

**LIVING
WELL WITH
AND BEYOND
CANCER
CONFERENCE
2022**

**ATTEND
IN-PERSON
OR ONLINE!**

**Saturday 3rd
September**

Clayton Hotel,
Burlington Road, Dublin

PROGRAMME

This conference is proudly supported by

LIVING WELL WITH AND BEYOND CANCER CONFERENCE 2022

Time Session

10:30 **Opening and Welcome**

10:40 **Patient Treatment Pathways: Panel Discussion and Q&A**

11:20 **My Cancer Journey**

WORKSHOP SESSION 1 (11.45 – 12.30PM)

11:45 **IN-PERSON AND ONLINE** I Got This! Coping with Fear of Recurrence

IN-PERSON AND ONLINE Why Eating Well Matters after a Cancer Diagnosis

ONLINE Living With Metastatic Cancer

ONLINE Cancer Associated Menopause

IN-PERSON How Men Think and Talk About Cancer

ONLINE Returning to Work after a Cancer Diagnosis

WORKSHOP SESSION 2 (12.45– 13.30)

12:45 **IN-PERSON AND ONLINE** Fatigue and Cognitive Impairment in People with a Diagnosis of Cancer

IN-PERSON AND ONLINE Upsides and Downsides of Immunotherapy and other Targeted Treatments

IN-PERSON Connecting Mindfulness to the Body,
Mind & Spirit

ONLINE Cancer Services in Ireland

IN-PERSON Look Good Feel Better

ONLINE Your Skin's Health Before, During and After
Cancer

LUNCH (13.30 – 14.30)

WORKSHOP SESSION 3 (14.30 – 15.15)

14:30 **IN-PERSON AND ONLINE** Benefits of Exercise Throughout the Cancer Journey

IN-PERSON "Sorry Hon, I've a Headache": How
Women Can Improve Intimacy and Increase Desire
After a Cancer Diagnosis

ONLINE Benefits and Entitlements

IN-PERSON Look Good Feel Better

ONLINE Inherited Cancer and What We Need to
Know About Cancers That Run in Families

IN-PERSON Laughter Yoga

15:30 **Fireside Chat**

16:10 **My Cancer Journey**

16:30 **Close**



For further information on Living Well With and Beyond Cancer

Visit: www.cancer.ie/LivingWell

Email: supportline@irishcancer.ie

Call our Support Line: 1800 200 700



@IrishCancerSociety



@IrishCancerSoc