

YA Cancer

Gabfest

PRESENTED BY



CACTUS
CANCER SOCIETY
formerly Lacuna Loft

A WEEK OF INTERACTIVE SURVIVORSHIP CRASH COURSES FOR FACING CANCER

COME SPILL TEA WITH US NO MATTER WHERE YOU ARE



WHEN: The Week of December 6th, 2021 at 7:30pm ET

COST: Free

WHO SHOULD ATTEND? The Young Adult Cancer Community

EMPOWERING THE AYA CANCER COMMUNITY TO EMBRACE THEIR VOICE AND STORY

Throughout the course of the week, we invite you to share, explore, and learn as we interact together. Our goal is to empower attendees to embrace their voice. You are the expert in your own care, so along with experts in the field, Gabfest will combine and elevate the individual voices of the young adult cancer community.

THEMES FOR EACH DAY FOCUS ON:



STORYTELLING



WELLNESS



HEALTH
INSURANCE



CAREGIVING



SEXUALITY &
RELATIONSHIPS



HEALTHCARE
AND NONPROFIT
PROFESSIONALS
& BURNOUT



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Children's**

Dear Jack Foundation

First Descents

**Gilda's Club of
Madison, WI**

**Keck Medical Center
of USC**

Stupid Cancer

Triage Cancer

True North Treks

Ulman Foundation

For more information or questions about YA Cancer Gabfest contact Nick@Elephantsandtea.com or Mallory@Cactuscancer.org.

Visit yacancergabfest.org to register

MONDAY, DECEMBER 6, 2021 - STORYTELLING

12:00 pm ET

Scavenger Hunt Begins

Join your fellow Gabsters in a scavenger hunt! No matter where you call home, you can join this completely online scavenger hunt through the free app, Goosechase. The game name is "Gabfest Scavenger Hunt" and the password is "Gabster."

5:30 - 7:00pm ET

Pre-Gabfest Workshop: Advocating, Validating, Empowering: Cornerstones of Survivorship

Sponsored By: The Leukemia & Lymphoma Society

Moderator: Elissa Baldwin

Panelists: Michelle Rajotte and Kelly Laschinger

Join The Leukemia & Lymphoma Society as they explore various challenges of survivorship – mental health, body image, planning for the future, and more. In this interactive webinar, we will discuss strategies and tools to help you learn how to advocate and empower yourself and validate your cancer experience. Survivors of all cancers at any stage of their journey are welcome.

7:30 - 8:20pm ET

Opening Keynote: Your Voice, Your Story, Your Way!

◀ **Speaker:** Yolanda Murphy

Life has a way of knocking you down and making you either face reality or run from it. Join our opening keynote speaker Yolanda Murphy as she opens up about facing cancer head on and using her voice to help those of us who feel they have no voice!



8:30 - 9:20pm ET

Healing Through Writing: A Virtual Workshop

Speaker: Nick Giallourakis and Lisa Orr

Writing and journaling can be helpful strategies towards healing and communicating with others about difficult experiences. Join this interactive session to practice some writing of your own and learn about creative writing prompts with Elephants and Tea and Cactus Cancer Society.

9:30 - 10:30pm ET

After Hours: Emerging Voices

Come hear from new speakers to the AYA community as they share their stories with their fellow Gabsters.

TUESDAY, DECEMBER 7, 2021 - WELLNESS

7:30 - 8:20pm ET

Interactive Panel: Exercise After a Cancer Diagnosis

◀ **Moderator:** Jay Carter

Panelists: Cary Kim, Rachel Walker, and Beau Whitman

Exercise can play a vital role in overall health and well being. After a cancer diagnosis, one can find many lifelong benefits of regularly engaging in physical activity. In this panel, we will discuss the benefits of exercise after a cancer diagnosis, and discuss ways to get started.



8:30 - 9:20pm ET

Crash Course: Release, Relax, Rewire

Speakers: Tara O'Donoghue, Aerial Donovan, and David Victorson, PhD

Join a crash course designed to help you release, relax, and rewire through young adult cancer. We'll be joined by experts, sharing their knowledge on being 'unmindful', building your own yoga practice, and relaxing through zentangles.

