**Workshop Highlights:**

- **Discover Personal Environmentalism**, our keynote address, presents the importance of environmental factors, toxicity in our surroundings, immune & hormonal health, and personal care.
- The relationships between sleep, stress, and fatigue on the stress response and their effect on: immunity, memory, bone metabolism, weight, and potential adrenal imbalances.
- Whole foods and anti-inflammatory diet strategies are overviewed to optimize eating habits and food choices for sustained energy, blood sugar balance, cravings control, immune function, weight management, digestive health, and maximizing nutrient intake.
- Health promotion and symptom management provides tools to improve motivation & overall wellbeing, along with assisting stress hormones, stress management, sleep hygiene, fatigue, depression, anxiety, insomnia, hormonal disturbances, osteoporosis, and peripheral neuropathy.
- Coping through creative writing taps into the healing power of laughter while writing with others in an inspirational, fun, and healing environment. No creative writing experience required.
- Nutrition for life will look at phytochemicals found in fruits, vegetables, legumes and grains that may reduce carcinogens and block the development of new cancers. Learn about the New American Plate and recipes from the AICR test-kitchen that offer cancer-protective meals.
- Therapeutic Yoga and Restorative Yoga targets joints to relieve stiffness, enhance mobility, reduce the physical effects of stress on your body & mind, and improve sense of well-being.
- Yoga Nidra, also known as yogic sleep, is a form of guided relaxation, which gives you the benefits of deep sleep without the dullness of being unconscious. A deeply relaxing class.
- Chemo brain and cognitive games is a fun interactive session that provides tips to improve memory and promote neuroplasticity, which is the brain’s way of reorganizing itself by forming new neural connections throughout life.
- How clean are your cleaners will educate on toxins in our environment and using a resource for checking for potential carcinogens in household products. You will make your own non-toxic foaming hand soap, to enjoy at home, in as step towards a cleaner environment.
- Making Personal Prayer Flags. In Tibetan tradition, when prayer flags are decorated with images and words, they transmit healing energy into the world through the power of the wind. This Tibetan tradition is adapted to create personal prayer flags that symbolize our healing and recovery.
- CARE for the CAREGIVER. Learn tools to help the caregiver stay happy and healthy. Topics for discovery include: stress management, individual healthcare and emotional needs, rest and nutrition, taking time off without guilt, nurturing activity outside of caring for others, communicating, asking for and accepting help.
- Genetic Screening. Discuss the information used for a hereditary cancer evaluation and why this information is important. Learn how to draw your own family history.
- Risk Reduction and Massage Techniques: learn lymphedema risk reduction practices, which includes exercises to stimulate lymph function and lymphedema management.
- Putting it All Together incorporates lymphatic support techniques and implementing a personalized exercise prescription, while hiking at your own pace on trails in the beautiful Methow Valley. Calculate target heart rate reserve parameters for optimum health benefits.
- Benefits of exercise on physical functioning, weight management, fatigue, quality of life, depression, anxiety, body image, and sleep.

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**Faculty Information**

**Susie Ball, MS, LGCGC.** Susie started genetic counseling services for central Washington State more than 30 years ago, and is currently the lead genetic counselor for the three counselors who make up the North Central Washington Genetics Program. She enjoys being a genetic counselor and her role explaining, in common language, the complexities of genetic conditions.

**Tim Burnham Ph.D.** Dr. Burnham is a Professor of Exercise Science at Central Washington University. His research interests include cancer survivorship issues and developing cancer survivorship rehabilitation programs. He has multiple peer-reviewed journal publications, which look at the interaction between physical activity, and physical and psychosocial function.

**Hillary Conner, BS, CET.** Hillary has a bachelor’s in exercise science/minor in nutrition, is a nationally certified personal trainer, and ACSM cancer exercise trainer. Prior to pursuing her Masters degree (in progress), she was the Director of Health Enhancement at the YMCA and continues to lead the cancer survivorship rehabilitation program.

**Maggie Ellings, DNP, ARNP, FNP-BC, RN.** Dr. Ellings received her Doctor of Nursing Practice from University of Washington. She is an oncology nurse practitioner who has a special interest in cancer survivorship. Her doctoral research focused on sexual health and relationship intimacy discussions for those with cancer.

**Susan Fletcher, BS, RD.** Susan is a registered dietitian and has extensive experience providing nutritional therapy for complex medical conditions as well as counseling low-income pregnant and postpartum women. Susan has special training in oncology nutrition and applies her nutrition counseling to help cancer survivors adopt healthy nutritional strategies during and after cancer treatment.

**Mary Gunsky, BAE, RN, RYT200.** Mary has been an oncology nurse for 20+ years and has a teaching degree. She is the director of an oncology program that spans four rural counties in Eastern Washington. Mary is a certified yoga teacher in the Vinyoga tradition and teaches Restorative Yoga, Therapeutic Yoga, and Yoga Nidra.

**Carl Hill BS, RD, CSO.** Carl is a registered dietitian with a specialty certification in oncology nutrition. She received her Bachelors of Science in Food and Nutritional Sciences from Seattle Pacific University and completed her dietetic internship at Central Washington University. Carl is a registered dietitian nutritionist in oncology nutrition because of the impact she has seen nutrition and eating patterns have on cancer survivors.

