

## COTTING CONNECTION PRESENTS



### CANCER REHABILITATION -THE NEW FRONTIER- October 5 & 6, 2007 Hosted by Simmons College Boston, MA

200,000 women in this country will be diagnosed with breast cancer in 2007.  
There is no formal network of Rehabilitation Specialists trained to serve this growing population.

**Cotting Connection is changing that.**

Join us for this innovative two-day program designed to introduce health care practitioners, exercise and fitness professionals and survivors themselves to the treatments that breast cancer patients undergo in the battle for their lives. Women are being diagnosed more often and at younger ages than ever before. The statistics are simply staggering. The good news is that survival rates are improving every day. Once active treatment ends survivors are anxious to return to their every day lives. Our goal at Cotting Connection is to help them do that safely.

**“Got Life? Get Living!”** That’s our motto. But survivors need to learn how their own best advocates and in order to do so they must have a clear understanding what they have been through. That way they can better protect themselves from injury or side effect in their effort to return to active life.

Care providers must understand that cancer patients are rarely identifiable on first glance. They walk among us in greater numbers every day so if you work with the general population you have cancer survivors in your practice. Your client may not have mentioned that he or she was a survivor. Did you think to ask? Did either of you know that your client could be at risk for getting lymphedema because of a lymph node dissection performed five years ago?

For those in the rehabilitation professions, our experts will detail complex cancer related surgeries and treatments that may have moved muscle groups, compromised the lymphatic system or reduced bone density. Once you understand these reconfigured bodies you will have a better understanding how to help them work efficiently again without causing an injury.



If you are a survivor, become your own best advocate. A care provider? Set yourself a step ahead of others in your field. Attend **Cancer Rehab – The New Frontier, 2007** and network with others engaged in every aspect of the continuum of cancer care.

Care providers who successfully complete this two day program will earn the “*Cancer Conscious Practitioner*” (CCP) designation.

**Note:** This symposium is NOT intended to teach attendees how to TREAT cancer patients but to simply be AWARE of the risks of injury and methods of prevention. CEU’s available.

**Who should attend?** Nurses, Physical Therapists, Occupational Therapists, Exercise Physiologists, Massage Therapists, Exercise and Fitness Professionals, Yoga, Pilates & Dance Instructors, Dietitians, Social Workers, Students of all Disciplines, Cancer Patients, Survivors, Family & Friends

**When?** Friday & Saturday, October 5<sup>th</sup> & 6<sup>th</sup> 2007 7:00am-Registration 8:00 am to 4:30pm

**Where?** Simmons College, Holmes Sports Center, 331 Brookline Avenue, Boston, MA 02115

<http://www.simmons.edu/visit/directions.shtml> (building #12)

**Early Registration** Through 8/25: \$295 for professionals, \$150 general public, \$100 students

**After 8/26:** \$350 for professionals \$195 general admission, \$100 students. Registration ends 9/28/07

**Refund Policy:** Cancellation before 8/26 - Full Refund less \$25 administration fee. Cancellation before 9/28 - 50% Refund less \$50 admin fee. No refunds after 9/28/2007

**For group rates and angel scholarships call: (617) 795-2214**

# OUR FACULTY

## Plenary Sessions:

**Hester Hill Schnipper** LICSW, BCD  
Chief, Oncology Social Work, Beth Israel Deaconess

**Sherry Lebed Davis** CLMTA/T  
Founder, Lebed Method - Focus on Healing

**Beth-Ann Lesnikoski** MD Surgeon,  
Brigham and Women's Hospital Breast Oncology Center

**Jennifer Ligibel** MS, MD  
Oncologist, Dana Farber Cancer Institute

**Nancy Roberge** PT, DPT, MEd Director, Chestnut Hill  
Physical Therapy Associates

**Julie Silver** MD Medical Director Spaulding Rehab,  
Framingham RESTORE Program

**Stephanie Vangsness** MS, RD/LDN Senior Clinical  
Nutritionist Registered Dietitian, Dana Farber

## Breakout and Concurrent Sessions:

**Naomi Aaronson** MA, OTR/L, CHT Founder, Recovercises

**Harriet Berman**, PhD, VP, Clinical Programs Wellness  
Community

**Janet Colantuono** Executive Director, Hurricane Voices

**Paula Gottlieb** MS, REP Oncology Rehabilitation Specialist

**Karen Ingwersen** RN, MSM, CMT Oncology Massage Therapist

**Julie Kaufman** CLM Owner, Julie Kaufman Dancin'

**Camille Kittrell** MS, RY Owner, Exclusive Yoga

**Holly Metcalf** MS, Olympic Gold Medalist Founder, WeCanRow

**Abby Peck** MS, CSCS Olympian, Owner Fitness for Every  
BODY

**Pat Wolfe**, PT, MS, Director of Rehab Services, Cape Cod  
Healthcare

**With Special Guest:** **Kelley Tuthill** Cancer Patient &  
Survivor, Investigative Reporter, WCVB -TV Boston

# TENTATIVE SCHEDULE

## Friday October 5<sup>th</sup>

**Registration** 7:00am – 8:00am

**Plenary Sessions** 8:00am – Noon

Working Together: Continuum of Care  
Current Issues in Women's Cancers  
Breast Cancer Diagnosis and Treatment  
Screening & Symptoms, Diagnosis & Staging  
Surgery & Reconstruction Chemo & Radiation  
Managing Side Effects  
Long-term Considerations  
Complimentary Therapies  
Massage & Acupuncture  
Diet and Nutrition  
Healing Optimally

**Networking Lunch** On Your Own Noon – 1:00pm

**Plenary Sessions** 1:00pm – 4:00pm

Recovering from Treatment – What Next?  
Breast Cancer and Exercise: Current Research  
Physical Therapy Intervention  
Changes in Body Mechanics  
Identifying and Managing Lymphedema  
Life After Breast Cancer  
Challenges and Rewards

**Closing Remarks** 4:00pm – 4:30pm

**Please Note:** Scheduling is subject to change

## Saturday October 6<sup>th</sup>

**Plenary Sessions** 8:00am – Noon

Got Life? Get Living!  
Physical Activity: A Plan for Life  
Finding Balance  
Special Consideration for Young Survivors  
Your Mind Matters "Chemo Brain"  
Panel Presentation & Exhibition

**Networking Lunch** On Your Own Noon – 1pm

**Breakout Sessions** 1:00pm - 4:00pm

### Curriculum for Professionals & Students (CEUs)

Physical  
Therapy

Massage  
Therapy

Fitness &  
Exercise  
Profession

Nursing

Social Work

**Concurrent Workshops** 1:00 pm – 4:00pm

### Classes for Survivors & the General Public

(Classes are One Hour Each. Choose 3)

YOGA

WECANROW

PILATES

Aquasize

Healing  
Garden

Casting for  
Recovery

Focus  
on  
Healing

Managing  
Lymphedema

And  
More!

**Closing Remarks** 4:00pm – 4:30pm