9:30 - 10:30pm ET

After Hours: Cooking Demo

Speaker: Steven Giallourakis

Steven will be cooking up something delicious and you can follow along with him virtually.

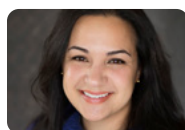
WEDNESDAY, DECEMBER 8, 2021 - HEALTH INSURANCE

7:30 - 8:20pm ET

Health Insurance Doesn't Have to be Confusing

◀ **Speaker:** Monica Bryant, Esq.

Trying to figure out how to pick a health insurance plan that actually covers your medical expenses? This session will explain your health insurance options, current laws regarding pre-existing conditions and other consumer protections, how to pick a plan that works for you, and how to get financial assistance to help you pay for health insurance.



8:30 - 9:20pm ET

Health Insurance Workshop

Sponsored by: Bristol Myers Squibb

Speaker: Monica Bryant, Esq.

Now that you have the tools to understand our health insurance options, its time to put what you've learned into practice. This workshop will provide hands on practice for picking the right health insurance policy for you.

9:30 - 10:30pm ET

After Hours: Cancer Cards

Come use these fun conversation starters as a way to hear from other Gabsters and share your own story. The Cancer Cards were developed by Hopelab and Stanford University.

THURSDAY, DECEMBER 9, 2021 - SEX

7:30 - 8:20pm ET

Crash Course: My Sexual Self

◀ **Speaker:** Sage Bolte, PhD, LCSW, CST

My Sexual Self: Join us for a casual and interactive discussion with Dr. Sage Bolte, certified sex therapist, to explore the many ways a cancer diagnosis and treatments can impact the various aspects of our sexual selves. From body image to dating and disclosure. From sex to emotional intimacy. Nothing is off limits as we discover together ways to help improve the ways we feel and think about our sexual bodies and intimate relationships. Come prepared with questions – this discussion promises to be a safe place to explore some of the most challenging issues young adult survivors face.



8:30 - 9:20pm ET

Interactive Panel: Relationships and Intimacy in Survivorland: A Fireside Chat

◀ **Moderator:** Marloe Esch, BSN, RN, OCN, CSC

Panelists: Mary Clare Bietila, Stephen Heavyside, and Brandie Sellers, MS, LPC, NCC

Join Oncology Certified Nurse and AYA cancer survivor Marloe Esch for a lively panel discussion exploring the challenges and triumphs of navigating relationships and intimacy after a cancer diagnosis. Marloe will be joined by Brandie Sellers, an AYA cancer survivor, licensed professional counselor, and founder/owner of Mind Your Heart Counseling, and fellow AYA survivors Stephen Heavyside and Mary-Clare Bietila. Panelists will share their experiences and advice on topics such as dating and relationships, body changes, and those pesky sexual side effects from various cancer treatments. Bring your questions and a cup of cocoa, and get ready to cozy up for an honestly sexy conversation!



9:30 - 10:30pm ET

After Hours: Trivia

Come and join your fellow Gabsters as we enjoy each others' company with some trivia.

THURSDAY, DECEMBER 9, 2021 - HEALTHCARE + NONPROFIT PROFESSIONALS

7:30 - 8:20pm ET

Crash Course: Hello? This is Your Life Calling! Targeted Journal Therapy for Inviting Self-Care Back into That Already Jam-Packed Schedule.

◀ **Speaker:** Jean Rowe, LCSW, OSW-C, CJT

Making up stories that you don't have time to take care of yourself? Choosing email and returning phone calls over a 10 minute walk around the block? Chugging down gallons of caffeine while your water bottle becomes a decoration? Join this session to learn how even one small step can make a big difference in feeling better.



8:30 - 9:20pm ET

Interactive Panel: Burnout as a Cancer Professional

◀ **Moderator:** Diana Cejas, MD, MPH

Panelists: Liz Harms, DNP, RN, CMSRN, Kara Noskoff, and Stephanie Scoletti, MSW

Being a healthcare provider or a nonprofit professional in the young adult cancer world is challenging. Burnout can show its self in many ways and affects the ways we live and work. This panel, made up of healthcare providers and nonprofit professionals, will tackle burnout, its challenges, and the ways that they over come it in their everyday lives as professionals.



