# Agenda

REGISTRATION 11:00AM – 11:30AM

# WELCOME AND INTRODUCTION

(ON STAGE)

11:30AM - 11:35AM

## KEYNOTE: ART OF HEALING-PRACTICING RESILIENCE

(ON STAGE)

11:30AM - 11:50AM

#### SESSION #1:

#### **HOW TO CLEAR THAT BRAIN FOG**

(MOB 2 & MOB 3)

12:00PM - 12:30PM

#### TURN IN SURVEY BETWEEN 12:30PM – 3:00PM

### SESSION #2:

IT'S LIKE NIGHT AND DAY:
MANAGING SLEEP AND FATIGUE

(MOB 2 & MOB 3)

12:45PM - 1:15PM

#### SESSION #3:

THEATER PRODUCTION OF

"Attitude is Everything or Cancer Sucks so Let's Have Fun"

(MOB 2 & MOB 3)

1:30PM - 2:00PM

#### **SESSION #4:**

**FOOD AND MOOD** 

(MOB 2 & MOB 3)

2:15PM - 2:45PM

## **CLOSING REMARKS AND RAFFLE**

(ON STAGE)

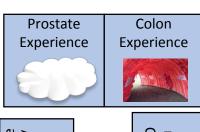
3:00PM - 3:30

**KP Educational Booths** 

Activities

**KP Prevention Zone Booths** 

Community Resources



Smoking Skin Cancer/ Cessation Cancer Men's Health

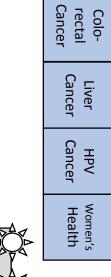
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Snacks

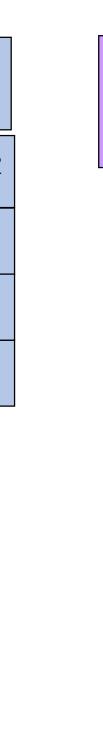
# STAGE

Introduction 11:30 Keynote 11:35 Raffle Prizes 3pm

Zumba

12:30, 1:15, 2pm, 2:45

Photo Booth



MOB1

Reiki

(Sign-Up for Session

Time)

Kid's Fun Zone

(11-330)

Pancreatic
Cancer
Action

**JW House** 

Project

Hired

Peer

Support

Genetics

Heart Health

Parking Garage

MOB2 and MOB3

**Education Sessions** 

& Theatre Production

Refreshed Skin

Therapy

Clinical

Trials

**Oral Care** 

Rehab

Services

Living

Strong

Living Well

Hair Donation

Parks &

Recreation

**Hair** Restoration

**Forest** 

Bathing

Knitted

Knockers

MOB4

Mindful

Meditation

(12pm, 12:45,

1:30, 2:15)

REGISTER HERE

Pain &

Relief

Acupuncture

Food is

Medicine

Mind

Body

Wellness

**American** 

Cancer

Society

Life Care

**Planning** 

All About

Sleep

Pharmacy

& Natural

Medicines

Comple-

mentary &

Integrative

Medicine

Bay Area

Cancer

Connection

Elevators

Lobby

Gratitude

Art Therapy

Cancer

Care Point

The Next

Step

Boutique

Chair Massage (11-330) Mobile Health Van Kaiser Permanente San Jose Hospital Building

Pet Therapy

Memory

Activity

Leukemia &

Lymphoma

Society

Memory Booth

Tai Chi (12-2:30)

Laughter Yoga (12pm, 12:45, 1:30, 2:15)

<u>,</u>

=START HERE BY REGISTERING!

=Water Station

Seating

Surveys Here = Submit Your Survey Here! And enter to win Raffle Prizes! =Restrooms are located inside the Hospital, by the Cafeteria and by the Gift Shop =Restrooms are also located in the Basement of the Medical Office Building