



Cancer Policy & Advocacy Team (CPAT) Virtual Symposium and Hill Week Kickoff

July 11, 2022

Agenda

(as of 05/12/2022)

Monday, July 11, 2022

(all times Eastern Daylight Time)

- 1:00 PM** **Advocating for the Cancer Care Planning and Communications Act (H.R. 4414)**
- U.S. Representative Mark DeSaulnier** California's 11th Congressional District
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- 1:30 PM** **Don't Change Yourself for Other People: How Adolescents and Young Adults (AYAs) Living with Cancer Offer Advice to Other AYA Patients**
- Nick Iannarino, PhD** University of Michigan - Dearborn
- Lauren Ghazal, PhD, FNP-BC** University of Michigan School of Nursing
- Emily B. Walling MD, MPHS** University of Michigan Mott Children's Hospital
- Nick Iannarino, PhD, is an Associate Professor of Health Communication at University of Michigan-Dearborn. He studies how people in close relationships manage the social experience of severe and chronic illness, particularly in the context of adolescent and young adult cancer.
- Lauren Ghazal, PhD, FNP-BC, is a Post-Doctoral Research Fellow at University of Michigan School of Nursing. In addition to practicing clinically as a family nurse practitioner, she studies the survivorship needs of young adults with cancer, with a focus on work, financial toxicity, and other quality of life concerns.
- Emily B. Walling MD, MPHS, is a Clinical Assistant Professor in the Division of Hematology/Oncology, Department of Pediatrics, at University of Michigan's Mott Children's Hospital. Dr. Walling founded and is the co-medical director of the Michigan Medicine Adolescent and Young Adult Oncology Program.
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- 2:25 PM** **Break**

2:35 PM

Self-Care Matters: A Workshop Featuring Interactive Journaling and Discussions

Ta'lor L. Pinkston, LSW, MSW, BA Founder, The Heart Advocate

Self-Care Matters will provide attendees with a foundational understanding of:

- Self-care and the relationship to self-love described by Christine Arylo in *Path of Self-Love*.
- An understanding of the "Six Ways to Take Care of Yourself" from The Heart Advocate.
- The ability to identify individual Self-Care Needs.

The interactive workshop features a presentation, with journaling and discussions. All attendees are encouraged to bring a journal and something to write with to engage in the content.

Ta'lor L. Pinkston, LSW, MSW, BA created The Heart Advocate to help all individuals choose self-love as a coping skill for mental health and healing. The Heart Advocate provides individual virtual self-love therapy and programs, hosts group workshops, presentations, and speaks about the importance of self-worth, self-love in mental health, and how to practice self-care. Ta'lor manages a virtual support group, Healing Over Everything (H.O.E.), a safe-space and community that supports its members to build self-worth, cope with mental health, and choose healing. You can find The Heart Advocate on social media, where she is sharing what self-love looks like.

3:30pm

Advocate Hill Week Send-off with Congressman Raskin

U.S. Representative Jamie Raskin Maryland's 8th Congressional District