

# CANCER as a TURNING POINT

*From Surviving to Thriving™*

Saturday, Sept. 12, 2015, 9:30 am - 5:30 pm

APPROVED FOR 6.5 CE CREDITS FOR RN, MFT, LCSW

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

Dr. Lawrence LeShan

www.healingjourneys.org

Approved for 6.5 Continuing Education Credits

www.HealingJourneys.org

# Healing Journeys

support healing, activate hope, promote thriving  
*presents*

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

## CANCER as a TURNING POINT *From Surviving to Thriving™*

Saturday, Sept. 12, 2015, 9:30 am - 5:30 pm

The Althea Center  
1400 Williams Street  
Denver, CO 80218

## EVENT PRESENTERS



### LISE ALSCHULER, ND, and KAROLYN A. GAZELLA

Dr. Alschuler, a naturopathic doctor board certified in naturopathic oncology, has been practicing since 1994. She maintains a naturopathic oncology practice, Naturopathic Specialists, based in Scottsdale, AZ. Dr. Alschuler is an independent consultant in the area of practitioner and consumer health education, and is the Executive Director of TAP Integrative, a non-profit educational resource for integrative practitioners. www.drlise.net

Karolyn has been writing and publishing integrative health information since 1992. She is the publisher of the *Natural Medicine Journal* and has authored and co-authored hundreds of articles and books. www.karolyngazella.com

Together, Lise and Karolyn co-authored *The Definitive Guide to Cancer* and *The Definitive Guide to Thriving After Cancer*. They co-host a radio show, *Five To Thrive Live*, on the Cancer Support Network and iHeart Radio about living more healthfully in the face of cancer. They are the co-creators of the *Five to Thrive Plan*, a program to help cancer survivors thrive. www.FiveToThrivePlan.com



### JONATHAN ELLERBY, PhD,

is the author of two bestselling titles: *Return to the Sacred* and *Inspiration Deficit Disorder*. He is currently the Executive Director and lead minister at the Althea Center for Engaged Spirituality in Denver. Jonathan has become a popular expert on the topics of spiritual growth, total wellbeing, and cross-cultural approaches to health and healing. He has appeared in various media settings from television to documentaries, radio, and magazines. Jonathan is the co-founder of TAO Inspired Living, a wellness-retreat center and exclusive residential community devoted to total wellbeing and inspired living based in the Riviera Maya of Mexico. The former Spiritual Program Director for the acclaimed Canyon Ranch Health Resorts, Jonathan has over 20 years of experience in the fields of holistic healing, spiritual counseling, integrative medicine, and corporate consulting. www.jonathanellerby.com



**MICHAEL FINKELSTEIN, MD,** The Slow Medicine Doctor, has been featured in top media outlets including *The New York Times* and CNN; has presented at leading venues including GE Corporation and Omega Institute; and blogs on the topic of Slow Medicine for *The Huffington Post*. Dr. Finkelstein was trained at premier institutes for both conventional and integrative medicine, and he is the recipient of numerous distinctions. Drawing from his diverse medical expertise, Dr. Finkelstein offers both a micro and macro point of view on today's healthcare needs and challenges, and he provides a tried-and-true solution for healing individual patients and the medical system as a whole: Slow Medicine. He goes into detail in his new book, *Slow Medicine: Hope and Healing for Chronic Illness*. www.SlowMedicineDoctor.com



**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 Festival), Best Short Comedy and Best in Show (MAGA Film Festival), and Best Actress (2009 Show of Your Shorts Festival). She will perform *Jonna's Body, Please Hold*. This moving and hilarious one-woman play takes us on a wild ride into the realm of health, illness, joy, and the beauty of life. www.jonnasbody.com and www.jonnasbodymovie.com



### SUSAN MAZER, HARPISIT and DALLAS SMITH, WOODWINDS PERFORMER,

together since 1984, have merged their individual expertise to create a new sound and musical experience for contemporary music. They both have classical backgrounds and embraced jazz after completing their formal music education. Following full time professional music careers, they

turned to healthcare. Since 1992, their company, Healing HealthCare Systems, has been producing the C.A.R.E. Channel, the only evidence-based 24-hour relaxation programming for hospitals, currently serving over 800 hospitals in the US, Hong Kong and Australia. The C.A.R.E. Channel has received awards and is highly respected as a tool to improve the patient experience, reduce stress and anxiety, and mitigate pain. Their work in healthcare is about creating healing environments in which we live, work, and heal. Susan also has a PhD in human and organization development and is on the Board of Directors of Healing Journeys. www.healinghealth.com