9:30 - 10:30pm ET

After Hours: Trivia

Come and join your fellow Gabsters as we enjoy each others' company with some trivia.

THURSDAY, DECEMBER 9, 2021 - CAREGIVERS

7:30 - 8:20pm ET



Crash Course: Caregiver Self-Preservation

Sponsored By: Servier Pharmaceuticals

◀ **Speaker:** Sharla Moore, MPH, and Ellen Polamero, LCSW

If you are a caregiver, you have undoubtedly heard more than one person remind you to "make sure you take care of yourself, too!" But wait, before you write this off as just another caregiver session, we'd like to invite you to join us for a real conversation about the impact of being a caregiver, what self-preservation might look like at different times and for different people, and how it might just be possible (and maybe even essential) to figure out how to address some of your own needs during this time. Bring your questions, your frustrations and your BS detector!

8:30 - 9:20pm ET

Interactive Panel Discussion: The Caregiver Toolkit

Sponsored By: Seagen

Moderator: Amelia Baffa, APRN, PMHNP-BC

Panelists: Vijay Anand, Angie Giallourakis, PhD, and Pat Taylor

Planning for the "what if" scenarios are extremely difficult. This panel has seen a lot and they will talk about what they have been through to help prepare you as best as possible for different scenarios as a caregiver. Join Amelia Baffa, a Pediatric Adolescent Young Adult Psychiatric Provider, as she leads a discussion with parents of AYA patients on lessons learned, boundaries with your loved one, and other important topics to have ready in your toolkit.

9:30 - 10:30pm ET

After Hours: Trivia

Come and join your fellow Gabsters as we enjoy each others' company with some trivia.

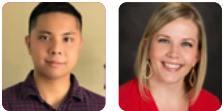
FRIDAY, DECEMBER 10, 2021 - USING YOUR VOICE

3:00am ET

Scavenger Hunt Ends

Join your fellow Gabsters in a scavenger hunt! No matter where you call home, you can join this completely online scavenger hunt through the free app, Goosechase. The game name is "Gabfest Scavenger Hunt" and the password is "Gabster"

7:30 - 8:20pm ET



Closing Keynote

◀ **Speakers:** Carlo and Wendy, Hosts of The Cancer Patient Podcast

Join the hosts of The Cancer Patient Podcast as they close out YA Cancer Gabfest with a live support group/live podcast! The audience will help shape this closing session so be sure to join and bring questions.

8:30 - 9:20pm ET



101 Tasks in 1,001 Days: A Goal Setting Workshop

◀ **Speaker:** Amanda Marsh

Do you like making lists? Do you like having goals to reach for? Join the 101 Tasks in 1,001 Days list making session! This workshop is designed to help you create a list of 101 tasks to complete over a period of 1,001 days. It'll be a fun session of goal setting and inspiration. This workshop is designed to help you create a list of 101 tasks to complete over a period of 1,001 days. You'll get examples on how a real list was structured and there will be time for some people to share some of their goals and to help get your creative juices flowing! Join us for a session of goal setting and inspiration! Enjoy a social setting and a fabulous motivational activity while hanging out with your young adult cancer peers!

9:30 - 10:30pm ET

After Hours: Scavenger Hunt Wrap Up

Join your fellow Gabsters during the last activity of the week. We will be announcing the scavenger hunt winners as well!

Vijay Anand

Originally from Chennai, India Vijay came to Case Western in Jan '92 for Graduate work in Biomedical Engineering and stayed put in Cleveland since then. He spent 18 years at EY, and recently moved to MRI Software as the VP of Artificial Intelligence. He loves cooking and volunteering with Civil Air Patrol - inspiring young minds to pursue STEM and Cyber. God, family and country are his priorities.

