



A TIME TO HEAL

The Art of Living with Cancer

A Conference Designed
to Empower Cancer Survivors,
Their Caregivers, and Healthcare
Professionals

Saturday • May 2, 2015

HELD AT THE

University of Nebraska at Omaha
Barbara Weitz Community
Engagement Center
6001 Dodge St.
Omaha, NE 68182-0874

A Time to Heal presents the premier cancer
conference for survivors and their caregivers
and medical professionals

What's on the Agenda

Your Day FILLED with Information and Networking!

8:00-8:45 am **CHECK IN.** Registration, pick up your goody bag, and visit nonprofit cancer groups on exhibit. Coffee and beverages will be available. Also, there will be a relaxation room and a "messy room" for art projects open throughout the day.

WELCOME KEYNOTE SPEAKER. Edward T. Creagan, MD, Mayo Clinic. *Attitude, Latitude and Fortitude: What 38,000 Cancer Patients Have Taught Me*

KEYNOTE SPEAKER. Nora Disis, MD, Komen Scholar. *Your Immune System and Cancer*

MORNING BREAKOUTS. Choose to attend a panel discussion or presentation* on specific cancer topics with local experts. Many sessions will be videotaped, so if you miss one while attending another, you will be able to access the video online after the conference:

- Living with Metastatic Cancer
- Caregivers: The Other Cancer Survivors
- Young Adults: I'm Too Young to Have Cancer
- Man UP: For Men Coping with Cancer
- Using Guided Imagery: Mind and Body United in Healing
- Fighting Cancer with a Fork

LUNCH **Bon Appétit! ... (your nutritious lunch is included in your registration fee)**

AFTERNOON BREAKOUTS. Choose to attend one of these sessions* from the expert panelists and presenters:

- Gardening for Our Bodies and Our Spirit
- Is Chemo Brain Real? What Helps?
- Building Your Personal Cancer Survivor After-Care Plan
- Cancer and Natural Medicines: Yes, No, or Maybe?
- Comfort and Calm: Ways to Soothe Yourself
- Talking to Kids about Cancer

CLOSING KEYNOTE SPEAKER. Michael Samuelson, MA. *The Power of the Possible: Awakening to the Art of Living*

*Because of limited space during some sessions, the volunteer room host may ask you to attend your second choice.

PLEASE NOTE: Registration closes April 15 and is limited by space available in the conference facility. Please register in advance to reserve your spot. If for some reason you cannot attend the day of the conference, please understand that your registration fees are nonrefundable and will be considered a donation to **A Time to Heal**. Out-of-town speakers will make every effort to arrive on time. FYI: This is the same weekend of the Berkshire Hathaway Annual Shareholders' Meeting held in Omaha. Flights and hotels will be overflowing, but we don't expect any disruption at the UNO campus during our conference. Some sessions will be videotaped so you may access discussions online after the conference.

For questions, please send your email inquiries to: info@atth.org or call (402) 401-6083.
You can also register online at: www.ATTH.org. See you there!

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A Time to Heal is a nonprofit, holistic cancer rehabilitation program founded in Omaha and delivered nationwide. Community programs in Nebraska are supported by generous sponsors and thoughtful donations so that the 12-week programs for cancer survivors are offered free to attendees. For information about ongoing programs, please visit online: www.ATTH.org.

A Time to Heal was founded by Drs. Stephanie Koraleksi and Kay Ryan who continue to oversee the training of teams and conduct the sessions.

MANY THANKS TO THESE SPONSORS:

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More Details | www.mocons.org

THE HAWKS FOUNDATION



Hope, Help & How-tos

You Are Invited to Attend!



UNO'S COMMUNITY ENGAGEMENT CENTER

Prepare for a day filled with hope, help, and how-tos as **A Time to Heal** brings together the best of the best information and resources for anyone whose life has been touched by cancer.

