



Ovarian Cancer Canada
Cancer de l'ovaire Canada

NATIONAL SYMPOSIUM

A Weekend of Wellness, Knowledge, Support and Connection

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Online | October 23 & 24, 2020
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FRIDAY, OCTOBER 23

3:00pm PDT
6:00pm EDT

Welcome remarks from Stephanie Gosselin,
Regional Director, Ovarian Cancer Canada

Entertainment by Canadian singer-songwriter, Jessica Mitchell

In Her Words: Women from across the country share their experiences
Sharon Halpern, Nadia Hillier, Diane Johansen and Michelle Weston

4:20pm PDT
7:20pm EDT

CockTEAL hour and Meet and Greet
Virtual Group Networking

4:50pm PDT
7:50pm EDT

Gentle Yoga Practice with Janine Hogg

5:30pm PDT
8:30pm EDT

End of Day 1

SATURDAY, OCTOBER 24

8:30am PDT
11:30am EDT

Session 1

Welcome from Elisabeth Baugh, CEO, Ovarian Cancer Canada

OvCAN: Advancing new treatments to improve the survival of women with ovarian cancer with Dr. Barbara Vanderhyden, Alicia Tone and Donna Pepin

Ovdialogue: An online community for women diagnosed with ovarian cancer

SATURDAY, OCTOBER 24, cont'd

9:45am PDT
12:45pm EDT

Session 2A

Mysteries of Menopause with Dr. Michelle Jacobson
In it Together: Relationships in Ovarian Cancer with Dr. Anne Katz

Session 2B

Caregivers and Partners Session with Dr. Jill Turner and Heather Burke

10:35am PDT
1:35pm EDT

Movement Moment led by exercise therapist Rachel Mark, Inspire Health

10:50am PDT
1:50pm EDT

Session 3

Prioritizing Mental and Emotional Health with Valerie Heller and Jennifer de Wet Turner

11:50am PDT
2:50pm EDT

Nutrition Break and Entertainment from Caly Bevier, Teal Sister and singer from America's Got Talent

12:15pm PDT
3:15pm EDT

Session 4

Maintaining Good Bowel Health in Gynecological Cancers with Dr. Gita Bhat, Nazlin Jivrat, and Alaa el Danab

1:15pm PDT
4:15pm EDT

Session 5A

Journaling: The Write Medicine, with Dr. Sharon Bray, EdD

Session 5B

Play as a Therapeutic Tool: Reconnecting to our Joy and Creativity, with Nicki Gallo

Session 5C

Mindful Being: Creative Approaches to Mindfulness, and the Science Behind Why It Works, with Stephanie Thorson

Session 5D

Creativity for Self-Care with Genevieve Stonebridge and Fiona Thatcher

2:20pm PDT
5:20pm EDT

Break and Entertainment

2:30pm PDT
5:30pm EDT

Session 6

Your Voice is Essential: Help Save Women's Lives with Cailey Crawford and Alicia Tone, Ovarian Cancer Canada

3:00pm PDT
6:00pm EDT

Session 7

Ask the Expert featuring Dr. Jessica McAlpine, Dr. Taymaa May and Dr. Shaina Lee

3:50pm PDT
6:50pm EDT

CockTEAL Hour
Virtual Group Networking

4:30pm PDT
7:30pm EDT

End of Day 2

Agenda times and details subject to change. For most up-to-date information please visit ovariancanada.org/symposium or contact Stephanie Gosselin, Regional Director, Ovarian Cancer Canada at sgosselin@ovariancanada.org