Journey Through Survivorship 2025

10:00 – Welcome (administrator: Mesa/Wofford/Other)  
10:05 – Mindfulness/connect to purpose (Amanda White)

10:15 – Movement Through the Journey - Suzanne Emory, OTR/L, CLWT

10:50- Break/transition

11:00 – Breakout sessions

11:40 – Lunch

12:25 – Transition

12:30 – Second breakout session

1:10 – Transition/break

1:15 – The Skill of Self-Compassion: Empowering Patient and Care-Partner Through Survivorship – Kaitlin Forestieri, PsyD

1:55 – Close

Breakout sessions:

Lymphedema self-care – Suzanne Emory

Therapeutic writing – Amanda White

Focused Music & Imagery - Dean Quick

Song Writing – Maddie DePriest

Yoga – Kristy Price

Caregiving – Kaitlin Forestieri, PsyD

Culinary Medicine/Nutrition - Rebecca Greiner

Art - Andrea Sowle