

Sharing the Knowledge Agenda

Saturday, November 5, 2016

8:30 a.m.

Conference Check-in – Continental Breakfast--Exhibit Hall

9:15 a.m.

Welcome - Jill Mack, 2016- *Board of Directors Chair*

9:30 a.m.

Lymphedema & Breast Cancer: Comprehensive Reducing Your Risk

AnnElise Kryszak, OTR, CLT

There's still a lot to be learned about lymphedema, and there's no way to predict who will develop it. But there are things you can do to care for your arm and breast area to reduce your chances and preventing lymphedema.

AnnElise Kryszak, OTR, CLT, is a treating therapist and educator specializing in advanced practices in Lymphedema Management. AnnElise has been a practicing therapist for 34 years and a Lymphedema Specialist for 15 years. AnnElise is also certified in the Comprehensive Lymphedema Treatment for American Health Care, studying and mentoring directly with Judy Purtell, OTR, CLT. She has also studied with Linda Miller, PT, CLT, of Philadelphia, who is recognized for her specialty of working with Upper Extremity Breast Cancer Patients.

10:30 a.m.

Break/Exhibits – Exhibit Hall

11:00 a.m.

Workshop #1

Lymphedema Preventative Measures and Exercises

Leanne Widen, RD, RYT

Workshop #2

Occupational & Physical Therapist Lymphedema Continuing Education

AnnElise Kryszak, OTR, CLT

12:00 p.m.

Lunch- Breakroom Hall A/Exhibits - Exhibit Hall

1:00 p.m.

Sexual Health & Menopause: Helping Cancer Survivors with their Quality of Life

Stephanie S. Faubion, MD, FACP, NCMP, IF

Stephanie Faubion, MD, FACP, NCMP, IF, is an Assistant Professor of Medicine and director of Executive and International Medicine and of the Office of Women's Health at Mayo Clinic in Rochester, MN and the medical editor of The Menopause Solution. Dr. Faubion's work is published in peer-reviewed journals, and she regularly speaks on women's health topics including menopause and sexual health.

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2:00 p.m.

Workshop #1

Sexuality after Cancer

Ellen Barnard, MSW

Ellen Barnard, MSW, is a social worker and Sexual Health Educator. She is the co-founder of Sexuality Resources Limited, a sexual health education non-profit and the co-owner of A Woman's Touch Sexuality Resource Center, a store specializing in sexual health products. She works with professionals and consumers all over the US and Canada to increase knowledge and competence around sexual wellness through lectures, extended continuing education events, and 1:1 education and counseling. Her passion is helping health care and therapy professionals deepen their sense of competence when discussing sexuality with patients and clients

Workshop #2

Tai Chi and Qigong

Lorrie Ann Formella, Masters in Organizational Psychology, Tai Chi Easy Practice Leader Certificate, 200 Hour Integral Qigong and Tai Chi Certified

3:00 p.m.

Infinite Boundaries Alumni – Coffee and Cookie Reunion

Past retreatants are invited to stay for a coffee and cookie reunion, catch up and check in with those who attended the retreat with you!

