Survivorship Conference Agenda

8:30 a.m.  Light Breakfast, Registration, and Exhibits
9 a.m.  Welcome
9:15 am  Survivor Spotlight
10:00 a.m.  Visit Exhibits
10:15 a.m.  Morning Sessions
   Please choose one of the following sessions:
   • A patient’s guide to insurance
   • Fertility and family planning options
   • Finding your new normal: How to regain control of your life after a cancer diagnosis
   • Self-care for the survivor’s soul
11:15 a.m.  Lunch and Young Adult Survivor Panel
12:30 p.m.  Afternoon sessions
   Please choose one of the following sessions:
   • Eat, weigh, move: Benefits of healthy living after cancer
   • Navigating survivorship with confidence
   • Career counseling for young adults
   • Drop the beat! Expressing emotions by finding the rhythm
1:30 p.m.  Empowering Conversations
2:30 p.m.  Closing Remarks
Survivor Spotlight
Kurt Gibson
Kurt has had his fair share of successes and difficulties. Each time he overcame adversity. One of his biggest life-altering moments came at age 22 when he was diagnosed with stage 3 colon cancer. Unsure of what this meant for his future as a professional ultimate Frisbee player, let alone play sports at all, Kurt took it as an opportunity to beat the odds. Kurt’s rise from a cancer survivor to one of the greatest Ultimate Frisbee players of all time, and a participant in The Amazing Race, is a true story of perseverance.

Finding your new normal: How to regain control of your life after a cancer diagnosis
Nothing prepares you for cancer as a young adult. Life changes instantly, and you have the ability to make a choice - will you yearn for the life you had before your diagnosis, or discover ways to find joy and meaning from where you are now? This conversation will tackle how to adapt to common lifestyle changes, discuss ways to strengthen your relationships, and share strategies to help you take control of your life after cancer.

Self-Care for the survivor’s soul
Putting yourself first takes practice. Learn how self-care can improve your emotional and physical well-being, identify activities to nourish your soul, and receive a self-care starter kit that includes a variety of materials to assist you in kick-starting a personalized self-care plan.

Morning Sessions
Please choose one of the following sessions

A patient’s guide to insurance
Insurance is complicated and dealing with financial matters when you or a loved one is ill is even more difficult. This session will give you a better understanding of insurance and financial clearance.

Fertility and family planning options
Fertility is one of the most discussed, and emotionally charged topics amongst young adult survivors. Learn about fertility and family planning options available to cancer patients and survivors from leading experts on fertility, surrogacy, and adoption.

Lunch Session
Young adult survivor panel
Hear from a panel of young adult survivors as they share their unique experiences, needs and survivorship strategies.

Afternoon Sessions
Please choose one of the following sessions.

Eat, weigh, move: Benefits of healthy living after cancer
After hearing a cancer diagnosis, many survivors want to know what they can do to keep themselves as healthy as possible. Physical activity, nutrition and health weight management can play a role in improving health after cancer, through management of symptoms and side effects, as well as reducing disease risks. Learn about the benefits of healthy living after cancer and tips for making behavior changes.

Navigating survivorship with confidence
The post-treatment phase for young adults can be tricky. This session will focus on dealing with long terms side effects, creating a life-long plan for wellness and communicating with your health care providers.

Career counseling for young adults
Career counseling helps young adult survivors figure out what is the next step, whether it be educational and career exploration, assistance with educational accommodations for students or guidance for re-entering the work force. Learn tips for navigating your next step.

Drop the beat! Expressing emotions by finding the rhythm
Have you ever heard the phrase, “When words fail, music speaks”? Sometimes there aren’t words to describe how we feel. In this session, a board-certified music therapist will show you how to use rhythmic improvisation as a way to explore your feelings and express them musically.

Closing Session
Empowering Conversations
Group facilitated conversations to conclude the day that will share themes of resiliency, hope and support.

To register visit cancer180.org or contact us at cancer180@mdanderson.org, 800-345-6324

Cancer180
Because when cancer strikes, life does a 180.