

CONFERENCE PRESENTERS



JEREMY R. GEFFEN, MD, FACP, is a board-certified medical oncologist, a Fellow of the American College of Physicians, and a pioneer in integrative medicine and oncology. He is president of Geffen Visions International and director of integrative oncology for P4 Healthcare and Caring4Cancer.com. Dr. Geffen is author of the highly-acclaimed book *The Journey Through Cancer: Healing and Transforming the Whole Person* (Three Rivers Press, 2006) and integrative medicine program *The Seven Levels of Healing*®. This leading-edge program integrates state-of-the-art conventional cancer treatments with a wide array of complementary therapies designed to help patients and family members heal and transform at the deepest levels of the body, mind, heart, and spirit. www.geffenvisions.com

EDWARD BAUMAN, MEd, PhD, is the director of Bauman College: Holistic Nutrition & Culinary Arts with Distance Learning and Classroom Programs in Northern California and Boulder, CO. Dr. Bauman developed the *Eating for Health*™ nutrition model, which is an effective way to promote optimal health, live well with cancer, prevent disease, manage chronic illness and help people discover the joys and ease of eating delicious fresh, natural foods and beverages. Dr. Bauman is the author of *Eating for Health: A Guide to Optimum Health and Vitality*, *The Recipes and Remedies for Rejuvenation Cookbook*, and *Controlling Cancer in our Community*. He is a wise, practical and inspiring teacher, who makes complex nutritional information easy to digest and assimilate. www.BaumanNutrition.com



JONNA TAMASES grew up in Northern California and started performing in grade school. She attended Columbia University and Stanford University, then honed her comedic skills with various sketch and improv groups in San Francisco. A three-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 gotten rave reviews and was nominated for two Ovation Awards: Best World Premiere Play and Best Lead Actress. The recently released movie version won the Audience Award for Best Comedy Short (Asheville Film Festival), Best Short Comedy and Best in Show (MAGA Film Festival), and the Award of Excellence (AOF Film Festival). www.jonnasbody.com and www.jonnasbodymovie.com



JAMI SIEBER - Every so often a musician emerges who manages to speak to the spirit by way of her instrument. Electric cellist and vocalist Jami Sieber reaches inside the soul with compositions that are contemporary, timeless, lush, and powerfully evocative. A pioneer of both the acoustic and electric cello, her style of playing is recognized internationally. Employing electronics and looping techniques she creates sounds never associated with the cello. Her music goes from the deepest stillness to ecstatic pulsing rhythms and melodies. Jami has composed for film, theater, and dance and has released four independently produced CDs. This special performance will be a magical multi-media concert inspired by Sieber's remarkable experiences with elephants in Thailand. www.jamisieber.com



EMMETT MILLER, MD, one of the fathers of Holistic and Mind/Body Medicine, is a physician, scientist, musician, and master storyteller, whose multicultural heritage has given him a unique social, medical, and spiritual perspective. Dr. Miller has served as lecturer or preceptor at Stanford University, the University of California, and other universities and medical schools. He was a founder and Medical Director of the Cancer Support and Education Center in Menlo Park (1977). He is best known for his creation of the first deep relaxation/guided imagery tapes (1973). Now on CDs and DVDs, these healing products are recommended and used by hospitals and health professionals. He is the author of numerous books, including *Deep Healing: The Essence of Mind/Body Medicine* and dozens of audio and video products widely available. www.DrMiller.com



GARY MALKIN is an Emmy award-winning composer, producer, performer, and public speaker, dedicated to making a difference in the world by offering musical experiences and resources that inspire the heart and catalyze societal and individual healing. Together with co-author *Michael Stillwater*, he produced the internationally acclaimed CD/book, *Graceful Passages*, which was created to help people meet the spiritual issues of mortality in an aesthetic way. They also co-created the audio resource for healthcare professionals entitled *Care for the Journey*, as well as the CD for the healing journey entitled *The Heart of Healing*. Gary is dedicated to using music and media as resources to help us balance our lives with greater meaning, compassion and service. www.wisdomoftheworld.com



BIDYUT (BK) BOSE, PhD, learned yoga and meditation from his father as a child, and later with monks in the Himalayas. He is the Founder and Executive Director of Niroga Institute, a non-profit Center for Integral Health, bringing mindfulness practices to those who need it most - vulnerable populations such as cancer survivors, seniors, people battling addiction, and at-risk youth. Niroga is actively engaged in collaborative research to study the effects of their Healing Yoga protocol on the immune system as well as on stress, anxiety, and depression. Bidyut earned a PhD. in Computer Science from UC Berkeley, and his current research interests have shifted to the application of Healing Yoga to many common chronic conditions and to special populations. www.niroga.org



