world music.
- ✦ **Putting It All Together** incorporates lymphatic support, core strengthening, and exercise prescription while hiking in the Icicle. Calculate target heart rate reserve parameters.
- ✦ **Creating a Personal Wellness Plan** provides an intentional, summarizing checklist plan, individualized by each participant, to prioritize the key skills and concepts learned during the workshop, to immediately integrate into everyday life for optimal wellness.



Faculty Information

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

Maggie Ellings, DNP, ARNP, FNP-BC, AOCNP.

Dr. Ellings is an oncology nurse practitioner with a special interest in cancer survivorship. Her doctoral research focused on sexual health and intimacy discussions for those with cancer. She serves as faculty for the Family Nurse Practitioner program at the UW.

Thomas Carlson, MD. A midwestern native from a blue-collar family, he obtained an engineering degree from ASU, an MD from U of A and completed residency in Radiation Oncology at the Cleveland Clinic Foundation in Cleveland, Ohio. He strongly believes everyone has the responsibility to take charge of their life and get the information necessary for them to make healthcare decisions based on their own personal goals.

Natalie Harris, MS, RD, CD. Natalie is a Registered Dietitian in Oncology at Confluence Health. She has been a dietitian for 11 years working in a variety of settings; but Oncology is her favorite area of nutrition. Natalie enjoys developing relationships with patients and encouraging them towards health in all aspects of their life.

Ginny Heinitz, BSN, RN, CHPN. Ginny has 40 years of experience and a certificate in Palliative Care from the UW. She's a national instructor for Vital Talks & Respecting Choices and serves on two state steering committees. She believes patients are experts of themselves and need to be listened to for providing the best possible care as they define "living well".

Teri Hugo Hirss, M.Ed. is a registered movement therapist and educator. She is a life coach and stress management consultant. She leads retreats internationally, as well as, from her home base in the Green Mountains of Vermont. Teri has spent the last 30 years empowering women to live their lives fully and joyfully.

Amanda Jacobs, PhD has a doctorate in Educational Psychology, and specializes in learning environments. She is a professional composer, playwright, and artist educator. As a composer, she is recognized for her award-winning work on AUSTEN'S PRIDE, A Musical, which made Carnegie Hall last June and swept the New York Musical Theater Awards.

Katie Kemble, DNP, ARNP, FNP-C, AOCNP, FAANP. Dr. Kemble is an oncology nurse practitioner at Confluence Health, Associate Teaching Professor at the UW, and Oncology Committee Co-Chair for the American Academy of Nurse Practitioners. Katie has a special interest in improving the quality of life in cancer survivors and creating community programs.

Jill LaRue, FNP, MSN. Jill is a retired family nurse practitioner of 30 years. She believes that healthy lifestyles are crucial to our sense of wellbeing. She loves spending time outdoors biking, hiking, Nordic skiing, gardening, or bird watching. Jill is the administrative assistant for the EASE Cancer Foundation.

Alison Osius, MA. Alison is an author, writer, and columnist who has published in over 40 newspapers, magazines, and websites. She is the senior editor of Outside magazine and a recipient of the American Alpine Club Literary Award. She received a master's degree in journalism from Columbia University and has taught writing classes at Colorado Mountain College.

Chandra Villano, ND. Dr. Villano is a Naturopathic doctor with clinical specialty in mindful living, whole foods, and environmental/personal detox. She has a passion for neuroscience, epigenetics, and the endocannabinoid system, with a background in exercise physiology in cardiopulmonary rehab. She is a co-founder of EASE and on the Board of Directors of Wellness Place.

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

Pat Vetter, BS, PharmD, BCPS, LSAMT. Dr. Vetter received her Bachelor Degree in Pharmacy at the University of Montana and Doctor of Pharmacy at the University of Washington. She's a Board-Certified Pharmacotherapy Specialist and has worked with Oncology Infusion services since 2012.

