



# A Breath of Hope

## LUNG FOUNDATION

### 2023 Midwest Lung Cancer Summit Itinerary

**8:00 – 8:45 am** Registration, Coffee/Tea, and Pastries

**8:45 am** Icebreaker Activity | Large Group Photo | Survivor Photos by Mutation

**9:00 am** Welcome by Survivor and ABOH Leadership

**9:15 – 10:00 am** *Morning Keynote | New Science & Discoveries that are Improving Lung Cancer Survival*

**10:10 – 11:00 am** *Breakout Session 1*

*Lung Cancer 101 – Becoming a Well-Informed Patient & Case Management for Improved Outcomes*

OR

*Understanding Mutations, Biomarkers, and Precision Medicine*

**11:10 - Noon** *Breakout Session 2*

*Understanding Mutations, Biomarkers, and Precision Medicine*

OR

*Communicating with Loved Ones; Teaching Others to Communicate with Positivity*

**Noon – 1:00 pm** *Lunch & Afternoon Keynote | Avoiding Fear and Despair for Improved Health Outcomes*

**1:10 – 2:00 pm** *Breakout Session 3*

*Alternative and Complimentary Therapies*

OR

*The Secrets and Importance of Self-Care for Caregivers*

**2:10 – 3:00 pm** *Breakout Session 4*

*Using Your Voice to Create Legislative Change: How to Tell Your Story to Make a Difference*

OR

*Spirituality and Faith for Better Quality of Life*

**3:10 – 4:00 pm** *General Session: Ask the Experts / Questions and Answers*

**PATIENT ZEN ROOM:** Open from 10 am until 2 pm - Plan on visiting this room that is designated for quiet time, chair massages, essential oils, and resting as needed throughout the day.