LINDA TILLERY - Native San Franciscan Linda Tillery is a Grammy-nominated vocalist, percussionist, producer and cultural historian. She has dedicated the last 16 years of her artistic life to the research, teaching, and performance of African American vernacular music. At the age of 19, she became lead singer and percussionist of the Berkeley based rock band, Loading Zone. She was an original member of Bobby McFerrin's Voicestra and has appeared with some of the Bay Area's most notable recording artists. Her career, spanning 40 years, has gone from rock diva to soul healer. This marks Ms. Tillery's 4th appearance at Healing Journeys conferences and her 1st appearance as a cancer survivor. In 2005 she underwent surgery to remove a gastro-intestinal stromal tumor. www.culturalheritagechoir.com



ANNAN PATERSON - Raised in Berkeley during the 1960s and 70s, Annan has been trying to save the world ever since. She has worked in California public education for almost 30 years and has recently become involved in local politics and government in Marin County. She was diagnosed with early stage ovarian cancer in 1989 and wrote her signature solo show, *Deep Canyon*, to express and share this life-changing experience. Annan has performed *Deep Canyon* for thousands of cancer patients, "thrivers," and health professionals across the USA. She is most proud of the wonderful family she co-created with husband Frederick Hansen, and through them she knows that love and faith are the world's best hope. www.annanpaterson.com



(left to right) Annan Paterson & Terri Tate

TERRI TATE, RN, MS - Thriving through two bouts of oral cancer, from which she had a 2% chance of survival, has taught Terri lots of lessons in overcoming obstacles with grace and humor. Now she offers us her wisdom, along with a hefty side order of laughs, in programs like *Wit and Wisdom from Both Sides of the Bed* (for health care providers), and in her wildly successful one woman show, *Shopping as a Spiritual Path*. *Shopping* voted Best of the Fringe at the 2007 San Francisco Fringe Festival, is now available on DVD. An inspirational humorist, keynote speaker and performer, Terri believes that she has been granted this bonus life to spread messages of hope, laughter and loving life "as is." www.territate.com

ADDITIONAL PRESENTATIONS

HEALING STORIES

PROFESSIONAL PANEL:

Stacy D'Andre, MD, *Sutter Cancer Center oncologist*
Leslie Duket, LCSW, *Sutter Cancer Center patient/family counselor*
Sue Hazeghazam, RD, *Sutter Cancer Center nutrition counselor*
Elaine Whitefeather, *Spiritual counselor*

Ann Roach, singer

A FREE PROGRAM DESIGNED TO Educate, Inspire, Connect, and Celebrate



and



Sutter Cancer Center
A Sutter Health Affiliate

Present

CANCER as a

TURNING POINT

From Surviving to Thriving™

September 13 & 14, 2008
Memorial Auditorium
Sacramento, California

APPROVED FOR 14 CE CREDITS FOR RN, MFT, AND LCSW

CANCER as a

TURNING POINT

From Surviving to Thriving™

September 13 & 14, 2008
Memorial Auditorium
Sacramento, California

"The person exists on many levels... physical, psychological and spiritual... and none of these can be reduced to any other. To more successfully toward health, all must be treated."
Dr. Lawrence LeShan

CANCER as a TURNING POINT

From Surviving to Thriving™

The purpose of this program 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 a curse and a blessing.
- * If viewed simply as a disease of the body, it is experienced only as a curse.
- * When we view illness in the context of the whole person (body, mind, emotions and spirit), we see its transformative potential as an awakening for the soul and spirit. Only then can we see it as a blessing 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 illnesses.

CONFERENCE OBJECTIVES

- * Differentiate between curing the body and healing the person.
- * Rekindle hope and motivation to live fully in the present.
- * Explore illness as an awakening with transformative potential.
- * Celebrate the healing capacity of the human spirit.
- * Convey how diet and nutrition can help control cancer and promote wellness.
- * Facilitate healing from within as an essential component of total health.
- * Experience the physical and emotional benefits of group support.
- * Incorporate stories, music and laughter as part of the healing process.
- * Explore the impact of psycho-social and spiritual practices on the immune system.
- * Facilitate connection among people and organizations with common goals and concerns.

Thanks to our sponsors

Sutter Cancer Center
UC Davis Cancer Center
The California Endowment
Kaiser Permanente
Susan G. Komen for the Cure
River City Bank
Chevron Corporation
American Cancer Society

Hon. Ray Tretheway, Sacramento City Council Member

A FREE
PROGRAM DESIGNED TO
Educate, Inspire,
Connect, and
Celebrate

CONFERENCE INFORMATION

September 13, 2008 ~ 9 a.m. to 5 p.m.
 September 14, 2008 ~ 9 a.m. to 3:30 p.m.
 Check-in will begin at 8 a.m. on Saturday
Memorial Auditorium
 1515 J Street
 Sacramento, California

SATURDAY, SEPT. 13TH

Jeremy Geffen, MD

Ed Bauman, PhD

Ann Roach, singer

Jonna's Body, Please Hold
Jonna Tamases

Local Panel of Health Professionals

Jami Sieber, cellist

SUNDAY, SEPT. 14TH

Emmett Miller, MD

Gary Malkin, composer

Bidyut (BK) Bose, PhD

Linda Tillery, musician

An Inconvenient Tumor
Annan Paterson and Terri Tate

Program Designer and Emcee: Jan Adrian, MSW, Founder and Director of Healing Journeys

HEALING JOURNEYS BOARD OF DIRECTORS

Jan Adrian, MSW, Founder
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*Although there is NO CHARGE to attend this program,
 pre-registration is suggested.*

CONFERENCE INFORMATION

OUR COMMITMENT TO DIVERSITY

Healing Journeys is committed to diversity and pledges to include, welcome, and support all individuals of any race, ethnicity, national origin, gender, age, socioeconomic background, religion, sexual orientation, and disability.