16th Journey to Wellness



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Cancer Survivorship Workshop

October 27-28, 2023

*Sleeping Lady Resort
Leavenworth, WA*



EASE Cancer Foundation
EXERCISE AND SURVIVORSHIP EDUCATION

Intinerary

Friday, October 27th

- 5:00 Registration
6:00 **Dinner** – Salmon Gallery & Chapel Theater
6:45 Welcome and Introductions
EASE Cancer Foundation Faculty
7:00 **Keynote Address: Long-Term Survivorship:
Emerging Care in Wellness & Rehabilitation**
Tim Burnham, PhD

Saturday, October 28th

8:00 **Breakfast** Salmon Gallery & Chapel Theater

8:45 **Announcements**
EASE Cancer Foundation Faculty

9:00 **Anti-Inflammatory Diets**
Chandra Villano, ND

Breakout Sessions I (concurrent 10:00-10:50)

- Finding Meaning in Life Despite a Diagnosis
Ginny Heinitz, BSN, RN, CHPN
- Optimizing Sleep to Maximize Health
Katie Kemble, DNP
- Expressive Art
Amanda Jacobs, PhD
- Eat to Thrive
Chandra Villano, ND
- Shake Your Soul
Teri Hugo Hirss, M.Ed.
- Healthy Weight Strategies
Tim Burnham, PhD

Breakout Sessions II (concurrent 11:05-11:55)

- Providing Life Support – CLEAR!
Thomas Carlson, MD
- Physical Wellbeing & Symptom Management
Maggie Ellings, DNP
- Silver Linings
Allison Osius, MA
- Whole Food Nutrition & Cancer Fighting Foods
Natalie Harris, MS, RD, CD
- Shake Your Soul
Teri Hugo Hirss, M.Ed.
- Lymphedema Risk Reduction
Tamara Wells, OTR/L, CLT



Breakout Sessions III (concurrent 12:10-1:00)

- Finding Meaning in Life Despite a Diagnosis
Ginny Heinitz, BSN, RN, CHPN
- Optimizing Sleep to Maximize Health
Katie Kemble, DNP
- Expressive Art
Amanda Jacobs, PhD
- Eat to Thrive
Chandra Villano, ND
- Putting it All Together
Tim Burnham, PhD, Tamara Wells, OTR/L, CLT
- Immune Responses & Immunotherapy
Pat Vetter, PharmD

1:00 **Lunch** – Kingfisher Restaurant

Breakout Sessions IV (concurrent 2:00-2:50)

- Healthy Weight Strategies
Tim Burnham, PhD
- Optimizing Sleep to Maximize Health
Katie Kemble, DNP
- Silver Linings
Allison Osius, MA
- Whole Food Nutrition & Cancer Fighting Foods
Natalie Harris, MS, RD, CD
- Shake Your Soul
Teri Hugo Hirss, M.Ed.
- Lymphedema Risk Reduction
Tamara Wells, OTR/L, CLT

Breakout Sessions V (concurrent 3:05-3:55)

- Providing Life Support – CLEAR!
Thomas Carlson, MD
- Physical Wellbeing & Symptom Management
Maggie Ellings, DNP
- Expressive Art
Amanda Jacobs, PhD
- Putting it All Together
Tim Burnham, PhD, Tamara Wells, OTR/L, CLT
- Immune Responses & Immunotherapy
Pat Vetter, PharmD

4:10 **Creating a Personal Wellness Plan**
Teri Hugo Hirss, Chandra Villano, ND

5:00 **Adjournment**

Workshop Registration

REGISTER ONLINE
Go to www.easecancer.org

Registration Fees

Registration for Workshop is \$80

Space will be limited to 65 participants.
Registration includes:
*Friday night buffet, Saturday Breakfast & Lunch,
syllabus, and all supplies for workshop.*

Space is limited - Reserve early!

Hotel Reservations

Call Sleeping Lady Mountain Resort at
(509)999-0998 or (509)548-6344

and mention that you are with the EASE Cancer Foundation to
receive special lodging rates and book your room.

RATES:

Lodging per night is \$230 Alcove, \$240 Double Alcove,
\$240 Family Room, \$250 Loft
Room tax is additional.

EASE Cancer Foundation PO Box 377 • Cashmere, WA 98815
509-782-3990 or 509-860-1322
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