**Amanda Jacobs, PhD. Dr. Jacobs has a Doctorate in Educational Psychology, with emphasis in the arts, and Masters in Music. She is a composer, playwright, and artist educator. She is most recognized for her award-winning work on "Jane Austen’s PRIDE AND PREJUDICE: A Musical", which swept the New York Musical Theater Awards.**

**Katie Kemble, DNP, FNP-C, AOCNP, ARNP.** Dr. Kemble received her Doctorate of Nursing Practice at the University of Washington and FNP/IPA certificate from Stanford University. She is a Clinical Professor at the University of Washington and coordinates Confluence Health’s Cancer Survivorship Program. Katie has a special interest in translational research and research looking at quality of life in cancer survivors.

**Allison Osius, MA.** Allison is an author, writer and columnist who has published in over 40 newspapers, magazines and websites, executive editor of Rock and Ice magazine, and recipient of the American Alpine Club Literary Award. She received a Masters Degree in journalism from Columbia University and teaches writing classes at Colorado Mountain College. In December she completed treatment for thyroid cancer.

**Chandra Villano, ND. Dr. Villano has an undergraduate degree in Exercise Physiology and a Doctorate in Naturopathic Medicine from Bastyr University. She has Yoga of the Heart Certification for cardiac and cancer patients. Chandra has a naturopathic counseling practice, leads corporate & community preventive wellness education classes, and has a clinical specialty in whole foods nutrition and environmental detox.**

**Tamara Wells, OTR/L, CLT.** Tamara is an Occupational Therapist. She is certified both as a Manual Lymphedema Therapist and Neurodevelopmental Therapist and specializes in advanced problem solving for lymphedema and rehabilitation. Tamara has extensive training and experience working with cancer survivors and is a frequent lecturer.
Friday, October 7th

5:00  Registration
6:00  Dinner
6:45  Welcome and Introductions
     EASE Cancer Foundation Faculty
7:00  Keynote Address:
     Discover Personal Environmentalism
     Chandra Villano, ND

Saturday, October 8th

7:30  Breakfast & Announcements
     EASE Cancer Foundation Faculty

Breakout Sessions I (concurrent 9:00-10:00)
   a.  Health Promotion & Symptom Management
       Katie Kemble, DNP and Maggie Ellings, DNP
   b.  Coping (or Catharsis) Through Creative Writing
       Alison Osius, MA
   c.  Making Personal Prayer Flags
       Amanda Jacobs, PhD
   d.  Nutrition for Life
       Susan Fletcher, BS, RD and Carli Hill, RD

Breakout Sessions II (concurrent 10:15-11:15)
   a.  Therapeutic and Restorative Yoga
       Mary Gunkel, BAE, RN, RYT200
   b.  Coping (or Catharsis) Through Creative Writing
       Alison Osius, MA
   c.  Chemo Brain & Cognitive Games
       Tim Burnham, PhD, and Hillary Conner, BS, CET
   d.  How Clean are Your Cleaners?
       Make a non-toxic foaming soap to take home
       Chandra Villano, ND

Breakout Sessions III (concurrent 11:30-12:30)
   a.  Health Promotion & Symptom Management
       Katie Kemble, DNP and Maggie Ellings, DNP

Breakout Sessions III continued
   b.  Genetic Screening Workshop
       Susie Ball, MS, CGC
   c.  Putting it All Together
       Tim Burnham, PhD, and Tamara Wells, OTR/L, CLT
   d.  How Clean are Your Cleaners?
       Make a non-toxic foaming soap to take home
       Chandra Villano, ND

Lunch 12:30 – 1:00

Breakout Sessions IV (concurrent 2:00-3:00)
   a.  Therapeutic and Restorative Yoga
       Mary Gunkel, BAE, RN, RYT200
   b.  Lymphedema Risk Reduction & Massage
       Tamara Wells, OTR/L, CLT
   c.  Care for the Caregiver
       Amanda Jacobs, PhD
   d.  How Clean are Your Cleaners?
       Make a non-toxic foaming soap to take home
       Chandra Villano, ND

Breakout Sessions V (concurrent 3:15-4:15)
   a.  Health Promotion & Symptom Management
       Katie Kemble, DNP and Maggie Ellings, DNP
   b.  Coping (or Catharsis) Through Creative Writing
       Alison Osius, MA
   c.  Nutrition for Life
       Susan Fletcher, BS, RD, and Carli Hill, RD
   d.  Putting it All Together
       Tim Burnham, PhD, Tamara Wells, OTR/L, CLT

Breakout Session VI (concurrent 4:30-5:30)
   a.  Yoga Nidra
       Mary Gunkel, BAE, RN, RYT200
   b.  Genetic Screening Workshop
       Susie Ball, MS, CGC
   c.  Chemo Brain & Cognitive Games
       Tim Burnham, PhD, and Hillary Conner, BS, CET
   d.  Making Personal Prayer Flags
       Amanda Jacobs, PhD

5:30  Adjournment

7:00  10th Year Anniversary Celebration
     Live Music with the LakeBoys!