LUNCHES

Lunch time will be networking time. We encourage everyone to stay for lunch. The cost for a catered lunch is \$15 for Vegan and \$16 for hormone-free chicken. If you can pay for your lunch, we appreciate it. You can also donate to pay for someone else's lunch. If you are unable to cover the cost for lunch, pay what you can. You can also bring your own lunch.

No lunch orders can be taken after September 7, 2008.

HOTEL ACCOMMODATIONS

There are special rates available at two hotels two blocks from the Memorial Auditorium. Please mention Healing Journeys for the **discounted rate available until August 22, 2008.**

Clarion Hotel Mansion Inn
 700 Sixteenth Street
 Sacramento, CA
 916-444-8000; 800-443-0880
 www.clarionhotel.com

Discounted rates starting at \$89
 Single or Double

Holiday Inn Express
 728 Sixteenth Street
 Sacramento, CA
 916-444-4436
 www.holiday-inn-express-
 sacramento.pacificahost.com

Discounted rates starting at \$99.
 Single or Double
 Includes breakfast

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. PCE 953.

- * Saturday only: 8 contact hours - \$95.00
- * Sunday only: 6 contact hours - \$70.00
- * Entire program: 14 contact hours - \$150.00

There will be no refunds after September 7, 2008.

SPANISH TRANSLATION is available by pre-arrangement.

REGISTRATION

Please fill out a separate registration form for each person. You may photocopy the form. You may register:

- * On the web at www.healingjourneys.org
- * By fax at (916) 391-1004
- * By mail: Healing Journeys, PO Box 221417, Sacramento, CA 95822

CANCELLATIONS

We regret that there can be no refunds of lunch payments or Continuing Education payments after September 7, 2008. If you pre-register and are unable to attend, please let us know since space is limited.

MORE INFORMATION

If you need more brochures, or you have questions, please call: (916) 391-0549 or (800) 423-9882, or email holly@healingjourneys.org.

CANCER as a TURNING POINT

SACRAMENTO, CA 2008 • REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ EMAIL _____

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

I AM REGISTERING FOR

Full Conference Saturday, September 13 Sunday, September 14

NAME TAG INFORMATION

Your name tag will be color coded to help you connect with others. Please select the category that best describes you. **If diagnosed with cancer or other illness, please state what kind.**

- Breast Cancer Health Professional
- Metastatic Breast Cancer Family Member/Support Person
- Other Cancer _____ Other Illness _____
- Prefer not to be identified

LUNCH INFORMATION: Please circle the price of your choice. **No lunch orders after Sept. 7.**

Days	Lunch Options		I'll bring my own lunch <input type="checkbox"/>
	Hormone-Free Poultry	Vegan	
Both Days	\$32	\$30	<input type="checkbox"/>
Saturday	\$16	\$15	<input type="checkbox"/>
Sunday	\$16	\$15	<input type="checkbox"/>

OPTIONAL CONTINUING EDUCATION (CE) for Health Professionals

\$150/Full conference-14 credits \$95/Sat-8 credits \$70/Sun-6 credits

License # _____ Kind of License _____

DONATE TO KEEP HEALING JOURNEYS CONFERENCES FREE

Although it costs us \$86 per person, we are committed to keeping Cancer as a Turning Point FREE. No one is ever turned away. Your tax-deductible donations help us keep this commitment. Please donate as generously as you can.

- \$43 (1 person-1 day) \$172 (2 people-full conf.) I'd like to donate \$ _____
- \$86 (1 person-full conf.) \$430 (5 people-full conf.) Sorry, unable to donate now

PAYMENT INFORMATION (all are optional)

Tax Deductible Donation	\$ _____	MasterCard/Visa # _____
Lunch	\$ _____	Exp Date: _____ Zip Code: _____
CEs	\$ _____	Billing Address: <input type="checkbox"/> Same as above
Total	\$ _____	Other: _____
		Signature _____
		Total amount enclosed \$ _____

MAKE CHECKS PAYABLE TO HEALING JOURNEYS

TO REGISTER BY MAIL OR FAX, PLEASE COMPLETE THIS FORM AND SEND TO
 Healing Journeys * P.O. Box 221417 * Sacramento * CA 95822 * Fax (916) 391-1004
 or register at www.healingjourneys.org