

A DAY OF
INSPIRATION
& EDUCATION

19th ANNUAL
EDUCATION CONFERENCE

Saturday, October 3, 2020
8:00 am - 12:30 pm
A Virtual Interactive Event

BREAST  CANCER
EDUCATION
— ASSOCIATION —

ENCOURAGE. ENGAGE. EMPOWER.

www.BreastCancerEducation.org

Welcome to our 19th annual conference! While we may be meeting virtually this year, we are grateful for this time to connect and grow together.

You will receive an email prior to the event with login information. We encourage you to login as early as 7:30 am to check your connection. We'll have people available for tech support if you need it, and we have some fun things planned to kick off the conference. So, grab a cup of coffee, sit back and get ready to expand your knowledge while finding inspiration in the personal stories shared by our panel of expert speakers.

If you need technical support during the event, please call 612-910-5151.

2020 ANNUAL EDUCATION CONFERENCE SCHEDULE

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| 8:00 am | Welcome & Announcements |
| 8:15 am — 8:45 am | Speaker Session Coping with Cancer as a Physician – Heather Thompson Buum, MD |
| 8:45 am — 9:15 am | Speaker Session What Happened? I Just Want Sex to Be Like It Used to Be (Part 2) – Dr. June LaValleur |
| 9:15 am — 9:25 am | Break |
| 9:25 am — 9:55 am | Speaker Session The River of life. A Personal Story – Andrew Mayo, MD |
| 9:55 am — 10:25 am | Speaker Session Yoga and Ancient Practices in Integrative Medicine for Cancer Patients and Survivors – Maureen Farley, E-RYT 200, YACEP |
| 10:25 am — 10:35 am | Break |
| 10:35 am — 11:30 am | Keynote Speaker Panel Questions & Answers from the Experts |
| 11:30 am — 12:30 pm | Speaker Session Moving Forward with Hope and Healing – Kelly Grosklags, LICSW, BCD |
| 12:15 pm — 12:30 pm | Closing |

ABOUT OUR SPEAKERS



Dr. Heather Thompson Buum is an Associate Professor of Medicine at the University of Minnesota and is the author of two books: "Mirth is God's Medicine: Coping with Cancer as a Physician" and "With Mirth and Laughter: Finding Joy in Medicine After Cancer." She joined the faculty in 2002 and devotes half her time to patient care, the remainder in various teaching roles. Dr. Thompson Buum has won numerous awards for both teaching and patient care, including Mpls.St. Paul Magazine's "Top Doctors" in 2020, Outstanding Medical School Teacher in 2016, the Department of Medicine Clinical Excellence Award in 2013, and Minnesota Monthly's "Top Doctors for Women" in 2014 and 2011. She is a member of the Society for General Internal Medicine and a fellow in the American College of Physicians. Her outside interests include choral music, cooking, running and golf.



ABOUT OUR SPEAKERS



Dr. June LaValleur is a nationally recognized doctor, educator and researcher specializing in women's health. She is a graduate of the University of Minnesota Medical School and former faculty member of the Department of Obstetrics and Gynecology. In 1998, she received the Medical Alumni Society's first Alumni Recognition Award. June was involved with groundbreaking research on how to manage women with menopause. Recognizing the importance of sexual health as a vital component in emotional, physical and spiritual health, she taught medical students and OB-GYN students how to teach their own patients about sexual health issues. Now retired, June volunteers with a number of groups and continues to speak about women's health issues.



A native of Minnesota, **Dr. Andrew Mayo** was inspired to pursue a career in medicine by his family's long history of dedication to community healthcare and innovation. He received his undergraduate degree from St. Olaf College in Northfield, Minnesota and went on to study medicine at the University of Minnesota. Dr Mayo continues to pursue additional medical training and has Hospice Medical Director Certification. After completing his family practice residency at Bethesda Hospital in St. Paul, he spent 17 years practicing in St. Croix Falls, Wisconsin with an emphasis in geriatrics. Dr. Mayo has served on clinical and hospital leadership boards, and as Medical Director for Luck United Pioneer Home and Frederic Nursing and Rehabilitation Community. In 2014 he joined St. Croix Hospice as Associate Medical Director, where he is now Chief Medical Officer.



Maureen Farley began her yoga practice in 1992, studying one-on-one with a tantric yogi for four years. Several years of solo practice led her to embrace Purna yoga with Rachel Krentzman, author of *Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy*. She completed the 200-hour yoga teacher training at Deep Yoga School of Healing Arts, led by cancer survivor Bhava Ram, author of *Warrior Pose: How Yoga (Literally) Saved My Life*, and Laura Plumb, author of several books on Ayurveda. Maureen attended graduate school for Chinese medicine and has studied Tibetan and Ayurveda medicine, western herbalism and nutrition. In addition to E-RYT 200 and YACEP certifications with Yoga Alliance, she is certified through Green Lotus to teach Yoga for CancerCare, Yin Yoga, and Restorative Yoga. Maureen completed additional training for Yoga for Cancer Patients with Sloan Kettering Memorial Cancer Center of New York.



The experience of traumatic loss as a young child motivates **Kelly Grosklags** in her life-long quest to create a healing community that minimizes suffering and honors grief. From early on, she was inspired to become a voice of compassion who could guide, comfort, and support terminally ill patients and their loved ones. Whenever confronted with deep loss, we walk a path that takes us from what life "was" to living in the "now". For over 25 years, Kelly's expertise in oncology, palliative care and hospice has been welcomed by patients, caretakers and clinicians. Her compassionate demeanor as a clinical psychotherapist has supported patients, along with their families and care providers, who seek peace while experiencing the grief associated with end-of-life care. Today, those who desire healing, comfort, and understanding can join "Conversations with Kelly," an interactive speaking engagement and forum.



EMCEE & MODERATOR



Roxane Battle is Vice President of Advocacy and Community at Sanvello Health, Inc, a mental health services company and subsidiary of UnitedHealth Group. Sanvello has the #1 app for anxiety, stress and depression and provides mental health management services for 37 million people worldwide.

Prior to coming to Sanvello, Roxane spent 20+ years as a television journalist, including work as an award-winning news anchor and reporter at NBC Minneapolis, CBS, and FOX. As a sought-after speaker Roxane presents on change, resiliency and finding joy during times of transition.

Roxane was named an Architect of Change on mariashriver.com and has been featured in Working Mother and Ebony national magazines, the Minneapolis Star Tribune and St. Paul Pioneer Press. A Minnesota native, Roxane earned her undergraduate degree in journalism from the University of Minnesota-Twin Cities. She completed her master's degree in journalism at the University of Missouri-Columbia

Her self-help memoir, Pockets of Joy: Deciding to Be Happy, Choosing to Be Free (Whitaker House 2017), became an Amazon best seller in multiple categories.

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We invite you to join our events, follow us on social media, listen and learn from our free webinars – you'll get the latest news and information on treatments, drugs and therapies, nutrition and health, inspirational stories and more!

Previously broadcasted webinars can be found on our website at
www.breastcancereducation.org

