

Survivorship Retreat

An event for women who are cancer survivors

September 12
9 a.m.–3:30 p.m.

BSC National Energy Center of Excellence
Bavendick State Room
1200 Schafer St.
Bismarck, ND

Supported by the Edith Sanford Breast Center

Schedule of events

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| 8:30 a.m. | Registration |
| 9 a.m. | Welcome Christina Tello-Skjerseth, MD |
| 9:10 a.m. | The Power of Survivorship Sara Doll, APRN, CNP |
| 9:30 a.m. | Healing Forward Kaelee Schirado, LMSW |
| 10 a.m. | Fact or Hype: What Science Says Now Christina Tell-Skjerseth, MD |
| 10:45 a.m. | Break |
| 11 a.m. | Breakout Session One <ul style="list-style-type: none">• <i>Hormones and Healing</i> – Tara Harding, MD; Airel Roerich, FNP; and Morgan Bernhardt, PA• <i>Fueling the Future</i> – Amanda Ihmels, RDN, CSO, LRD• <i>Redesigning Your Life After Cancer</i> – Maria Schaaff, PhD• <i>Intimacy After Cancer</i> – Kylee Vance, LPCC, LMAC |
| 12 p.m. | Lunch |
| 12:45 p.m. | Breakout Session Two <ul style="list-style-type: none">• <i>Hormones and Healing</i> – Tara Harding, MD; Airel Roerich, FNP; and Morgan Bernhardt, PA• <i>Fueling the Future</i> – Amanda Ihmels, RDN, CSO, LRD• <i>Redesigning Your Life After Cancer</i> – Maria Schaaff, PhD• <i>Intimacy After Cancer</i> – Kylee Vance, LPCC, LMAC |
| 1:45 | Workshop Succulent garden |
| 2:30 p.m. | Break |
| 2:45 p.m. | Living Forward Sue Balcom, Keynote Speaker |
| 3:15 p.m. | Closing remarks |

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| | Christina Tello-Skjerseth, MD |
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Keynote speaker

Sue Balcom is the owner of the Root Sellers Farm and the author of four books. She is also a photographer, farmer's market vendor, fabric artist and self-described "bread head." Her past careers include artist, editor, local foods marketing specialist and communications specialist.

Balcom was diagnosed with lung cancer in January of 2023. To learn more about her cancer journey, her passions and other parts of her life, visit indychildren.blog and read her weekly posts.