



“After the shock of the diagnosis, I chose to kick my cancer out the door and live life the way I want to, not on cancer’s terms.”

— Jayne Collins  
cancer survivor



[www.fhcrc.org](http://www.fhcrc.org)

Fred Hutchinson Cancer Research Center  
E. Donnell Thomas Building (Building D)  
1100 Fairview Ave. N.  
Seattle, WA 98109



**DIRECTIONS**

- From I-5 (north or south)
- Exit Seattle Center/Mercer St.
    - Move to the far right lane
  - Right at light at bottom of exit ramp
    - Stay in the far right lane
  - Right at light onto Fairview Ave. N.
    - Continue past Marriott Residence Inn and through the stop light to the first driveway
  - Right at Campus Drive
    - Continue past the roundabout to visitor parking

**PARKING**

Parking is available on the Hutchinson Center campus in any visitor parking area or surface parking lot.

**FRED HUTCHINSON  
CANCER RESEARCH CENTER**  
A LIFE OF SCIENCE



Moving beyond cancer to **wellness**

Please join us for an educational event for cancer survivors.

Saturday, June 26, 2010  
8:30 a.m. to 3 p.m.

Hosted by the Fred Hutchinson Cancer Research Center Survivorship Program  
*a member of*

**LIVESTRONG**  
SURVIVORSHIP CENTER  
OF EXCELLENCE NETWORK

**FRED HUTCHINSON  
CANCER RESEARCH CENTER**  
A LIFE OF SCIENCE

**SEATTLE  
CANCER CARE  
ALLIANCE**  
Fred Hutchinson Cancer Research Center  
UW Medicine  
Children's Hospital and Regional Medical Center



## keynote speaker

### Jonna Tamases

Jonna Tamases is a three-time cancer survivor (Hodgkin's disease, large-cell lymphoma, breast cancer). She has turned her experience into the strikingly original, funny, incredibly uplifting performance, *Jonna's Body, Please Hold*.

- 8:30 a.m. Registration
- 9 a.m. Keynote address | *Jonna Tamases*
- 10 a.m.-12 p.m. Breakout sessions | *choice of three*
- 1 p.m. Lunch with networking
- 1:45 p.m. Late Effects from Cancer and Survivorship Care Planning | *K. Scott Baker, MD*
- 2:15 p.m. Patient Panel
- 3 p.m. Event Concludes

Educational materials from organizations serving cancer patients and their families will be available throughout the day.

Please RSVP – space is limited.

If you are able to join us for this event, please RSVP by:

- telephone | 206.667.5262
- online | [www.fhcrc.org/survivorship](http://www.fhcrc.org/survivorship)
- e-mail | [survivor@fhcrc.org](mailto:survivor@fhcrc.org)
- fax | 206.667.2742

## breakout session speakers

### Nutrition for Cancer Survivors

Sarah Washburn, MS, RD, CD — *Nutrition, Seattle Cancer Care Alliance*

### Complementary and Alternative Medicine

Dan Labriola, ND — *Director, Northwest Natural Health Specialty Care Clinic*

### Exercise for Cancer Survivors

Lexi Harlow, DPT — *Physical Therapy, Seattle Cancer Care Alliance*

### Fatigue and Energy

Karen Syrjala, PhD — *Survivorship Program, Fred Hutchinson Cancer Research Center*

### Relationships and Intimacy after Cancer

Sylvie Aubin, PhD — *Louise Granofsky-Psychosocial Oncology Program, Segal Cancer Centre*

### Insurance Rights of Cancer Survivors

Bobbi Christensen-Meins — *Community Program Manager, Cancer Lifeline*

### Emotional Adaptation after Cancer

Jesse Fann, MD, MPH — *Psychiatry, Seattle Cancer Care Alliance*

### Cognitive Function after Cancer

Myron Goldberg, PhD, ABPP-CN — *Rehabilitation Medicine, University of Washington Medical Center*

### Lymphedema

Andrea Leiserowitz, MPT, CLT — *Physical Therapy, Seattle Cancer Care Alliance*

### Bone Health for Cancer Survivors

Sue Ott, MD — *Division of Metabolism, University of Washington School of Medicine*

### Stress Management Techniques for Cancer Survivors

Bonnie A. McGregor, PhD — *Cancer Prevention, Fred Hutchinson Cancer Research Center*

## special population talks (each offered once)

### Breast Cancer Survivorship Issues

Larissa Korde, MD, MPH — *Medical Oncology, University of Washington School of Medicine*

### Adolescent and Young Adult Survivorship Issues

Rebecca Johnson, MD — *Adolescent and Young Adult Oncology Program, Seattle Children's*

### Cancer's Impact on the Family and Caregivers

Mary Ellen Shands, RN, MN — *Clinical Program Manager/ Family Consultant, Cancer Lifeline; Family & Child Nursing Dept, University of Washington School of Nursing*



“I was amazed to find that, by watching what I eat, I am able to regain much of what I thought was lost forever.”

— Richard Van Hollebeke  
cancer survivor