

A Survivor-Caregiver Symposium
“YES” to Empowerment & Survivorship

2019 IGCS Global Meeting

Windsor Convention & Expo Center
Rio de Janeiro, Brazil

Saturday, September 21, 2019
9:00 am-4:00 pm

- 9:00-9:45 am Registration & Light Breakfast
9:30-9:40 am A Welcome & Words to Thrive By
9:40-9:45 am Remembering Symposium Honoree(s)
9:45-10:00 am Group Photos & Start of All-Day “Capture-the-Moments”
(Take out your camera phones & Smile.)

10:00-11:00 am Cancer Awareness 101: A Power Tool

- Gynecologic Cancers: The Basics
- Health Literacy & Other Navigation Aids
- Knowing Your Options & Rights...including Clinical Trials
- Survivor-Caregiver Perspectives/Thoughts
- Q&A

11:00-11:15 am BREAK (Wellness Demonstrations)

11:15 am-12:05 pm Survivorship, Wellness, Mindfulness: Thriving 101

- Let’s Get Personal
- Self-Care, Nutrition, Meditation
- Health History Journaling: A Judgement-Free Documentation Zone
- Survivor-Caregiver Perspectives/Thoughts
- Q&A

12:05-12:50 pm LUNCH (WEWSK/NED)

12:50-1:40 pm Patient Advocacy 101+

- A Primer on Patient Advocacy
- Survivor-Caregiver Perspectives on Real-World Advocacy in the Region (country/region specific)
- Q&A

1:40-1:55 pm BREAK (Wellness Demonstrations)

1:55-2:40 pm Town Hall: Region-Specific Challenges, Concerns, Triumphs & Solutions

2:40-3:00 pm Final Remarks/Next Steps-Action Plan

3:00-4:00 pm Networking Hour (to include Group Photos)

A limited number of need-based **Travel Grants** are available to assist survivors and caregivers attending the Symposium. The application is available at igcs2019.com/advocacy-day.

*AstraZeneca has provided a grant toward the costs of this meeting.
AstraZeneca had no input into the content of the meeting.*