

Meals

All attendees are encouraged to stay for lunch. Saturday's lunchtime will be networking time. Sunday lunch will be a boxed lunch to go. Cost for meals is \$20 per day (Saturday dinner is not included). Submit lunch orders by May 29; refunds will not be available after that date. Limited snacks and beverages will be available on site.

Housing at University of Virginia

Housing is available at the University Dorms located near Darden. **Free parking is available in front of your room on Saturday and Sunday.** The suite-style rooms include a living room area and kitchen, but do not include pots, pans, or utensils.

Room rates (\$52.50 single occupancy, \$38 double occupancy) per night include basic dormitory sheets for a twin bed, a pillow case, one towel, one wash cloth, one bath mat. Please bring blankets with you! The bathrooms are shared and do not include any toiletries or amenities that you may find in a hotel.

Reservations can be made at www.uvaconferenceservices.com.

For questions, please call 434.924.4479, M-F, 8-5.

Hotel Accommodations

A block of rooms is being held at the Holiday Inn University located at 1901 Emmet Street, approximately two miles from the conference. Shuttle service is available. Please mention the UVA conference when you make your reservations to receive the discounted room rate of \$89 plus 11% tax per night. 434.220.2136.

Continuing Education

Healing Journeys is approved by the California Board of Registered Nursing, Provider No. CEP 10808, and by the California Board of Behavioral Sciences, Provider No. 953. Virginia Boards will accept California approval.

- Saturday only: 7 CE credits - \$80
- Sunday only: 3 CE credits - \$35
- Entire conference: 10 CE credits - \$100

More Information

Have questions? You can call 800.423.9882 or visit www.healingjourneys.org.

More information is also available at uvahealth.com/cancer.

Presenters for conference at University of Virginia, June 5 & 6, 2010



Jeanne Achterberg, PhD, is a scientist who has received international recognition for her pioneering research in medicine and psychology. She is currently a Professor of Psychology at Saybrook Institute, San Francisco. She has authored over 100 papers and five books, including *Imagery in Healing* and *Rituals of Healing*, a primer on the use of creative therapies for health and medicine. She is currently senior editor for the *Journal of Alternative and Complementary Medicine*. Her most recent research was on the effect of distant healing and prayer on brain function. In spring of 2008, Sounds True, Inc. published her CD series entitled *Intentional Healing*.



Michael Lerner, PhD, is president and founder of Commonweal, a health, environmental and educational center in Bolinas, California, and of Smith Farm Center for Healing and the Arts in Washington, D.C. He is co-founder with Rachel Naomi Remen, M.D. of the Commonweal Cancer Help Program, a week-long retreat for people with cancer featured by Bill Moyers in his award winning PBS series "Healing and the Mind." Smith Farm Center offers a four-day Cancer Help Program. Lerner is the author of *Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer*, (MIT Press). Please consult www.commonweal.org and www.smithfarm.com.



Sista Monica Parker is a blues and gospel singer, songwriter, record producer, speaker, and musical minister. As a Soul Survivor, she captivates with her remarkable story and songs of surviving a rare cancer, Synovial Sarcoma, in 2003. Surviving cancer has given new power and freedom to her lyrics, and she offers a new experience of blues and gospel as healing music. Her 9th CD, *Soul, Blues and Ballads* earned her a 2010 nomination as the "Best Soul Blues Female Artist of the Year Award" by the Blues Foundation ("Grammy" of the Blues world). Her 10th CD, *Singin' In The Spirit*, is being released in March 2010. www.sistamonica.com

The Professional Panel members include Gordon Putnam, MDiv; Carole Havrila, RD, Jane Griffith, MSN, RN, GNP-BC, CHPN, and Vikki Bravo, MSSS.

Our Healing Story speaker will be Janice Brock.



Laura Pole, President of Eating for a Lifetime, is a Health Supportive Gourmet Chef, an Oncology Clinical Nurse Specialist, Certified Nia Fitness Instructor, and a professional musician with over 30 years experience in health care, health education and entertaining people. Laura first learned the art of good cooking in Louisiana at the apron strings of incredible Cajun and Creole home cooks. Laura blends her passions for food, entertaining and health into a career of nurturing people through nourishment. Laura is considered an authority in shaping the field of health supportive cooking for people with serious illness.



