SCOA Survivor Workshop

Agenda, October 25, 2024, 11:30 AM – 2:00 PM

1. Welcome (pick up box lunches and mingle) and Introductions (15 minutes)
2. The New Normal
3. Setting goals for living well after cancer – Kathy Mercer (5 minutes)
4. Follow-up Medical Care – Nichole Hendry, PA-C (15 minutes)
5. Exercise Recommendations and Programs for Cancer Survivors – Ciaran Fairman, Ph.D (15 minutes)
6. Mental Health: Managing Stress and Emotions After Cancer – Lynnie Leopard, CRC, MAC, LAC, LPC (15 minutes)
7. Break at approx. 12:35 PM (15 minutes)
8. Lymphedema Prevention – Monica Middeker, MOTR/L, CLT (15 minutes)
9. Nutrition Recommendations for Cancer Survivors – Kathy Mercer, RD, LD, Ed.D. (15 minutes)
10. Finding Support and Meaning After Cancer
11. Survivor Resources and Volunteering – Cindy Hall, ACS Volunteer (10 minutes)
12. Importance of Support – Beth Harris, survivor and support group leader (15 minutes)
13. Giving Back to Cancer Through Research – Amanda Dyer, Ph.D, RN (10 minutes)
14. Program Evaluation (5 minutes)