Amelia Baffa, APRN, PMHNP-BC

Amelia Baffa is a Psychiatric Mental Health Nurse Practitioner (PMHNP-BC); she is board certified by the American Nurses Credentialing Center and is dual boarded in both adult and pediatric psychiatry. She was awarded the University Hospital Trustee Award for Nursing Excellence and the Red Cross Community Hero Award, in 2015. She received her master's degree in nursing from Walden University and her bachelor's degree from Akron University with a Post-Masters Certificate in PMHNP. After graduation she participated in one of the first Psychiatric APRN Fellowships in the United States, the Integrative Community Psychiatric APRN Fellowship, at Portage Path Behavioral Health Center in Akron, Ohio. She sees adults ages 12 to 64 and she specializes in anxiety disorders, bipolar disorders, depressive disorder, post-traumatic stress disorder (PTSD), schizophrenia, women's mental health issues, pregnancy and mental health, and post-partum depression.

Mary Clare Bietila

Educator, Writer & Patient Advocate. Mary Clare is a Chicago based consultant on the patient experience for health centered organizations. Her advocacy is informed by her experience as a leukemia and stem cell transplant survivor living with multiple treatment based chronic illnesses. Before cancer she worked in education and loves leading writing workshops and crafty projects with patients and her daughter's Girl Scout troop. On Sundays you will find her in the bell tower ringing the bell for First Unitarian.

Sage Bolte PhD, LCSW, CST

Sage Bolte is Chief Philanthropy Officer and President of the Inova Health Foundation. She joined Inova 15 years ago as an oncology counselor and most recently served as Executive Director of Life with Cancer and Patient Experience for the Inova Schar Cancer Institute. She is known nationally for her work in sexual health and cancer and is respected as a leader in the field of oncology social work. Sage received her bachelor's degree in both psychology and social work at Hope College, in Holland, Michigan, and later continued her studies at the University of Michigan, where she received her master's degree in social work. She received the American Cancer Society's Doctoral Training Grant in 2008 and obtained her Ph.D. in social work from The National School of Social Services at the Catholic University of America in 2010.

Monica Bryant, Esq.

Monica Fawzy Bryant is a cancer rights attorney, speaker, and author. She is dedicated to improving access to quality information on the practical, insurance, and financial issues surrounding a cancer diagnosis. Monica is the co-founder and Chief Operating Officer for Triage Cancer, a national nonprofit organization that provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers, through events, materials, and resources. Throughout her career, Monica has provided over one thousand educational seminars, written articles and blogs, and appeared on television, radio, and podcast shows discussing healthcare related legal issues. Previously, she worked as Midwest Regional Director for a national disability rights organization, Legislative Counsel for U.S. Congresswoman Linda T. Sanchez and Law Clerk for U.S. Senator Dianne Feinstein. During her time in Congress, she focused on health, justice, civil rights, and women's issues. Monica is an Adjunct Law Professor at University of Illinois at Chicago School of Law, teaching a class on Cancer Rights. She lives in Chicago with her husband, two children, and fur baby, Paisley.

Jay Carter

Jay is a cancer survivor, an avid outdoorsman, and a software engineer. After being diagnosed with Chronic Myeloid Leukemia in 2011 and enduring a stem cell transplant, he experienced the negative physical and mental impact cancer can have on one's life. He found healing not only in the outdoors, but also in the connections he made with other survivors. When not on an adventure in nature, you can find him behind a computer screen working on ways to combine tech and fitness in a way that is beneficial to the cancer community.

Diana Cejas, MD, MPH

Diana M. Cejas, MD, MPH is a pediatric neurologist in Chapel Hill, North Carolina. She obtained her medical degree at Howard University in Washington, DC in 2010. She completed pediatric residency training in the Tulane University - Oschner Health Systems Pediatric Residency Program in New Orleans, Louisiana. She obtained a Masters of Public Health in Maternal and Child Health at the George Washington University in Washington, DC prior to moving on to her pediatric neurology training at the University of Chicago in Chicago, Illinois. She is board certified in both General Pediatrics and Neurology with Special Qualification in Child Neurology.

