**Faculty Information**

**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.

**Susan Butler, ARNP.** Susan earned her Master’s in Nursing from Gonzaga University and is an oncology nurse practitioner at Confluence Health. Susan previously worked at Island Hospital in Anacortes and started their survivorship and chemotherapy education programs. She has special interest in palliative care, symptom management, and wellness education.

**Maggie Ellings, DNP, ARNP, FNP-BC, RN.** Dr. Ellings received her Doctorate 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 dietician and has extensive experience providing medical nutrition therapy for specific medical conditions in underserved populations. Susan provides counseling for cancer survivors on nutrition and diet modifications.

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

**Amanda Jacobs, PhD.** Dr. Jacobs’ PhD is in Educational Psychology, with emphasis in the arts; she is a composer, playwright, and artist educator who specializes in applying artistic activity to personal development and learning. She is most recognized for her award-winning work on AUSTEN’S PRIDE: A Musical, which is currently under a Dramatists Guild contract for Broadway.

**Katie Kemble, DNP, FNP-C, AOCNP, ARNP.** Dr. Kemble received her Doctorate of Nursing Practice at the University of Washington and FNP/PA 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.

**Jill LaRue, FNP, ARNP.** Jill is a retired Family Nurse Practitioner of 30 years. She believes that lifestyle changes are crucial to our sense of wellbeing. She loves spending time outdoors, whether biking, hiking, Nordic skiing, gardening, or taking long walks. Jill is the administrative assistant for the EASE Cancer Foundation.

**Alison Osius, MA.** Alison 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 Master’s Degree in journalism from Columbia University and teaches writing classes at Colorado Mountain College. Alison has completed treatment for thyroid cancer.

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**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 consulting practice, leads corporate & community preventive wellness education classes, and has a clinical specialty in whole foods nutrition and environmental detox.

**Tamura 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 5th
5:00 Registration
6:00 Dinner
6:45 Welcome and Introductions
EASE Cancer Foundation Faculty
7:00 Keynote Address: Stressed Out!
The Science and practice of stress management for cancer survivors
Bonnie McGregor, PhD
8:00 Yoga Nidra
Mary Gunkel, BAE RN RYT200

Saturday, October 6th
7:30 Breakfast & Announcements
EASE Cancer Foundation Faculty
8:00 Cognitive Effects of Exercise
Tim Burnham, PhD
Breakout Sessions I (concurrent 9:00-10:00)

a. Health Promotion: Sleep & Stress
   Katie Kemble, DNP
b. Chemo Brain & Cognitive Games
   Tim Burnham, PhD
c. Humor, Coping, and the Creative Experience
   Alison Osius, MA
d. Therapeutic & Restorative Yoga
   Mary Gunkel, BAE RN RYT200
e. Lymphedema Risk Reduction & Massage
   Tamara Wells, OTR/L, CLT

Breakout Sessions II (concurrent 10:15-11:15)

a. Health Promotion: Sleep & Stress
   Katie Kemble, DNP
b. Environmental Toxicity Awareness
   Chandra Villano, ND
c. Humor, Coping, and the Creative Experience
   Alison Osius, MA
d. Putting it All Together
   Tim Burnham, PhD, Tamara Wells, OTR/L, CLT
e. Nutrition for Life
   Susan Fletcher, BS, RD

12:30-1:15 Lunch
1:15 Whole Foods: An Anti-inflammatory Primer
Chandra Villano, ND

Breakout Sessions IV (concurrent 2:00-3:00)

a. Health Promotion: Sleep & Stress
   Katie Kemble, DNP
b. Chemo Brain & Cognitive Games
   Tim Burnham, PhD
c. Care for the Caregiver through Art
   Amanda Jacobs, PhD
d. Lymphedema Risk Reduction & Massage
   Tamara Wells, OTR/L, CLT
e. Therapeutic & Restorative Yoga
   Mary Gunkel, BAE RN RYT200

Breakout Sessions V (concurrent 3:15-4:15)

a. Symptom Management
   Maggie Ellings, DNP, Susan Butler, ARNP
b. Environmental Toxicity Awareness
   Chandra Villano, ND
c. Humor, Coping, and the Creative Experience
   Alison Osius, MA
d. Putting it All Together
   Tim Burnham, PhD, Tamara Wells, OTR/L, CLT
e. Nutrition for Life
   Susan Fletcher, BS, RD

4:30 Panel Discussion:
EASE Cancer Foundation Faculty (Q & A Session)
5:00 Adjournment
7:00 LIVE Music Celebration with the Saddle Rockers and LakeBoys!

Workshop Registration
Name: __________________________
Address: ________________________
City: __________________ State: __ Zip: ______
Home phone: ____________________
Cell phone: ____________________
E-mail: _________________________

BREAKOUT ACTIVITIES: Upon receipt of your registration fee, we will mail you a confirmation package that will let you select the anticipated activities in which you would like to participate.

Method of Payment
REGISTER ONLINE at: www.easecancer.org
☐ Check ☐ Visa ☐ MasterCard

Please make checks payable to EASE Cancer Foundation.

Card number: ________________, Exp. Date: ____________
Cardholder name: ________________________________
Cardholder address and zip code: __________________________
(if different from registration info above.)

Cardholder signature ____________________________

Hotel Reservations
Call Sun Mountain Lodge at 800-572-0493 or 509-996-2211 and mention that you are with the EASE Cancer Foundation to receive special lodging rates and book your room.

RATES:
Lodging per night/room, single or double occupancy $115.00. Additional persons per room (children under 12 free) $30. Room tax is additional & subject to change without notice.

EASE Cancer Foundation
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