

**Please join us for a day of
information and inspiration.**

**Meet others who have been
diagnosed with a gynecological
cancer.**

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**CancerCare Manitoba
Breast & Gyne Cancer Centre of Hope
and Ovarian Cancer Canada present:**

Gyne Education Workshop: The Power of Knowledge and Connection

A day of connection and learning
for women with a gynecological cancer,
and their family or support person

Saturday, September 23, 2023

**CancerCare Manitoba
675 McDermot Ave
2nd Floor Lecture Theatre**

**Session from 9:30 a.m. - 3:00 p.m.
Registration 9:30 a.m. - 10:00 a.m.**

Presented in partnership by



Funding support provided by



All funds raised stay in Manitoba.



To register for this workshop



204-787-2970 or
Toll-free 1-866-561-1026

This information is provided to you on behalf of the CancerCare Manitoba Breast & Gynae Cancer Centre of Hope. Your Gynae Oncology team identified you as a person who might be interested in these education sessions.

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Program

9:30 - 10:00 a.m. Registration

Medical masks will be provided at registration and are required throughout the session.

10:00 - 10:05 a.m. Welcome and Opening Remarks

10:05 - 10:45 a.m. Icebreaker activity brought to you by Stephanie Gosselin, OCC and Michelle Ellwood, Gynae Cancer Patient & Family Educator, CCMB

10:45 - 11:30 a.m. Pelvic Health and Physiotherapy Dr. Kerri Berzak, NOVA Physio
Cancer and side effects related to treatment can affect how the muscles and tissues in your pelvic floor function. This session is designed to increase your understanding of the role of Pelvic Floor Physical Therapy, common concerns, and treatments.

11:30 - 11:45 a.m. Refreshment break

11:45 - 12:25 p.m. The Manitoba Ovarian Cancer Research (MOCR) Program in 2023 and beyond... presented by Dr. Mark Nachtigal, University of Manitoba
The Manitoba Ovarian Cancer Research (MOCR) program was established in 2016 to investigate ovarian cancer biology, identify new targets for treatment, and evaluate and enhance patient care. Learn about several new areas of ovarian cancer research from our experts.

12:25 - 1:00 p.m. Lunch provided at no cost

1:00 - 2:00 p.m. Survivorship Discussion Panel: Moderated by Stephanie Gosselin
Panellists: Dr. Christine Robinson, Gynae Oncologist, Michelle Ellwood, Gynae Cancer Patient and Family Educator, CCMB, Two Gynae Cancer Survivor participants.

A moderated conversation exploring life after treatment. Sharing of experiences from survivor perspectives, a treating physician, and The Gynae Cancer Patient and Family Educator.

2:00 - 2:50 p.m. Living your Best Life after a Cancer Diagnosis: presented by Miriam Duff, Counsellor, CCMB

Life after a cancer diagnosis can be filled with mixed thoughts and feelings. Although the survivorship experience looks different for each survivor, there is a common thread that is true for most, that life is different after cancer. During this interactive session, our expert clinician will explore complementary treatments that can help you manage different emotions.

2:50 - 3:00 p.m. Closing remarks and evaluations