



8th Annual Survivorship Conference

Surviving & Thriving: Mind, Body & Spirit

A **FREE** virtual event for patients & caregivers

Thursdays in October 2020
12 noon – 12:45 PM

Virtual Conference
Log in from your own home!

Thursday, October 1st
12noon-12:45pm
“**Covid and Cancer:**
What We Have Learned”



Dr. William Nelson
Director, Sidney Kimmel
Comprehensive Cancer Center
at Johns Hopkins
Professor of Oncology

An outstanding leader and
engaging speaker,
Dr. Nelson has stayed
informed throughout the
COVID crisis and will offer
his insights and updates.

This free annual
conference is designed
to address your unique
needs, as a cancer
survivor or caregiver.
Make plans now
to join us!

This **FREE** five-part series will be presented by video/audio connection in the comfort of your own home or office. Register for any number of sessions – or all five! Connect through your electronic device or listen to the audio from your phone.

Workshops

- **Moving and Stretching for Everyone**, led by Johanna Taylor, Liz Houghtaling, and Annie DiOrio, PT, DPT - Physical Therapists, The Johns Hopkins Hospital
- **Meditation: Your Tool for Relaxation**, led by Neda F. Gould, PhD
Director, Mindfulness Program at Johns Hopkins
- **Laughter is the Best Medicine!** led by Laura Baer, Certified Laughter Leader
- **Maximizing Survivorship through Palliative Care** by Danielle Doberman, MD, MPH, Associate Program Director, Palliative Medicine Fellowship, Assistant Professor of Medicine

Click [here](#) to register by September 26, 2020
or go to <http://bit.ly/SurvivorshipConference2020> – or call 410-955-8934

Hosted by

The Harry J. Duffey Family Patient and Family Services Program

We are here to assist and support you, providing practical, emotional and spiritual support to survivors and caregivers, as well as help with resources and short term housing needs during treatment.

For more information, check the website by clicking [here](#).

You become a cancer survivor the day of your diagnosis.

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Surviving Survivorship: Living with Cancer Workshops – October 2020



Covid and Cancer: What We Have Learned, led by William G. Nelson, MD, PhD
Director, Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins

Opening Session – Thursday, October 1, 2020 – 12 noon - 12:45 pm

Dr. Nelson and Louise Knight, LCSW-C, Director of The Harry J. Duffey Family Patient and Family Services Program, will discuss the ways the Covid-19 challenges have affected and strengthened commitment to your care.



Moving and Stretching for Everyone, led by Johanna Taylor, Liz Houghtaling & Annie DiOrio, PT, DPT – Physical Therapists, The Johns Hopkins Hospital

Session 2 – Thursday, October 8, 2020 – 12 noon - 12:45 pm

We all need to move to stay healthy. Learn some simple techniques utilizing everyday household objects to incorporate exercise into your daily routine. Johanna, Liz and Annie will guide and encourage you!



Meditation: Your Tool for Relaxation, led by Neda F. Gould, PhD
Associate Director, Johns Hopkins Bayview Medical Center Anxiety Disorders Clinic

Session 3 – Thursday, October 15, 2020 – 12 noon - 12:45 pm

Learn simple tools to relieve stress and promote well-being. Dr. Gould's clinical work & research have focused on how mindfulness-based meditation can improve well-being. No previous experience required; all are welcome!



Laughter is the Best Medicine, led by Laura Baer
Certified Laughter Leader

Session 4 – Thursday, October 22, 2020 – 12 noon - 12:45 pm

Laughter is a safe, healthy and fun therapy for anyone dealing with daily stress of living, including living with an illness. This session will be unlike any other as you laugh with Laura and your new friends.



Maximizing Survivorship through Palliative Care, led by Danielle Doberman, MD, MPH
Associate Program Director, Palliative Medicine Fellowship, Assistant Professor of Medicine

Session 5 – Thursday, October 29, 2020 – 12 noon - 12:45pm

A proactive approach to symptom management and quality of life is the hallmark of all palliative care providers, who want the best for all survivors – body, mind and spirit!

You are invited to choose any or all of these workshops during registration.

To register click [here](#) or go to <http://bit.ly/SurvivorshipConference2020>

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