

9:00 - 9:05 a.m.

Welcome and Introduction

9:05 - 10:10 a.m.

Hot Topics in Colorectal Cancer

- Advances in local therapy - Skipping surgery, skipping radiation 9:05 - 9:20am
- Novel molecular tools - ctDNA and others 9:20 - 9:35am
- Advances in targeted therapy including immunotherapy 9:35 - 9:55am

Q & A: 9:55 - 10:10am

10:10 - 10:12 a.m.

A Mindful Stretch

10:12 - 11:15 a.m.

Making Treatment Decisions: What to Consider, What to Ask

- A Mock Shared Decision-Making Tumor Board
 - Case Presentation
 - Panel Discussion

11:15 - 11:20 a.m.

A Mindful Moment

11:20 - 12:00 p.m.

Embracing Your Experience: Learning & Growing

- Clinical Trials: How to find and how to access 11:20 - 11:35am
- Harnessing your experiences: How to find community & strength 11:35 - 11:55am

Q & A: 11:55 - 12:00

12:00 - 1:00 p.m.

Lunch and Moderated Open Mic/Sharing Time - What I Always Wanted to Ask Before, During, and After Treatment

1:00 - 2:55 p.m.

Transforming Your Journey: Source of Growth & Empowerment

- Let's talk food and poop 1:00 - 1:15pm
- **Afternoon Keynote: Integrative Medicine and the Power of Lifestyle Change** 1:15 - 1:45pm

Q & A: 1:45 - 2:00pm

- Finances, Employment, Insurance - How to find resources 2:00 - 2:15pm
- Sexual well-being and Pelvic floor health 2:15 - 2:30pm
- Survivorship & Integrating Life 2:30 - 2:50pm

Q & A: 2:50 - 2:55

2:55 - 3:00 p.m.

Closing Remarks