



2022 NL Breast Cancer Conference

Schedule of Events *

* Draft Schedule - some speakers TBD

Friday November 11, 2022				
8:30 - 10:45 am	Arrival and Registration - Register in the foyer of the conference area and pick up your conference bag. Don't forget to register for your mini-massage on Saturday afternoon			
Starts at 1:00pm through 4:00pm	Opening Ceremonies for the 23rd Annual Breast Cancer Conference Keynote Speaker - Geoff Eaton, Executive Director & Founder of Young Adult Cancer Canada Meet and Greet - This is your time to meet and connect with your fellow participants Circle of Friends - our own special way to get to know fellow participants Ribbon Ceremony - to recognize each participants' journey			
6:00pm	Dinner Speakers to include fellow survivor participants Music & Mingle in the Courtyard to follow Dinner			
Saturday November 12, 2022				
7:00- 7:45 am	Yoga with Christie Fahey - Room A			
7:30 - 8:45 am	Breakfast			
9:15 - 10:15 am	Genetics - Speaker TBD			
10:25 - 10:35 am	Stretch break - Morgan Dinn, Physiotherapist, Paradise Physiotherapy			
10:45 - 11:45 am	Self Care During Difficult Times - Gill Whelan from Whelan Wellness			
12:00 - 1:00 pm	Lunch and learn with the Canadian Breast Cancer Network			
	Room A	Room B	Room C	Room D
1:00 - 1:50 pm	Mental Health & Cancer Susan Green, MSW, RSW	Fear of Recurrence Dr. Sheila Garland, PhD, R Psych	Breast Reconstruction Dr. Shane Seal and Dr. Arthur Rideout	Managing Lymphedema Jean Ann Ryan, RN and Ann Marie Coady, RN
1:00 - 3:00 pm	Coffee Break		Coffee Break	
2:00 - 2:50 pm	Finances & Cancer Jackie McCann-Scott, Financial Advisor - Lupin Planning Group	Nutrition and Cancer Amanda Janes, Registered Holistic Nutritionist & Breast Cancer Survivor	After Care & Show and Tell Speaker TBD	Young and Diagnosed Speaker TBD
3:00 - 4:00 pm	Sexuality & Pelvic Health Cathy Daniels from Our Pleasures & Lori Ross - Pelvic Floor Physiotherapist from Paradise Physiotherapy			
4:00 - 5:30 pm	Massage Therapy - Make an appointment to receive a mini-massage with Massage Therapists from Paradise Physiotherapy			
	Gala Dinner			
6:00 - 6:45 pm	Join us on the Red Carpet to start our Gala Evening - Come and get your picture taken with St. John's Drag Queen, Barbara Bordeaux			
7:00pm	Dinner is Served			
8:00 - 10:30 pm	Gala Dinner Speakers will include: Bonnie Morgan - Ovarian Cancer Survivor Lynette Hillier, Executive Director - Cancer Care Foundation Presentations with NL Breast Cancer Conference Donors Gala Entertainment featuring Bic and the Ballpoints			
Sunday November 13, 2022				
8:00 - 9:00am	Breakfast			
9:00 - 10:00 am	Spiritual Ceremony in the Courtyard - a time to reflect and remember			
10:15 - 11:30 am	Healing / Laughter with Gerry Dooley - Ending the conference with laughter!			