The first annual conference takes place at the University of Nebraska at Omaha campus in the new Community Engagement Center (with reserved parking). Choose from a variety of state-of-the-art sessions on cancer survivorship, nutrition, managing metastatic disease, coping skills for the newly diagnosed, addressing the needs of the young adult survivors, tips for caregivers, and long-term strategies for living long and living well from foremost authorities.

3 Easy Ways to Register!

- MAIL:** Use the registration form in this brochure, and send a check with your information;
- ONLINE:** Go to www.ATTH.org. Send payment with a credit card via PayPal; or
- PHONE:** Call (402) 401-6083. Send a check, or use a credit card over the phone.

MAIL: Simply fill out this form and return it with your check payable to **A TIME TO HEAL** to this address:

A Time to Heal
Community Engagement Center, Ste. 219C
University of Nebraska at Omaha
6001 Dodge St.
Omaha, NE 68182-0874

NAME: _____
ADDRESS: _____
CITY STATE ZIP: _____
PHONE: _____
EMAIL: _____

Tell us about yourself:
 Cancer Survivor Caregiver
 Medical Professional Other

Cost is \$25 payable by check to: **A Time to Heal**. Please use a separate registration form per person. Registration closes April 15, 2015. Space is limited. Please select one nutritious lunch option:
 Turkey Wrap Marinated Almond Chicken Breast Salad (GF)
 Vegan Salad (GF)

For Medical Professionals: CEUs have been applied for through Iowa Western Community College for nurses, social workers, and LMHPs. There is no additional cost for CEUs.

Profession: _____
License No.: _____

Highlights

- Internationally known Mayo Clinic cancer specialist Edward T. Creagan, MD — who serves as **A Time to Heal's** medical consultant — brings lessons from the bedside and 38,000 cancer patient encounters. He is the author of *How NOT to Be My Patient: A Physician's Secrets for Staying Healthy and Surviving Any Diagnosis*, and each conference attendee will receive a FREE COPY of his book.
- Acclaimed inspirational presenter Michael Samuelson — breast cancer survivor, motivating author, and mountaineer — will close the day's sessions with his take on the power of what's possible.
- Komen scholar and researcher, Nora Disis, MD — gives insights into the immune system and cancer.
- Twelve breakout sessions address individual cancer topics.
- A nutritious lunch will be served. Make your selection upon registration. Gluten-free (GF) and vegan choices will be available.
- Browse exhibits of Omahas many cancer support groups. Help is closer than you think.

ABOUT THE SPEAKERS

Edward T. Creagan, MD, FACP



"Dr. Ed" Creagan is a professor of medical oncology at the Mayo Clinic Medical School. He brings humor and hope to audiences worldwide where he speaks on the topics of stress and burnout, the healing power of pets, and the incredible cancer journey he has taken with 38,000 patients.

Michael Samuelson



Whether he's hiking to Mt. Everest's base camp or photographing Galapagos sea turtles, Michael Samuelson brings his passion and dedication to any task. For the past forty years, Michael has been a professional health educator whose message from the podium took on a much more personal tone after his own diagnosis of breast cancer.

Nora Disis, MD, FACP



A medical oncologist, well-published researcher and presenter, Dr. Disis is a Komen Foundation Scholar. She attended Creighton University and received her medical doctorate from the University of Nebraska Medical Center in immunology. She is the Director of the Institute for Translational Health Sciences at the University of Washington School of Medicine in Seattle.

Register online today!
www.ATTH.org

*About the Conference: This is the first year for what we hope to be a regular conference for those who have been served by **A Time to Heal** programs and other interested members of the community whose lives have been touched by cancer.*
About the Community Engagement Center at the UNO campus: This magnificent new building in the center of campus in midtown Omaha is fully handicapped-accessible and accommodating. As with any conference, temperatures outside and inside may vary, so bring a sweater and any special foods or needs you may require other than lunch (which is included in your registration). If you require additional assistance, you may want to consider bringing a REGISTERED friend or helper. Parking is reserved for the conference in PARKING LOTS D and E near the building.

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