



A community event focused on
integrative health and cancer survivorship

Program Schedule

Session One: Saturday, October 17, 2020

- 9:30 am – **Welcome and Opening Remarks**
Sian Cotton, PhD
Turner Farm Foundation Chair
Director, UC Center for Integrative Health and Wellness and UC Health
Integrative Medicine
Professor, Department of Family and Community Medicine
University of Cincinnati College of Medicine
- Melissa Erickson, MD
Medical Director, Cancer Survivorship, UC Cancer Center
Adjunct Assistant Professor, Department of Family and Community Medicine
UC College of Medicine
- 9:40 am –
10:25 am **Anticancer Living: Transform Your Life and Health with the Mix of Six**
Lorenzo Cohen, PhD
Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention,
Professor and Director, Integrative Medicine Program, MD Anderson
Cancer Center, Houston, Texas
- Alison Jefferies, MEd
Vital Matters, LLC, Houston, Texas
- 10:25 –
10:40 am Moderated Q & A with Lorenzo and Alison
- 10:40 am –
10:50 am **Experiential– Love Your Bones/Movement for Healing**
Andrea Tutt, MFAIA, PMA, E-RYT
Bones for Life practitioner, Advanced Pilates and Yoga teacher

- 10:50 am –
11:15 am **3 Stages of Cancer Treatment; How Psychiatry Helps Cancer Patients**
Peirce Johnston, MD
Associate Professor of Psychiatry; Director, Medical Student Education in Psychiatry, Department of Psychiatry and Behavioral Neuroscience
University of Cincinnati College of Medicine
- 11:15 –
11:25 am Moderated Q & A
- 11:25 am –
11:35 am **Experiential – Seated, Guided Mindfulness Meditation**
Meriden McGraw, MS, MPH
Mindfulness Facilitator, mental wellbeing and resiliency coach, mental health advocate
- 11:35 am – **Group Interactive Question**
- 11:40 am –
12:05 pm **The Science Behind Diet in Cancer Prevention**
Rekha Chaudhary, MD
Adjunct Associate Professor of Medicine in Division of Hematology Oncology and Adjunct Associate Professor of Neurology,
University of Cincinnati College of Medicine
- 12:05 –
12:15 pm Moderated Q & A
- 12:15 pm –
12:30 pm **Experiential – Nourishing Your Inner Garden: Practical Tips for Adding More Fiber to Your Diet**
Tammy Ward, RD, CSO, LD
Clinical Dietitian, Specialist in Oncology Nutrition
Malignant Hematology/Bone Marrow Transplant, UC Cancer Center
- 12:30 pm – Hot Topics for Optimizing your Well-Being
- 12:30 –
12:45 pm **Acupuncture for Healing**
Angela C. Lai, LOM
Licensed Acupuncturist, Diplomate of Oriental Medicine
UC Health Integrative Medicine and UC Health Barrett Cancer Center

12:45 –
1:00 pm

How to Start a Mindfulness Meditation Practice

Barbara Walker, PhD

Integrative Health and Performance Psychologist, Department of Psychiatry
and Behavioral Neuroscience, UC College of Medicine and UC Health

1:00 –
1:15 pm

Cognition and Memory in Cancer: Creating the Cognitive Toolbox

Rhonna Shatz, DO

Bob and Sandy Heimann Chair in Alzheimer's Disease Research and Education
Director of Cognitive Disorders Clinic, University of Cincinnati Department of
Neurology and Rehabilitation

1:15 –
1:30 pm

Moderated Q & A

1:33 pm –
1:45 pm

Closing Remarks

Carrie Hayden

Chair, UC Center for Integrative Health and Wellness Advisory Council

Beth Schiff

Chair, UC Cancer Survivorship and Supportive Services Community Advisory
Committee

Session Two: Saturday, January 23, 2021

9:30 –
9:33 am

Welcome

Melissa Erickson, MD
Medical Director, Cancer Survivorship, UC Cancer Center
Adjunct Assistant Professor, Department of Family and Community Medicine
UC College of Medicine

Sian Cotton, PhD
Turner Farm Foundation Chair
Director, UC Center for Integrative Health and Wellness and UC Health
Integrative Medicine
Professor, Department of Family and Community Medicine
University of Cincinnati College of Medicine

9:40 -
10:00 am

Practical nutritional steps for cancer survivors to improve their long-term health

Mladen Golubic, MD, PhD
Medical Director, UC Health Integrative Medicine

10:00 –
10:05 am

Q & A with Dr. Golubic

10:05 –
10:15 am

Experiential – Yoga Therapy for Neck and Shoulder Softening

Tina Walter, C-IAYT
Integrative Yoga Therapist, UC Cancer Center

10:15 –
10:35 am

Chemicals & Cancer – Steps to Reduce your Risk

Susan Pinney, PhD, FACE
Professor, Department of Environmental and Public Health Sciences
Director, Center for Environmental Genetics
University of Cincinnati College of Medicine

10:35-
10:40 am

Q & A with Dr. Pinney (*Live via Zoom*)

10:40 –
10:50 am

Experiential– Gentle Tai Chi

Jennifer Woods – Certified Instructor, Tai Chi for Health

10:50 –

11:10 am **The Role of Exercise in Cancer Care**

Karen Wonders PhD, FACSM
Program Director, Sports Science
Professor, Department of Kinesiology and Health, Wright State University
Founder/CEO – Maple Tree Cancer Alliance

11:10 –

11:15 am Q & A with Dr. Wonders

11:15 –

11:35 am **Sex in Survivorship: A Proactive Approach to Sexual Health**

Sarah Pickle, MD
Assoc Professor of Family Medicine, Associate Division Director, Medical
Education Dept of Family & Community Medicine, University of Cincinnati
College of Medicine

11:35 –

11:40 am Q & A with Dr. Pickle

11:40 –

11:50 am **Exercise for Cancer Healing (Experiential)**

Yvette Gerdes, MS, RCEP, CCRP
Director, Heart, Lung, Vascular and Cancer Rehabilitation and Wellness Program,
UC Health

11:50 am –

12:10 pm **Cognitive and Behavioral Strategies for Healthy Sleep**

Sarah Hamill Skoch, PhD
Assistant Professor, Licensed Clinical Psychologist, Department of Psychiatry
and Behavioral Neuroscience, UC Health-University of Cincinnati Physicians

12:10 –

12:15 pm Q & A with Dr. Skoch

12:20 –

12:30pm **Closing Remarks**

Carrie Hayden
Chair, UC Center for Integrative Health and Wellness Advisory Council

Beth Schiff
Chair, UC Cancer Survivorship and Supportive Services Community Advisory
Committee