

LIVE

SURVIVE

THRIVE

# Midwest Young Adult Cancer Conference

**SATURDAY, APRIL 14 | 9AM - 4PM**

**GILDA'S CLUB MADISON | 7907 UW HEALTH CT. MIDDLETON WI**

This **FREE** one-day conference is designed to bring together people diagnosed with cancer prior to the age of 40 and those who care for them. Experience engaging workshops, learn about community resources, and discover new tools that can enhance your life. **Registration is required.**



**KEYNOTE SPEAKER: David Victorson, PhD**  
Founder, Director, and Mindfulness Guide at  
True North Treks

*On Living Your One Wild and Precious Life  
as a Young Adult with Cancer  
Through Qualities of Mindfulness*

## **BREAKOUT SESSIONS**

Exercise & Rehab to Combat Fatigue & Depression

Helping Your Children Through a Cancer Diagnosis

Introduction to Healing Touch

Kicking Cancer in the Kitchen

Long Term Side Effect Management

Palliative Care & Why All Patients with  
a Cancer Diagnosis Can Benefit

Updates in Naturopathic Cancer Care

Writing Your Way to Healing

Yoga4Cancer

**Breakfast & lunch provided. Volunteers available to supervise children if requested in advance.**



10<sup>TH</sup> ANNIVERSARY  
**SPEAKER  
SERIES**  
2018



**PLEASE REGISTER: online at <https://tinyurl.com/ybfh82ao>  
or you may email [program@gildasclubmadison.org](mailto:program@gildasclubmadison.org) or call 608-828-8880**