

Annual Cancer Survivor Workshop Sept. 26, 2017 10:00 a.m. - 2:00 p.m.



10:10 a.m.: Welcome/Overview of Today's Topics
Dr. Katie Sterba, Medical University of South Carolina

10:20 a.m. - 10:40 a.m.: Movement is Medicine
Meagan Labriola, Dragon Boat Charleston

Door prizes announced

10:40 a.m. - 11:05 a.m.: Nutrition
Arrianna Johnson, Roper St. Francis

11:05 a.m. - 11:30 a.m.: YMCA - LIVESTRONG Program
Amanda Metzger, Summerville Family YMCA

11:30 a.m. - 11:40 a.m.: Break

11:40 a.m. - 12:05 p.m.: Intimacy and Sexuality
Kelly Pabst, Roper St. Francis

Door prizes announced

12:05 p.m. - 12:20 p.m.: Lunch

12:20 p.m. - 12:40 p.m.: Navigating Your Cancer Treatment and Understanding
Your Survivorship Care Plan
Monica Przybylek, Medical University of South Carolina

12:40 p.m. - 1:05 p.m.: Understanding the role of your navigator/social worker
Sharlene Mikula, Charleston Cancer Center

Door prizes announced

1:05 p.m. - 1:40 p.m.: Spirituality/Mindfulness
Chaplain Nancy Pellegrini, Hollings Cancer Center, Medical University of South
Carolina

Door prizes announced

1:40 p.m. - 2:00 p.m.: Closing Speaker
Henry Well, South Carolina Cancer Alliance