

Spring 2024 Family Cancer Retreat **Session Descriptions**

“Cancer 101” – This opening talk will ensure everyone is familiar with the basic cancer information they’ll need to know to get the most out of the rest of the sessions this weekend.

Cancer Nutrition: Eating Smart During & After Treatment – How and what you eat can have a huge impact on the treatment and recovery process. Learn what foods to eat, what foods to avoid, and other tips for dealing with common nutritional issues faced by cancer patients

Yoga for Happiness & Healing – Enjoy a morning break with a gentle chair yoga session designed for all ages and abilities. No experience necessary.

Coping with Treatment-Related Side Effects – Get tips from an expert on managing appetite loss, “chemo brain,” fatigue, lymphedema, sexual issues, and other side effects associated with cancer treatment.

“Ask the Oncologist” Panels – Three simultaneous Q&A sessions with New Mexico’s leading cancer specialists. Bring your questions...they’ll have answers!

Self-Care for Single Survivors – Coping with a cancer diagnosis and treatment can be difficult under the best of circumstances; navigating this journey as a single survivor can bring extra challenges. We invite you to learn about coping strategies and share experiences.

Patient & Family Communication in Serious Illness – Dealing with a serious illness often means constant change, as well as a rollercoaster of emotions and challenging experiences. This session focuses on how crucial it is to talk openly about the illness journey, for both patients and their support circles, because it can affect our ability to cope throughout. Attendees will learn about the relationship between communication and coping, practical ways to communicate, strategies for coping, and how grief plays into communication and coping.

New Developments in Cancer Treatment – Learn about the latest breakthroughs in cancer research and how they are expanding treatment options in this technical session.

Caring for the Caregiver – Caregivers who help loved ones coping with cancer are often the unsung heroes of the cancer journey. Come learn how to ensure they get the support they need to succeed in this difficult role.

New Mexico’s Medical Cannabis Program: Compassionate Use and You – Learn more about New Mexico’s Lynn and Erin Compassionate Use Act, as well as the Department of Health’s Medical Cannabis Program. We will cover the patient and caregiver enrollment process, as well as a brief overview of the science behind medical cannabis.

Resources for New Mexicans Coping with Cancer - Need help with insurance issues? Want to find a support group in your area? Learn about the many organizations throughout New Mexico that provide cancer-related treatment and support services and how to find them.

Talking with Kids about Cancer – Not sure how to talk with your kids or grandkids about your diagnosis? Afraid they’ll ask questions you won’t know how to answer? This conversation covers talking to kids from infants to young adults. Learn why it’s so important to talk openly

Spring 2024 Family Cancer Retreat Session Descriptions

about the cancer journey with the kids in your life and get tips for handling these difficult conversations. Please do not bring children to this presentation.

Moving from Surviving to Thriving – An uplifting session to prepare you to leave the retreat and go back into the “real world” renewed, refreshed, and ready to thrive.