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2025 NL Cancer Conference for Women

Schedule of Events

Friday October 17, 2025				
10:00am-12:00pm	Registration - Registration just outside of the Harbourview Ballroom at the Delta St. John's			
12:00pm	**The 2025 NL Cancer Conference for Women opens with a welcome from Co-Chairs, Joan Aucoin & Sondria Browne**			
12:10pm - 12:40pm	**Survivor Speaker -** Michelle Smith			
12:50pm - 2:05pm	**Circle of Friends** - our own special way to get to know fellow participants			
2:10pm - 2:50pm	**Ribbon Ceremony**			
3:00pm - 4:00 pm	**Soothing Sounds for the Soul** with Michelle Smith & Laura Winter			
5:00pm-6:00pm	*Free time to prepare for dinner*			
6:00pm - 7:00pm	***Dinner - Harbourview Ballroom***			
7:00pm - 8:00pm	**Dinner Speaker (7:00pm): From Surviving to Thriving: Embracing the Stories etched in your skin** with Gillian Crouse			
8:30pm - 10:00pm	**Music & Mingle with music by Larry Foley** (Bridge Area)			
Saturday October 18, 2025				
7:00am-7:45am	**Every 'Body' Welcome** Yoga with Christie Fahey - Salon D			
8:00am -8:45am	**Breakfast -** Harbourview Ballroom			
8:50am- 10:20am	**Self Compassion: A vital tool for the Cancer Experience** with Laura Winters			
10:25am- 10:35 am	**Stretch break** with Courtney Bartlett, Paradise Physiotherapy			
10:35am - 11:30 am	***From the Clinic to Your Community*** **: Pharmacist Support Beyond the Prescription** with Nadine Glynn, Chelsea Normore and Jillian Croke			
11:35am - 12:35 pm	***Lunch & Learn*** ***featuring speakers on*** ***Cancer Screening Initiatives*** **-** *with Scott Antle & Bernadine O'Leary, Cancer Care Program*			
12:45pm - 2:00pm	***Women are Rewriting the Menopause Story*** **-** A panel discussion with the NL Menopause Foundation team			
	Coffee/Tea will be available outside the Harbourview Ballroom			
2:20pm - 3:10pm	**Stories of Strength: The Written Path to Healing** with Christin Watton			
3:15pm - 5:00 pm	**Mini Massages & Mini Makeup sessions** (*by appointment - sign up at registration*)			
	Mini Massages - Salon D	Mini Massages - Salon D	Mini Massages - Salon D	Mini Makeup Sessions - Executive Boardroom, 2nd floor
	Gala Dinner - *Harbourview Ballroom*			
6:00pm - 6:45 pm	Join us on the **Red Carpet** to start our Gala Evening! Come have your picture taken with our guest Drag Artists, Barbra Bardot & Betty Boop			
7:00pm	Join us in the Ballroom with Emcee Julia Halfyard for introduction & greetings from our special guests			
7:15pm	***Dinner is Served***			
	After Dinner Entertainment with Barbra & Betty			
	Dance with Gala Entertainment: DJ - Johnny Wiseman			
Sunday October 19, 2025				
8:30am - 9:30am	***Breakfast***			
9:45am - 10:30am	**Spiritual Reflection Ceremony** - our time to reflect and remember (Salon B)			
10:50am - 11:35am	**An ArchAngel & Energy Clearing Meditation** with Nicki Spurrell (Harbourview Ballroom)			
11:45am - 12:00pm	***Closing Remarks, Thank you's & See you in 2026***			