Aerial Donovan

Aerial Donovan is the Chief Program Officer at Cactus Cancer Society, formerly Lacuna Loft. Her passion is helping the young adult cancer community discover resources and encouraging them to engage with each other. Her knowledge and expertise in community building and organizing + executing digital events has helped Cactus Cancer Society's programming flourish. Prior to Cactus Cancer Society, she was VP of Programs at GRYT Health and volunteered with organizations such as Stupid Cancer, Imerman's Angels, and previously with Cactus Cancer Society.

Marloe Esch, BSN, RN, OCN, CSC

Marloe Esch, RN, BSN, Oncology Certified Nurse (OCN), and young adult cancer survivor, graduated from the University of Wisconsin – Madison School of Nursing (go Badgers!) in 2008. She enjoys educating both survivors and healthcare professionals on the topic of cancer and sexuality, and has presented for the Young Survival Coalition, the Oncology Nursing Society, and Planned Parenthood of WI, among others. She holds a certificate from the Sexual Health Certificate Program through the University of Michigan and is currently pursuing her Doctor of Nursing Practice (DNP) at the University of Wisconsin – Milwaukee. An enthusiastic supporter of sexual health and wellness, Marloe is making it her mission to bring sex into the survivorship spotlight.

Angie Giallourakis, PhD

Angie Giallourakis, Ph.D., Co-Founder of Elephants and Tea and President of the Board of Directors for The Steven G. Cancer Foundation, is a former rehabilitation counselor, college professor, researcher, turned cancer advocate and mother to a four-time cancer survivor. Over the past eleven years she has sought to learn about the best ways to survive cancer treatment. As a result of this research she has become a trained IREST yoga nidra meditation teacher, integrative nutrition health coach, integrative oncology navigator and yoga4cancer teacher.

Nick Giallourakis

Nick Giallourakis is the Executive Director of the Steven G. Cancer Foundation (SGCF). Elephants and Tea is a nonprofit media brand, part of SGCF, with the mission to help adolescent and young adult (AYA) cancer patients, survivors and caregivers know they are not alone in facing cancer. Elephants and Tea's unique storytelling ability is built from Nick's expertise in developing community and content - which includes engaging audiences with digital events and media.

Wendy Griffith, LCSW, OCSW-C

Wendy Griffith is a Licensed Clinical Social Worker and program manager of MD Anderson Cancer Center's AYA Program. She facilitates has over 14 years of health care experience that includes clinical work with patients/caregivers and macro-level work involving project development/management and quality improvement. In her spare time, she co-hosts The Cancer Patient podcast and is a Wellness Guide with Project Koru.

Elisabet Harms DNP, RN, CMSRN, CNEcl

Liz is an acute care nurse in Denver, Colorado. She actively teaches pre-licensure nursing students for several Denver area universities. In 2011, she was diagnosed with colon cancer. After treatment she was impassioned to improve the socialization, concerns, and support of young adult cancer survivors. She has volunteered with several young adult cancer organizations and currently serves as the co-Executive Vice President of The Colon Club, an organization which seeks out new ways to raise awareness, educate, and support colorectal survivors and families.

Stephen Heaviside

Stephen Heaviside is a musician, writer and AYA cancer advocate. He resides in Orange County, California and loves dolphins, true crime documentaries and good coffee. You can follow him on Instagram/Twitter @heavysighed and on Facebook. His music is available on Spotify and Apple Music.

Cary Kim

Cary Kim is the Director of Survivor Relations for Handful, an activewear company based in Portland, Oregon, with a mission to support the 1 in 8 women (12.5%) who will face breast cancer in their lifetime. This year, she celebrates 15 years since her diagnosis with late stage 3 disease and believes that an active lifestyle is an essential part of long-term survivorship.

Carlo Lopez, RN

Carlo Lopez is currently in remission as a two time lymphoma survivor and had a bone marrow transplant in February 2016. Carlo is a registered nurse, AYA cancer advocate, content creator for various cancer support platforms, and host of The Cancer Patient Podcast. You can find episodes for The Cancer Patient Podcast by visiting <https://senditfoundation.org/resources/podcast/>.

