

## **Survivorship Retreat**

An event for women who are cancer survivors

September 11

10 a.m. –3:30 p.m.

Brewhalla

1702 1<sup>st</sup> Ave. N.

Fargo, ND

### **Schedule of events**

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| <b>10 a.m.</b>    | <b>Registration</b>  |
| <b>10:30 a.m.</b> | <b>The Power of Survivorship</b> – Dr. Shelby Terstriep  |
| <b>10:50 a.m.</b> | <b>“A Letter to My Past Self”</b> – Stephenie Herbranson   |
| <b>11 a.m.</b>    | <b>Expert Panel</b> <ul style="list-style-type: none"><li>• Fact or Hype: What Science Says Now</li></ul>  |
| <b>11:45 a.m.</b> | <b>Lunch</b>   |
| <b>12:45 p.m.</b> | <b>Breakout Session 1</b> <ul style="list-style-type: none"><li>• <i>Hormones and Healing: Menopause, Hot Flashes, Hormone Replacement Therapy, Vaginal Dryness (GSM) &amp; Bone Health</i> – Dr. Shelby Terstriep</li><li>• <i>Fueling the Future: Nutrition and Supplements</i> – Linda Bartholomay</li><li>• <i>Redesigning Your Life After Cancer</i> – Clare Mark, Andrea Paradis</li></ul> |
| <b>1:30 p.m.</b>  | <b>Break</b>   |
| <b>1:45 p.m.</b>  | <b>Breakout Session 2</b> <ul style="list-style-type: none"><li>• <i>Managing Fear of Recurrence and Fear of the Unknown</i> – Andrea Paradis, Clare Mark</li><li>• <i>Sexuality and Intimacy After Cancer</i> – Dr. Caitlin Pollestad</li><li>• <i>Fueling the Future: Nutrition and Supplements</i> – Linda Bartholomay</li></ul>  |

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| <b>2:30 p.m.</b> | <b>Break</b>  |
| <b>2:45 p.m.</b> | <b>Living Forward – Sue Balcom, Keynote Speaker</b> |
| <b>3:15 p.m.</b> | <b>Closing Remarks</b>                              |

### **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](http://indychildren.blog) and read her weekly posts.