

Stepping Forward... A Cancer Survivorship Program

Your Path to Living Well

Saturday, September 12, 2015
9 am to 12:30 pm
Registration begins 8:30 am

AMITA Health Alexian Brothers Women & Children's Hospital
1555 Barrington Rd., Hoffman Estates, IL
Conference Center Rooms 1 – 4



SPEAKERS/TOPICS

Current Issues in Nutrition

Patrick Massey, MD, PhD

Whether undergoing treatment or after treatment for cancer, proper nutrition and optimal bowel function is needed for long-term health. Dr. Massey will discuss the role of the bowel and nutrition in achieving and maintaining a healthy state of being.

What You Need to Know About Multi-Gene Cancer Panel Testing

**Tinamarie Bauman, RN, MSN,
APNG**

The evolution of genetic testing has evolved from single gene syndrome to multi-gene testing. Mutations in different genes can cause the same type of cancer. These genes can be looked at either one at a time or several genes at a time. By testing a number of genes at once, it may be possible to find the cause of cancer in a family more quickly, and it is also more cost effective.

Keep Moving — Why Movement Matters in Cancer Survivorship

**Jane Maradik, PT, and
Jennifer Solverson, PT, DPT**

Learn strategies for enhancing energy, achieving optimal health and reducing fatigue/stress as a cancer survivor.

The Affordable Care Act...How Does It Affect Me?

Monica Fawzy Bryant, Esq

Affordable Care Act, Obamacare or Health Care Reform — now is your chance to learn about how it will affect you! This session will cover the changes that have already happened and what you can expect in the future.

Raffle prizes will be distributed at the end of the program, including American Cancer Society gift baskets, a FitBit® basket and more.

Light Continental Breakfast Provided. Please register by September 1, 2015. Space is limited.
Call 1.855.MyAMITA (692.6482) or visit AlexianBrothersHealth.org/ClassesEvents.