Amanda Marsh

Amanda Marsh is a 16-year survivor of Non-Hodgkin's primary mediastinal diffuse large B-cell lymphoma, having received her first job offer and diagnosis the same day. When life threw the cancer curveball and all her post-college plans went out the window, she decided to join the 1,000 in 100 Project to inspire her to achieve new personal goals after treatment was finished. A writer and editor by trade, she lives in New York's Hudson Valley with her husband, preschool daughter, and toddler son in a Victorian house that always needs something fixed. In her little spare time, she enjoys crafting, reading, New York Times crossword puzzles, puns, and getting easily distracted by sparkly things.

Sharla Moore, MPH

Sharla Moore, MPH is the Manager of Clinical Research Programs for the Women's Cancers Program at City of Hope. In this position, Sharla is working to bring together laboratory scientists and expert physicians in a strategic integrated program that will bring treatments to the women who need them. The mission of the program is to improve our understanding of the risks for developing breast and gynecologic cancer, to develop novel strategies for treatment and prevention, and improve the quality of life of our survivors. Sharla became a widow and single mom to two boys, all at the age of 39. At 29 years old, her husband was graduating from law school and she were pregnant with their first child – then he was diagnosed with cancer. Eric died 10 years later, in 2014, and having to tell the two boys their dad wasn't coming home from the hospital was the hardest thing she's ever done. Every day since then, it's about being their parent and trying to make their life as normal as possible. She hopes to be there for other caregivers like her – supporting each other at all the different stages of cancer. Sharla earned a Bachelor of Arts from University of California, Riverside and a Masters of Public Health from University of California, Los Angeles.

Yolanda Murphy

Yolanda J. Murphy - Speaker/Advocate/Survivor - Yolanda J. Murphy was born and raised in Pittsburgh, PA. She graduated from Trinity Christian High School and went on to obtain her BS in Business Management from Carlow University. For several years, Yolanda worked for a healthcare company and until 2016 was living a "normal" simple life. At the age of 36, things drastically changed. Yolanda was diagnosed with Stage 2 Invasive Ductal Carcinoma (IDC) of the left breast. She underwent four rounds of chemotherapy and thirty radiation treatments. As a young African American woman, she thought this could never happen to her and more frightening was the inability to find the necessary resources to help her navigate her now new normal.

Kara Noskoff

Kara Noskoff, Hospital Programs and Services Manager, Teen Cancer America. After working with the adolescent and young adult (AYA) oncology population as a Child Life Specialist, Kara developed a passion to improving AYA cancer care. With a focus on community building, she helped develop monthly programming, retreats, and events that provided support and education. Kara later joined Teen Cancer America to support healthcare professionals working specifically with AYA oncology patients and survivors to develop comprehensive AYA programs and services. Through providing consultation, resources and opportunities for collaboration, the TCA team is working to enhance the culture change at each institution with hope to ultimately impact the national picture for AYA cancer care.

Tara O'Donoghue

Tara O'Donoghue is a yoga teacher (500 RYT) and trauma informed (TIYT) Yoga Therapist who specializes in yoga for cancer and grief support. She started Lov Yoga after caregiving for and eventually losing a loved one to cancer. Her mission is to help others experience mindfulness, balance, and transformation in life through the healing practices of yoga, breathwork, meditation and self reflection. www.lov.yoga

Lisa Orr

Lisa is a 34 year old Stage 2b Triple Negative Breast Cancer Survivor (diagnosed in January 2019). She is a proud wife and mother of two boys, ages 6 and 4, and lives just north of Boston, Massachusetts. Lisa is a member of the Patient Advisory Committee for Elephants and Tea and has had her writing published in the magazine five times. She is passionate about her role in helping to run writing workshops with Elephants and Tea. In these workshops, the magazine partners with AYA cancer programs at hospitals around the country to aid patients, survivors, and caregivers learn how writing can be used as a healing tool. In her free time she enjoys cooking and baking, she cannot wait to get back to traveling, and enjoys spending time with her family and friends.

Ellen Polamero, LCSW

Ellen is a therapist in private practice with over a decade working specifically with cancer patients and their loved ones. Before going into private practice, Ellen worked at City of Hope (an NCI Designated Cancer Center) with both inpatients, outpatients and their families through every stage of treatment and survivorship. She has focused on caregivers, and specifically spouses/partners, since the beginning of her time at City of Hope. Ellen has written articles and been an invited speaker at multiple national conferences addressing the mental health impact of cancer on patients and caregivers.

