

# 8<sup>th</sup> Annual Women's Health Conference

8:00am	<b>Registration/Breakfast /Exhibits</b>
	<i>All morning presentations are held in the Hospitality Center Great Room</i>
8:30	<b>Welcome and Introductions</b>
8:45	<b>Building a Better Immune System</b> Elizabeth Boham, MD, MS, RD The Ultra-Wellness Center, Lenox MA
9:45	<b>Exploring Nano-Medicine in Cancer Treatment</b> Sara Brenner, MD, MPH SUNY Polytechnic
10:45	<b>Break</b>
11:00	<b>The Impact of Inflammation on Breast Cancer Risk and Treatment</b> Ronald Stram, MD Founder and Medical Director Stram Center for Integrative Medicine
Noon	<b>Lunch and Exhibits</b>
1-4 pm	<b>Afternoon Breakout Sessions</b>
4—4:30	<b>Closing Session</b> Hospitality Center Great Room

## Afternoon Breakout Sessions

Choose one session for each time period.

	Option A	Option B	Option C
	CLINICAL/PROFESSIONAL	CLINICAL/PROFESSIONAL	THRIVERS' TRACK
Breakout Session I 1—1:50pm	<b>Current Research Into Breast Cancer</b> Jason Herschkowitz, PHD Cancer Research Center School of Public Health University at Albany SUNY	<b>Communication Skills to Address the "Whole" Person in Treatment</b> Carole Heaney, RN, MS Integrative Health Coach "In the Spirit of Healing"	<b>Good Nutrition that Works for YOU</b> Amiee Croft, RD St. Peter's Health Partners
Breakout Session II 2—2:50pm	<b>Interdisciplinary Care Across the Cancer Continuum</b> Karen Martin, RN, Nurse Navigator & Frances Ford, LMSW New York Oncology Hematology	<b>Palliative Support for Patients in Treatment</b> Elizabeth Hanlon, RN Angela Katris, LMSW Community Hospice	<b>Intro to Mindfulness and Meditation</b> Doreen Howe American Meditation Institute
	2:50—3:10pm	<b>Break—Coffee—Dessert—Exhibits</b>	
Breakout Session III 3:10—4pm	<b>Managing Pelvic Floor Issues After Cancer Treatment</b> Emily Hull, PT, DPT Albany Memorial Hospital	<b>Advances in Diagnostic Radiology</b> Andrew Warheit, MD St. Peter's Breast Center St. Peter's Health Partners	<b>Physical Therapy During Breast Cancer Rehabilitation</b> Carey Donohue-Lawson, PT Albany Physical Therapy

### Regroup—Closing Session—Evaluations

This activity has been submitted to the Northeast Multistate Division, American Nurses Association for approval to award contact hours. The Northeast Multistate Division is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## Conference Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please check all that apply:

- ☐ Clinician   ☐ Patient /Survivor   ☐ Caregiver  
☐ Family Member   ☐ Community Member

Do you wish to receive Continuing Education Credits? ☐ Yes\*   ☐ No

\* Only afternoon Options A and B are eligible for continuing nursing education credits.

Please circle your choices for afternoon sessions:

Session I	A	B	C
Session II	A	B	C
Session III	A	B	C

Please visit [www.tolife.org](http://www.tolife.org) to view more about the conference, to register online or to learn more about the organization. Or contact the office at (518) 439-5975.

## About Us

*To Life!* Inc. is a community-based organization, serving women and their families since 1998. Specializing in breast cancer education and support, *To Life!* provides comprehensive educational opportunities on a wide variety of women's cancers and health issues.

We are proud to present the eighth annual Women's Health Conference free of charge. Cancer patients, survivors, and families; medical, health, and wellness practitioners are all invited to attend. All information presented is evidence based and in no way biased or designed to endorse products or treatments.

*To Life!* is grateful for sponsorship from:

**New York State  
Department of Health**



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*8th Annual*

## Women's Health Conference

*Informed, Engaged  
Treatment &  
Empowered Survivorship*

**TUESDAY,  
NOVEMBER 13<sup>th</sup> 2018  
8:00 AM – 4:30 PM**

**Carondelet Hospitality Center  
385 Watervliet-Shaker Road  
Latham, NY 12110  
[www.tolife.org](http://www.tolife.org)  
[www.facebook.com/tolifecares](http://www.facebook.com/tolifecares)**