



2023 NL Cancer Conference for Women

Schedule of Events

Friday November 17, 2023				
10:00am - 12:00pm	Arrival and Registration - Register in the foyer of the conference area and pick up your conference bag. <i>*Don't forget to register for your mini-massage for Saturday afternoon</i>			
1:00pm	Opening Ceremonies for the 1st Annual Cancer Conference for Women			
	Opening Speaker - Empowerment with Pam Martin McDonald - Meridan Health & Wellness 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' cancer journey			
3:00pm - 4:30pm	NIA on the Rock - Candlelight session with Elaine Dunphy			
4:30pm-6:30pm	<i>Free time to prepare for dinner</i>			
6:30pm	Dinner			
	Cancer Survivor, Bonnie Morgan, will introduce the 'Belles with Balls' Documentary Mingle in the Courtyard following Dinner at 8:30. Musical Entertainment provided by Kelsey, Kayla & Courtney Brown			
Saturday November 18, 2023				
7:00- 7:45 am		Yoga - Rita Lester Garrison Room		
7:30 - 8:45 am	Breakfast - 'The Power of BELIEVE' with Cancer Survivor, Elizabeth Laurie.			
9:15 - 10:15 am	Take Back Your Financial Power! - Jackie McCann Scott, CFP with The Lupin Planning Group			
10:25 - 10:35 am	Stretch break - Morgan Dinn, Physiotherapist, Paradise Physiotherapy			
	Salon D	Garrison Room	Signal Room	Salon C
10:45am - 11:45 am	Your Pelvic Health - Lori Ross, PT & Georgina Alyward	Reconstruction & Aftercare - Dr. Shane Seal, April King, NP and Shannon Crotty	The Non-Medical Side of Menopause with Catherine Burry	Metastatic Meet Up - An opportunity for those with a metastatic diagnose to meet & connect. Facilitated by Sharon Foster
12:00 - 1:00 pm	Lunch Cancer Screening Programs: Cervical, Colon, Lung, Breast with Scott Antle, Manager Colon/Cervical Screening Programs			
1:00 - 1:50pm	Keep the pilot light burning: Integrating cancer into your sexual script - presented by Dr. Jennifer Spracklin, Clinical Sexologist			
	<i>Coffee/Tea will be available outside Salon A/B between 2:00 - 3:00pm</i>			
2:00 - 2:50pm	Trauma-Informed Care for Cancer Treatment - presented by Joel Foster, Mental Health Counselor, Meridan Health			
3:00pm - 3:50pm	After Cancer Care: The Time has Come! presented by Dr. Gerard Farrell, MD			
4:00 - 5:30 pm	Massage Therapy - Mini-massages (by appointment) with Massage Therapists from Paradise Physiotherapy			
4:00 - 5:00 pm	Mini Massages	Mini Massages	Mini Massages	Meditation with Karen Vincent, Anchored Meditation
	Gala Dinner			
6:00 - 6:45 pm	Join us on the Fiori Prosecco Red Carpet to start our Gala Evening! Come have your picture taken with our guest Drag Artists - Barbara Bardot & Betty Boop			
7:00pm - 7:30pm	Join us in the Ballroom for a special performance from Barbra Bardot & Betty Boop			
7:30pm	Dinner is Served			
	<i>Dinner Speakers to include:</i>			
	Lynette Hillier, Executive Director - Cancer Care Foundation			
	Geoff Eaton, Founder & Executive Director - Young Adult Cancer Canada			
	Survivor Speaker - Yvonne Jones, Member of Parliament			
	Gala Entertainment: DJ - Johnny Wiseman and Musical Guests - YYT			
Sunday November 19, 2023				
7:00am - 7:45am	Aquatic Lymphatic Drainage with Terry Oakley (Pool Area)			
8:30 - 9:30am	Breakfast "Caregiving for Caregivers" with Amanda Thomas, RN			
9:45am - 10:30 am	Spiritual Ceremony in the Courtyard - a time to reflect and remember			
11:00 - 12:00 pm	Art Therapy - Coastal Health			
12:10pm - 1:00pm	Reiki - Carolyn Hapgood			
1:05pm -1:20pm	Circling Back....Art Therapy - witnessing the power of our collective project			
1:20pm -1:30pm	Closing Remarks, Thank you's & See you in 2024			