Jean Rowe, LCSW, OSW-C, CJT

Jean is guest faculty of several programs for Cactus Cancer Society. Her background includes 16 years in the oncology space primarily working with young adults affected by breast cancer. Jean's original programs include themes around reclaiming intimacy after cancer, addressing burnout and compassion fatigue, journal drop-ins to temper the triggers of everyday life and coping through the holidays. Grounded in all of them is the importance of self-care. She is honored to work with Cactus Cancer Society and all whom they serve. You can connect with Jean at [linkedin.com/in/jean-rowe-2448119/](https://www.linkedin.com/in/jean-rowe-2448119/) or at jean@cactuscancer.org.

Stephanie Scoletti, MSW

Stephanie Scoletti is Executive Director & Founder of Young Adult Survivors United, the health and wellness community for young adult cancer survivors aged 18-39 when diagnosed. YASU's comprehensive model provides emotional and mental health, social, and financial support that enhances young adults' quality of life. Stephanie's advocacy focuses on prevention, increased awareness, and most effective ways to support this unique cancer population. Dedicated to her hometown, she was a 2019 Pittsburgh Magazine "40 under 40" honoree and 2018 KDKA Radio "Hometown Hero" awardee. Stephanie is a member of the Southwest PA Cancer & Environment Network, a UPMC Hillman Cancer Center Community Advisory Board Member, and an active advocacy representative for the American Cancer Society's Cancer Action Network. She is a Patient Advisory Council member for the Elephants and Tea Magazine and Patient Expert Council member for Servier Pharmaceuticals. Stephanie admires community partnerships and any opportunity to embark on new adventures with her husband, Matt. In her spare time, you can find her running, biking, or creating new plant-based meals.

Brandie Sellers, MS, LPC, NCC

Counselor. Speaker. Teacher. Brandie practices counseling via telehealth in Texas. She specializes in sexuality, trauma/EMDR, and cancer. Brandie graduated with an MS in Counseling from SMU. In addition to counseling, Brandie has been teaching yoga, meditation, & Ayurveda since 2005, and is a Certified Yoga Teacher at the 500-hour level. A two-time breast cancer survivor, Brandie has written for cancerwise.org and speaks to cancer survivors, counselors, and other professionals about cancer survivorship. Brandie is crazy about her three children, traveling, and living an artful life with big adventures.

Pat Taylor

Pat (Patricia) Taylor is a producer, writer, director, performer and educator whose credits include documentary films, television specials, plays, musicals, short stories, music videos and major tourist attractions. She has spent more than two decades as an advocate for young adults living with cancer, as well as their parents/caregivers, through two documentary films (Sara's Story and Chasing Rainbows: Young Adults Living With Cancer), countless appearances on conference panels and working groups, and as a section editor for Cancer Knowledge Network and blogger at The Huffington Post. Now semi-retired, Pat is glad to have occasional opportunities like Gabfest to reconnect with the YA cancer community! <http://www.chasingrainbows.ca/>

David Victorson, PhD

David Victorson is licensed clinical psychologist and professor of medical social sciences at Northwestern University where he conducts research focusing on improving quality of life and wellbeing for people affected by cancer, especially young adults. He is also a co-founder and director of True North Treks, a national nonprofit dedicated to helping young adults and caregivers affected by cancer to "find direction through connection" through connecting with nature, peers, and mindful awareness practices.

Rachel Walker

Rachel was diagnosed in 2019 at the age of 36 with triple negative breast cancer. She has worked as an industrial engineer for the last 18 years in various industries. Her hobbies include camping, biking, rollerblading, hiking, kayaking, and yoga. Diet, exercise, and mental health have been a large part of her life for the last 15 years, which have been beneficial in her survivorship.

Beau Whitman

A recent cancer survivor and a personal trainer in NYC for the past 5 years specializing in foundational training. His drive and enthusiasm comes from being a competitive gymnast, division one track athlete, and college coach. You can find Beau on Instagram @beau.whitman.