### TERRI TATE, RN, MS,

is a speaker, performer, and author whose life and voice were threatened by two bouts of oral cancer from which she had a 2% chance of survival. But her sense of humor was never in danger. Terri's hilarious solo show, *Shopping as a Spiritual Path*, chronicles life's challenges and triumphs. Terri offers customized keynotes, workshops, and webinars such as *Wit and Wisdom From Both Sides of the Bed*; *The Power of Our Stories*; and *Humor, Resilience and Hope in the Face of Unwanted Change*. Audiences across the country are moved to laughter, tears, and standing ovations by her powerful performances. Terri teaches storytelling classes that emphasize healing, comfort in speaking, and building the humor muscle. Her memoir, *A Crooked Smile*, with an introduction by Anne Lamott, is due out from Sounds True in the fall of 2016. www.territate.com



**JAN ADRIAN, MSW, EMCEE** When Jan was diagnosed with cancer, she wanted to focus on healing the whole person instead of curing the body only. Not finding resources available for this, she founded Healing Journeys, a 501(c)(3) non-profit organization, and created the *Cancer as a Turning Point, From Surviving To Thriving™* conference. During Jan's 26 years of living with cancer, she has had three primary cancers, numerous local recurrences, and currently is living with metastatic breast cancer. She is the Executive Director of Healing Journeys and was previously the co-director of the Center for Health Awareness in San Jose, CA. www.healingjourneys.org

#### Other presenters include:

Lois Hjelmstad, Author - www.loishjelmstad.com  
and  
Kayla Marque, Musician - www.kaylamarque.com

# 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 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.

## 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.

## 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.

## HEALING JOURNEYS BOARD OF DIRECTORS

Lynne Singer, President  
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# CANCER AS A TURNING POINT

*From Surviving to Thriving™*

Denver, CO

September 12, 2015

## PROGRAM SCHEDULE

- 9:30** *Introduction* - Jan Adrian, MSW  
*Invocation* - Jonathan Ellerby, PhD  
*Hero Song* - Kayla Marque
- 10:00** *Slow Medicine: Transform the War Against Cancer into a Treasure Hunt* - Michael Finkelstein, MD
- 10:45** *Break*
- 11:15** *Healing Story*
- 11:30** *Fine Black Lines - Poetry as a Pathway to Healing*  
Lois Hjelmstad
- 11:45** *Consonance and Dissonance* - Susan Mazer and Dallas Smith
- 12:15** *Lunch Networking Groups*
- 1:30** *Music* - Kayla Marque
- 1:45** *Lowering Risk and Creating Wellness in the Face of Cancer*  
Lise Alschuler, ND and Karolyn Gazella
- 2:30** *Jonna's Body, Please Hold* - Jonna Tamases
- 3:15** *Break*
- 3:45** *Awakening to a Deeper Relationship With Life*  
Jonathan Ellerby, PhD
- 4:15** *Q & A with speakers*
- 5:00** *Scintillating Sausalito Summertime Queen* - Terri Tate
- 5:30** *End of Program*

# EVENT 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, socio-economic background, religion, sexual orientation and disability.

## LUNCH

Lunch on Saturday will be networking time and we encourage everyone to participate in this important activity. You can order lunch or bring your own lunch. Our cost for lunch is \$12. Lunch must be ordered by September 7th and there can be no refunds for lunch.

## HOTEL

If you need to stay overnight, please check our website for hotel information and discounts.

## 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.

This conference is approved for 6.5 Continuing Education credits for RN, MFT, and LCSW. Many other states and professional organizations accept these CE credits; please check with your licensing organization.

## REGISTRATION

Please fill out a separate registration form for each person. Although there is NO CHARGE to attend this program, pre-registration is recommended.

Online: [www.HealingJourneys.org](http://www.HealingJourneys.org)

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

Fax: (916) 391-1004

## CANCELLATIONS

Cancellation of Continuing Education credits received in writing or online before September 7th will receive a refund less a \$25 administrative fee. We regret that there can be no refunds after September 7th.

## MORE INFORMATION

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

# EVENT REGISTRATION FORM

DENVER, CO - SEPTEMBER 12, 2015

*Note: You may register online, at [www.HealingJourneys.org](http://www.HealingJourneys.org), or by mailing or faxing this form. One person per form.*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

## NAME TAG INFORMATION

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

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

## OPTIONAL CONTINUING EDUCATION (CE) for Health Professionals

\$65 for 6.5 credits. Cancellations received by September 7th will receive a refund for CEs, minus a \$25 administration fee.

License # \_\_\_\_\_ Kind of License \_\_\_\_\_

## LUNCH INFORMATION

Please check mark your lunch for Sat. 9/12 - sorry no orders after 9/7. No refunds for lunch. All meals are organic and gluten free.

- Poultry - \$12  Vegan - \$12  Bringing my own - \$0

## DONATE TO KEEP HEALING JOURNEYS CONFERENCES FREE

Although it costs us \$89 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.

- \$89 (1 person)  \$178 (2 persons)  \$65  
 \$50  Other (fill in amount below)  Sorry, unable to donate now

## PAYMENT INFORMATION (all are optional)

Tax-Deductible Donation	\$ _____	MC/Visa/Disc/AmEx # _____
Lunch	\$ _____	Exp Date: _____ Security 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](http://www.healingjourneys.org)