

JOURNEY THROUGH SURVIVORSHIP

SUPPORT FOR LIFE



SEPTEMBER 6, 2025
CHARLOTTE, NC

Presented by the Department of
Supportive Oncology

10 a.m. ● Welcome

Ruben A. Mesa, MD, FACP, is the president and executive director of Atrium Health Levine Cancer and Atrium Health Wake Forest Baptist Comprehensive Cancer Center. He also serves as the clinical leader for the Advocate Health National Service Line, vice dean for cancer programs and professor of medicine at Wake Forest University School of Medicine. In his roles, Dr. Mesa oversees all efforts related to cancer practice, research and education across the Advocate Health system.

10:05 a.m. ● Mindfulness Moment: The Role of Awe in the Everyday

Practice taking a few moments to notice and connect with the things that sustain us when the days feel long.
Speaker: Amanda White MDiv, MTh, is the chaplain at Atrium Health Levine Cancer. She supports patients, caregivers and colleagues across the spectrum of cancer care. Her interests include providing whole-person care, supporting communication between patients and their care teams, grief support and narrative medicine.

10:15 a.m. ● Movement Through the Journey

Learn about the benefits of staying active at all stages of the cancer journey.
Speaker: Suzanne Emory, OTR/L, CLWT, is a practicing occupational therapist since 1998. She joined Atrium Health in 2003 and then later specialized in lymphedema in 2010.

10:50 a.m. ● Break

11 a.m. ● Breakout Sessions

11:40 a.m. ● Lunch

12:30 p.m. ● Breakout Sessions

1:10 p.m. ● Break

1:20 p.m. ● The Skill of Self-Compassion: Empowering Patient and Care-Partner Through Survivorship

Patients and care-partners will learn what self-compassion really is, why it's important and how to integrate it into their lives.

Speaker: Kaitlin Forestieri, PsyD, practices in The Department of Supportive Oncology in the psycho-oncology clinic. Her research and clinical special interests include the effects of childhood adversity on adult health.

1:55 p.m. ● Close

Breakout sessions:

Art – Andrea Sowle, BFA
Caregiving – Kaitlin Forestieri, PsyD
Chair Yoga – Kristy Price, RYT 200, RYT 500
Culinary Medicine and Nutrition – Rebecca Greiner, PhD, PA-C

Focused Music & Imagery – Dean Quick, MT-BC, NMT
Lymphedema Self-Care – Suzanne Emory, OTR/L, CLWT
Song Writing – Maddie DePriest, MT-BC, NMT
Therapeutic Writing – Amanda White, MDiv, MTh