



Ovarian Cancer Australia

Building Resilience 2013

Forum for women affected by ovarian or gynae cancers, friends
and family

Program – August 24th 9.45–1.15pm

9.45 Registration

10.00 Welcome - Mitchell Theatre

Alison Amos CEO Ovarian Cancer Australia

10.15 Keynote Address

**Clinical Assoc Prof. Anna de Fazio,
Westmead Millennium Institute for Research.**

“Research now and into the future for gynaecological cancers in Australia.”

10.45 – 11.15 Morning Tea/Brunch

Concurrent Sessions:

11.15 Session 1A – Coping with treatments and symptoms (For women currently undergoing treatment). *Dr Mary Ryan, Clinical A/Prof University of Sydney. Clinical Nurse Consultant, Royal Hospital for Women, Randwick.*

11.15 Session 1B – Treatment is finished...what now? Dealing with ongoing symptoms and wellbeing. *Kim Hobbs, Clinical Specialist Social Worker, Tish Lancaster, Gynaecology Clinical Nurse Consultant, Westmead Hospital.*

11.15 Session 1C – Carers – How do I help? Looking after you and looking after me. *Rebecca Van Lloy (Psychologist), Brenda Clasquin (Cancer Counsellor).*

11.45 – 12.00 Coffee and Comfort Break

Concurrent sessions: each session is repeated so you don't miss out ☺

12.00 and 12.30 Session 2 – Ways with Movement

David Mizrahi, Exercise Physiologist, UNSW Lifestyle & Health Clinic.

12.00 and 12.30 Session 3 – Healthy Eating, Healthy Food tips

Claire Davidson, Clinical Dietitian, Women's Health Ward, Westmead Hospital.

12.00 and 12.30 Session 4 - Help is at hand! Legal & Financial Issues

Emma Ryan, CCNSW Legal And Financial Program.

12.00 and 12.30 Session 5 - Meditation and Mindfulness

Mudita Maclurcan, Mind Body Medicine 4 Cancer.

12.00 and 12.30 Session 6 - Music Therapy

Micaela Nathan, Music Therapist at Sydney Cancer Centre, RPA Hospital.

1.00 Evaluation and Close– Mitchell Theatre