WOMEN AND WELLNESS
WELLNESS EDUCATIONAL CONFERENCE
SATURDAY, MARCH 26, 2022, 8:30 AM TO 3:30 PM
MASSEYCANCERCENTER.ORG/WOMEN-AND-WELLNESS
When our community supports each other, incredible things can happen.

Learn More
TowneBank.com/Community
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SATURDAY, MARCH 26, 2022, 8:30 AM TO 3:30 PM
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TOGETHER WE CAN MAKE A FUTURE WITHOUT CANCER POSSIBLE.
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HEALTHY LIVING
Masey Ross, M.D., MS
Blue Ridge Ballroom C
Integrative health: a holistic approach to cancer care
Tips and tools for healthy living to prevent and combat cancer.

SURVIVORSHIP:
THRIVING WITH CANCER
Susan Hong, M.D.
Blue Ridge Ballroom C
What does life after cancer look like?
Join Massey’s survivorship program director and clinicians to discuss.

HEALTHY EATING
Allie Farley, MS, RD
Blue Ridge Ballroom A
Massey certified outreach dietician-led discussion about nutrition, a recipe demonstration and samples to take home and try yourselves.

CANCER & RELATIONSHIPS
Kristie Willis, MS,RN,OCN,CNML
Blue Ridge Ballroom B
How does a cancer diagnosis affect interpersonal relationships, including intimacy and sexuality?

THERAPEUTIC ART
Alexis Shockley, MFA
Blue Ridge Ballroom D/E
Painting session and discussion about the wellness benefits of art.

MENTAL HEALTH & MOOD
Whitney Meleski, MSW,LCSW
Blue Ridge Ballroom A
Learn how cancer affects the physical and psychological health and mood of cancer patients, caregivers and general audiences.

JOURNALING
THE CANCER JOURNEY
Anna McChesney, MS
Blue Ridge Ballroom D/E
Discover the art of creative journaling, while engaging in expressive music and real-time journaling practice.
TOGETHER WE CAN MAKE A FUTURE WITHOUT CANCER POSSIBLE.

COMMITTEE

WOMEN AND WELLNESS 2021/2022

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Beth Thornton
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Judy Turbeville
Anne Whittemore
Mary Woodward
CANCER & CAREGIVING
Frieda Wilkins, MSW,M.Div.
Blue Ridge Ballroom C
Massey social worker-led forum designed for survivors and caregivers of cancer patients as a space for questions, sharing of experiences and learning.

YOGA PRACTICE
Anna Kutcher, NP
Blue Ridge Ballroom A
A hands-on demonstration of yoga and meditation practices to foster health and wellbeing.

HEALTH & BEAUTY
Moné Bailey, Massey Wig Salon
Blue Ridge Ballroom D/E
Makeup and wig education with a licensed Massey cosmetologist.

BARE NECESSITIES
Jenni Kirby, Crossroads Art Center
Blue Ridge Ballroom C
Time to get creative and intimate in this interactive session. Here, you will work in groups to design an undergarment that represent you and your experiences. Items can be displayed or taken home with you.

CANCER & THE LAW
Medical Legal Partnership
Blue Ridge Ballroom B
Learn more about free legal services, including legal advise and representation, available to Massey cancer patients.

TOGETHER WE CAN
MAKE A FUTURE WITHOUT CANCER POSSIBLE.
Thank you Massey Cancer Center for all that you do to cure cancer in our lifetime!

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TOGETHER WE CAN MAKE A FUTURE WITHOUT CANCER POSSIBLE.

SAVE THE DATE

WOMEN AND WELLNESS EVENING CELEBRATION

WEDNESDAY, JUNE 15, 2022
THE JEFFERSON HOTEL

TICKETS $175 ($80 TAX-DEDUCTIBLE)

Save the date and join us for an evening event celebrating the power of women in the fight against cancer and the accomplishments of the 2021/2022 Women and Wellness.

Give tickets as a gift to celebrate with a strong women in your life.

This event is an in-person event. All are invited to attend.

TOGETHER WE CAN MAKE A FUTURE WITHOUT CANCER POSSIBLE.
proudly supports VCU Massey Cancer Center and Women and Wellness

www.aandacontractorsva.com/
A FUTURE WITHOUT CANCER STARTS WITH YOU.

To donate to WOMEN AND WELLNESS to support women's cancer research and clinical trials at Massey, please use the QR code or visit masseycancercenter.org/women-and-wellness

TOGETHER WE CAN MAKE A FUTURE WITHOUT CANCER POSSIBLE.

ONE EVENT. ONE GIFT. ONE BREAKTHROUGH AT A TIME.
Thank you, Massey, for keeping my loved ones safe!

VISIT WWW.FOUNTAINBOOKSTORE.COM/MASSEY/BTK

FOR 20% OFF SULEIKA JAOUAD’S MEMOIR, “BETWEEN TWO KINGDOMS”

(VA L I D T H R O U G H 4/1/22)
Dear Reader,

When the life you'd planned is shattered, how do you begin anew?

In the summer of 2013, I found myself huddled on my kitchen floor smoking a cigarette, a hospital bracelet still circling my wrist. After almost four years of treatment for leukemia, I'd been declared cancer free and discharged from the hospital. Done with the “cut, poison, burn” part of the disease. I sat dazed and alone in the rubble, unsure how to move forward. I'd spent the better half of my twenties working tirelessly toward a single goal—survival. And now that I'd survived, I realized I had no idea how to live.

"It took me a long time to be able to say I was a cancer patient," I wrote in one of the final installments of my New York Times column, "Life, Interrupted." "Then, for a long time, I was only that: A cancer patient. Now that I'm done with my treatment, I'm struggling to figure out who I am."

This question blossomed into a quest: a 15,000-mile road trip across America that led me to the doorsteps of dozens of strangers who'd replied to my column with their own stories of reckonings and resurrections. And it was that road trip, and the harrowing years leading up to it, that inspired the idea for this book.

Between Two Kingdoms is the book I would have wanted to read when I was emerging from treatment. In it, I wanted to shatter the false mythologies of recovery and the omerta of silence that enshrouds the realities of survivorship. I wanted to build a bridge, both for myself and others, between the no longer and the not yet. While I was writing it, I kept a Post-it Note above my desk that said: "if you want to write a good book, write what you don’t want others to know about you. If you want to write a great book, write what you don't want to know about yourself."

This book is for anyone who has had their life interrupted, whether it’s by the ripple of a diagnosis, or some other kind of trauma or heartbreak that has brought them to the floor: My greatest hope is that this book will feel like a friend of sorts, and that it might provide solace to those who are lost in the wilderness of a life transition and attempting to find their way forward.

Suleika Jaouad
Missy and Jim Ryan
Proud to Support Women and Wellness and Cancer Research at VCU Massey Cancer Center

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Visit MCVFoundation.org/HealthierVa
We're imagining a future without cancer.

Together, WE can make it possible.

A cancer-free future depends on all of us. Through awareness and regular screenings. Participation in clinical trials. Or donations to fuel innovation and hope. Your support is advancing cancer research at Massey. One story. One gift. One breakthrough at a time.

To join our network of powerful women and learn how YOU can help make cancer disappear:
www.masseycancercenter.org/women-and-wellness