

Cancer Survivorship Educational Health Fair

Breakout Sessions

May 17, 2025

9:00AM -1:00PM

09:30-10:00 AM: "An Introduction Practice To Yoga For Cancer Survivors and Caregivers"

Presented by Stacey Wodehouse

Stacey Wodehouse is a yoga instructor at the Ascension Yoga Connections program, specializing in accessible yoga for cancer survivors. Drawing from her certifications in the Y4C Oncology Yoga Program and Integrative Yoga Therapy, she creates safe, adaptable practices tailored to individual needs. She believes yoga is a powerful tool for movement, stress relief, and overall well-being, offering benefits that can be adapted for every body and every journey. Come join an introductory practice for all levels!

10:30-11:00 AM: "After Cancer - Finding Intimacy Again"

Presented by Erin Sullivan Wagner, Cancer Survivor & Patient Advocate

Erin Sullivan Wagner is an anal cancer survivor. As a result of her radiation treatment, she experienced sexual health side effects that went untreated for several months. Because there was no process in place to address sexual health concerns or refer patients timely, the damage caused by radiation became permanent. Her relationship with her husband was forever changed. She began a life coaching business, helping patients with intimacy challenges post cancer. She also started the non-profit organization, After Cancer, Inc, providing educational resources for oncology professionals on addressing sexual health in a cancer care setting, with a mission that all patients impacted by cancer will be screened for sexual health side effects as a standard of care.

11:30AM-12:00 PM: "Foods that Fight Cancer"

Presented by Amberlea Childs, Cancer Survivor & Plant Based Chef

Amberlea Childs is a breast cancer survivor turned plant-based chef. Childs has been a public health educator for over 15 years focused on disease prevention, nutrition education, and healthy cooking. After a cancer diagnosis in her 30s she revamped her entire kitchen from "Standard American" into "Stand Out Healthy!" She uses a whole foods, plant-based regime to demonstrate how simple and inexpensive personal prevention can be. Childs holds a Culinary Certificate from Rouxbe Cooking School and a Bachelor of Arts from the University of South Florida. Post cancer she opened Plant Joy, a vegan meal prep service in Southeast Wisconsin, where she is the head chef and a plant based cooking instructor.

12:30-1:00 PM: "Harnessing the power of rehab during cancer treatment"

Presented by Christi Katz OTD, MOT, OTR/L, CLT

Christi Katz, OTD, MOT, OTR/L, CLT has been an occupational therapist for over 11 years and is the clinic manager at the Milwaukee Cancer Rehab clinic. She is a certified lymphedema therapist and holds a specialty certification in Chemotoxicity and Exercise Management from the Physiological Oncology Rehabilitation Institute, in addition to completing over 100 hours of continuing education in oncology-related topics. Christi is passionate about cancer rehabilitation, student education, and evidence-based practice. Christi is also a part-time Clinical Assistant Professor of Occupational Therapy at Marquette University, teaching courses in Clinical and Health Conditions, Evidence-Based Practice, and Practical Applications in Occupational Therapy.

Venue

Ascension SE Wisconsin-Mayfair Road
201 N Mayfair Rd., 5th Floor