Martin L. Rossman, MD, Dipl.Ac is a physician, author, speaker, and a nationally Board-Certified acupuncturist. He has a long-standing interest in the practical importance of attitudes, beliefs, emotions, and mind/body practices in medicine and health. Dr. Rossman is the author of *Fighting Cancer From Within* (Holt, NY, 2003). He is also the creator of dozens of guided imagery audios and home study courses for both public and professionals. He created www.thehealingmind.org to make these invaluable self-care resources widely and inexpensively available. He is also a member of the Clinical Faculty at the University of California Medical School in San Francisco



Jonna Tamases is an actress and 3-time cancer survivor (Hodgkin's Disease, Large-Cell Lymphoma, Breast Cancer). She has turned her experience into a highly acclaimed one-woman show, *Jonna's Body, please hold*. The show has received rave reviews and was nominated for two Ovation Awards: Best World Premiere Play and Best Lead Actress. The recently released movie version has won 6 national film festival awards, including Audience Award for Best Comedy Short (Asheville Film Fest.), Best Short Comedy and Best in Show (MAGA Film Fest.), and Best Actress (2009 Show of Your Shorts Fest.). More information at www.jonnasbody.com and www.jonnasbodymovie.com.

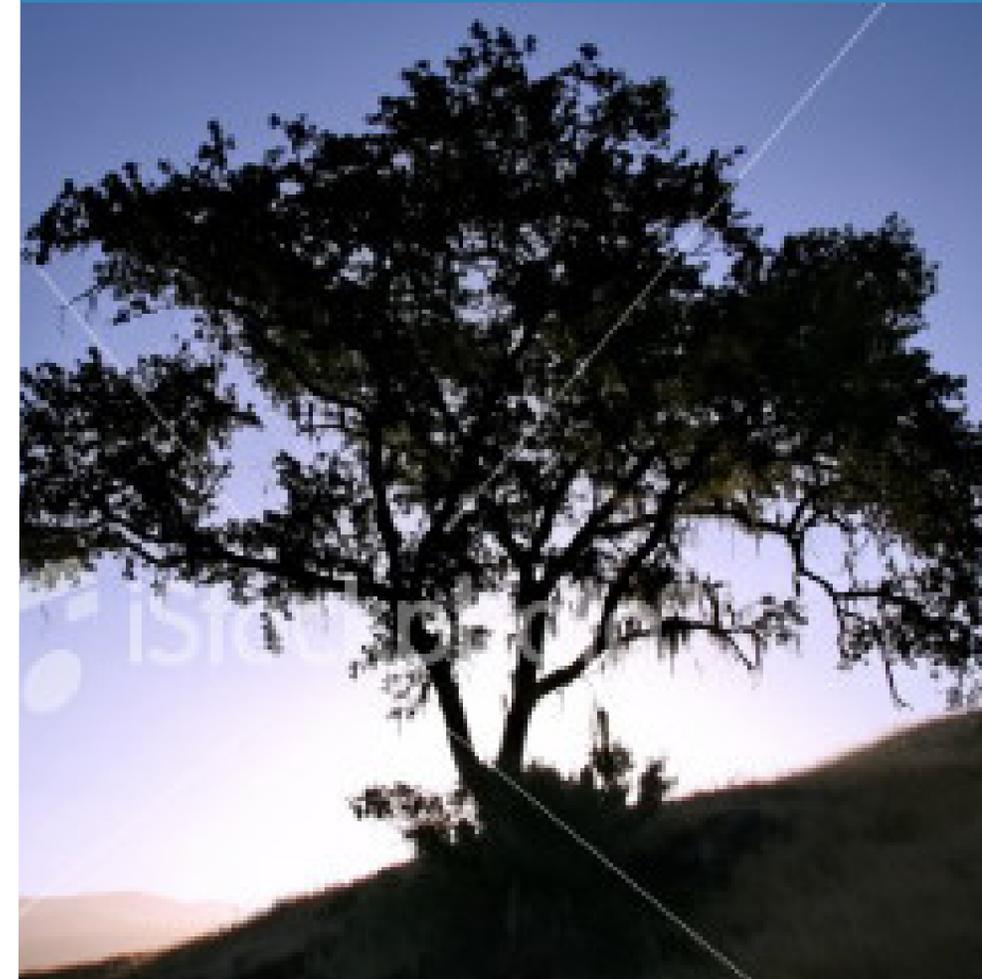
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Cancer as a Turning Point From Surviving to Thriving™

A free conference for those touched by cancer,
their families, caregivers and the community

June 5 & 6, 2010 | Abbott Center | UVA Darden School

Designed to Educate, Inspire, Connect and Celebrate



Registration | The conference is free. Space is limited. Registrations must be received by May 29.

Name _____

Address _____

City, State, Zip _____

Day Phone _____ Email _____

I am registering for: The entire conference Sat. 6/5 Sun. 6/6

I plan to attend the Sunday worship service

Check here if you need special seating because of hearing, visual or mobility impairments. Describe _____

Name Tag Information | Your name tag will be color-coded to help you connect with others. Please check which category best describes you.

