

15th Annual Moving Beyond Cancer to Wellness Virtual Event

Moving beyond
cancer to
wellness

Saturday, June 5

10–11:30 am

Join us for our 15th annual free conference, designed to provide education on wellness after cancer. Patients, survivors, caregivers, friends, families and health care professionals are invited to attend.

Keynote Speaker **Wendy Hammers**

Speaker, actress, comic, author and pancreatic cancer survivor

Actress and comedian Wendy Hammers shares her optimistic story of navigating her way through pancreatic cancer, surviving and thriving, and the glorious life that awaits on the other side of a diagnosis.

Topics and Speakers

Dynamic Stretching & Strength using Bodyweight

Toshiko Aramaki, ACSM, ACS
Certified Cancer Exercise Trainer

Cook for Your Life

Kate Ueland, MS, RD
Seattle Cancer Care Alliance
Fred Hutchinson Cancer Research Center



RSVP at www.fredhutch.org/mbctw

