

# 5th Annual NCoBC Survivors & Advocates Summit™



## "The Pursuit of Balance"

Sylvia Powers & Thelma D. Jones

This annual summit brings together breast cancer survivors, advocates, healthcare professionals, and caregivers to explore the multifaceted journey of survivorship and advocacy. The 5th edition, themed The Pursuit of Balance, focuses on achieving harmony between physical health, emotional well-being, and social support throughout and beyond the cancer experience. Through expert-led sessions, interactive panel discussions, and inspirational stories, attendees will gain practical tools and insights to foster resilience, empower informed decision-making, and promote holistic healing. This summit is a unique opportunity to connect, learn, and grow within a compassionate and empowering community dedicated to improving the quality of life for those impacted by breast cancer.

## Monday, March 30

This Summit is not intended for medical professionals seeking continuing education credits.

No Credits Available

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| 7:45 - 8:00 am   | <b>Opening Comments</b>   |
| 8:00 - 8:30 am   | <b>The Silent Battle: Why Mental Health Support Is Vital in Breast Cancer Treatment</b><br>Kathleen Ashton, PhD, ABPP, FACHP  |
| 8:30 - 9:00 am   | <b>Redefining Strength: Navigating the Complexities of Breast Cancer in Young Women</b><br>Roxanne Martinez   |
| 9:00 - 9:30 am   | <b>Sexual Healing: Rediscovering Intimacy After Breast Cancer</b><br>Shawn Walker   |
| 9:30 - 10:00 am  | <b>Fueling Your Fight: Your Diet Before, During, and After Breast Cancer</b><br>Christine Nguyen, DO  |
| 10:00 - 10:15 am | <b>Break</b>  |
| 10:15 - 10:45 am | <b>The Hidden Cost of Cancer: Understanding and Addressing Financial Toxicity in Breast Cancer Care</b><br>Molly MacDonald  |
| 10:45 - 11:15 am | <b>Hope &amp; Healing: Living with Metastatic Breast Cancer</b><br>Enrique Soto Perez de Celis, MD, PhD, FASCO  |
| 11:15 - 11:45 am | <b>Hope &amp; Healing: Living with Metastatic Breast Cancer/Panel Discussion</b><br>Keeisha Jones, BA, MLS and Leslie Yerger, MBA – Moderator Heidi Floyd                                 |
| 11:45 - 12:15 pm | <b>Beyond Survival: Managing Post-Mastectomy Pain, Neuropathy, and Body Changes in Breast Cancer Survivors</b><br>Nathalie Johnson, MD, FACS  |
| 12:15 - 1:30 pm  | <b>Lunch/Networking</b>   |
| 1:30 - 2:00 pm   | <b>Bridging the Gap: Dealing with Health Disparities and Breast Cancer</b><br>Roxanne Martinez  |
| 2:00 - 2:30 pm   | <b>Beyond the Pink Ribbon: Addressing Breast Cancer in Men and the LGBTQ+ Community</b><br>Ashton Davidson  |
| 2:30 - 3:00 pm   | <b>Listen, Listen, Listen: The Critical Importance of Understanding the Patient Voice</b><br>Molly MacDonald  |
| 3:00 - 3:15 pm   | <b>Break</b>  |
| 3:15 - 3:45 pm   | <b>The Power of Connection: How Support Groups Enhance the Breast Cancer Journey/Panel</b><br>Moderator: Thelma D. Jones, Panel: Keeisha Jones, BA, MLS, Sheri White and Roxanne Martinez |
| 3:45 - 4:15 pm   | <b>Healing Through Humor: The Power of Laughter in the Breast Cancer Journey</b><br>Heidi Floyd   |
| 4:15 - 4:45 pm   | <b>Healing from Within: The Role of Meditation and Yoga in Breast Cancer Recovery</b><br>Shawn Walker   |
| 4:45 pm          | <b>Closing Comments/Q&amp;A</b>   |