Cancer Survivor | Type of cancer _____

Health Professional Other Illness

Family Member or Support Person Prefer not to be identified

Optional Continuing Education credits (CEs) available to Health Professionals

I want CEs: License # _____ Kind of License _____

Entire conference (\$100/10 CEs) Sat. only (\$80/7 CEs) Sun. only (\$35/3 CEs)

Lunch Information (\$20/day) *Lunch orders must be submitted by May 29

Saturday Lunch **Sunday Box Lunch**

Regular lunch Regular lunch

Vegetarian lunch Vegetarian lunch

No lunch but will attend networking No lunch

I will not attend lunch/networking

Payment

Meals: \$ _____

CEs: \$ _____

Tax-deductible donation: \$ _____

Total Amount Enclosed: \$ _____

Online Registration at www.healingjourneys.org

Master Card/Visa # _____ Exp. Date _____

Signature _____

Billing address _____

To register by mail or fax, complete this form. **Make checks payable to Healing Journeys.**

Fax : 916.391.1004 | Mail: Healing Journeys, P.O.Box 221417, Sacramento, CA 95822

“That you can participate in the fight for life with cancer—by working to enhance your own healing and recuperative resources—is a profoundly important discovery for many people.”

By Michael Lerner, MD

The University of Virginia Cancer Center is proud to sponsor
Cancer as a Turning Point, From Surviving to Thriving™

A unique program, created and brought to our community by **Healing Journeys**

This free, two-day conference is designed to educate, inspire, celebrate, and connect all whose lives have been touched by cancer or any life-altering illness. This includes those living with a diagnosis as well as their friends, family, support persons, and health professionals. *Cancer as a Turning Point, From Surviving to Thriving™* offers resources to support physician directed care and effectuate healing the whole person. The conference includes speakers, performers, music, humor, healing stories, and networking time – all aimed at inspiring and encouraging people to strengthen their own healing potential and their ability to thrive. This conference strives to create an experience that makes a difference in the recovery of patients and the practice of healthcare.

This conference is possible through generous donations from:

- The Mary Semmes Scripps Fund for Integrative Medicine
- The Charlottesville Women’s 4-Miler

Purpose

The purpose of this conference is to educate, inspire, connect and celebrate all whose lives have been touched by cancer or any life-altering illness.

- Cancer or any life-altering illness can be viewed as both devastating and rewarding.
- When viewing illness in the context of the whole person (body, mind, emotions and spirit), its transformative potential as an awakening for the soul and spirit is realized. Only then can we see it as an opportunity and utilize its gifts.

Who Should Attend

- Women and men touched by cancer or any life-altering illness
- Healthcare providers
- People supporting friends or family touched by cancer or other illness

Conference Objectives

- Differentiate between curing the body and healing the person
- Explore illness as an awakening with transformative potential
- Rediscover the healing capacity of the human spirit
- Facilitate healing from within as an essential component of total health
- Experience the physical and emotional benefits of group support
- Discover the impact of psycho-social and spiritual beliefs on the immune system
- Facilitate networking among people and organizations with common goals and concerns

Healing Journeys is a 501 (c)(3) organization whose mission is to support healing, activate hope, and support thriving. Healing Journeys inspires hope and empowers people to live life fully, even with illness.



Conference Schedule

SATURDAY, June 5, 2010

- 9:00 Introduction | Jan Adrian, MSW
- Invocation | Rev. Gordon Putnam, UVA Cancer Center Chaplain
- Hero Song | Sista Monica Parker
- 9:30 *Deep Healing With Cancer* | Michael Lerner, PhD
- 10:30 Break
- 11:00 Yoga stretch | Sarah Rogers
- 11:20 *Nourishment for Life* | Laura Pole, Health Supportive Chef and Culinary Translator
- 12:15 Lunch Networking Groups
- 1:30 Award Ceremony
- 1:50 *Healing Story: wisdom from the personal journey of someone touched by cancer*
- 2:10 *Jonna's Body, Please Hold* | Jonna Tamases
- 3:00 Break
- 3:30 *What you can do to improve your health?* | Local Professional Panel
- 4:30 *Singin' in the Spirit* – Sista Monica Parker
- 5:00 End of Program

SUNDAY, June 6, 2010

- 8:00 Non – Denominational Christian worship service (optional)
- 9:00 Introduction and Announcements
- 9:15 Healing Story
- 9:30 *Fighting Cancer from Within: How to Use the Power of Your Mind for Healing* | Marty Rossman, MD
- 10:30 Break
- 11:00 *More Singin' in the Spirit* | Sista Monica Parker
- 11:30 *Intentional Healing* | Jeanne Achterberg, PhD
- 12:15 Celebration of Heroes
- 12:30 End of Conference

