

Navigating Cancer Survivorship



When? Saturday April 25th, 2015

9:00 am - 1:00 pm

Where? Gilda's Club Seattle

1400 Broadway, Seattle, WA 98122



Agenda

9:00-9:30 am - Registration

9:30-9:45 am - Introduction of forum topics

9:45-10:45 am - "Emotional Effects of Living with Cancer" with Bruce Gimplin, LICSW

10:45- 11:00 am - Break

11:00-12:00 pm - "Stress, Relaxation and Self Care" with Roger Moore, PhD

12:00-12:45 pm - Cancer Survivor Panel and discussion

12:45-1:00 pm - Closing remarks, evaluations and handouts

Caregivers, family members, friends and professional providers are also welcome to attend this **FREE** event. **Please register** for this event by calling 206-709-1400 or online at www.gildasclubseattle.org.

Our Speakers

Bruce Gimplin, LICSW, is a psychotherapist and counselor in Private Practice in Seattle, who specializes in helping individuals, couples and families touched by cancer and other life-changing and chronic illnesses. He has worked as an oncology social worker in medical centers and has facilitated support groups for Gilda's Club Seattle.

Roger Moore is a Certified Counselor and Registered Hypnotherapist with 40 years of specializing in stress management techniques and medical hypnosis. He is the author of *Becoming Slender for Life* and the creator of **Hypnosis Health Info**. Roger has offices on Bainbridge Island and in Seattle and Forks. He also works closely with the Peninsula Cancer Center.



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