

# Cancer Family Network ~ Fall Fest 2008 Schedule

## **SATURDAY November 1**

### **EVERYONE**

**11:00am** Register with CFN (Lobby)  
Family Welcome Craft – (State Room)

**12:00pm** Lunch and Welcome (Judicial Room)

### **ADULTS**

**1:30-3:00pm**

⌘ Family dynamics, relaxation, and expectations during a health crisis

with Pat Trafton, LCPC, former CFN Board Member, and survivor.  
(Executive Room)

⌘ Workshop: Naturopathic Cancer Care – Why some remedies work and others don't with Dr.

Michael Bergkamp, Naturopathic Doctor  
(Legislative Room)

\*Hotel guest room check-in after 3:00pm w/ Red Lion.  
Tell the front desk you are with Cancer Family Network Fall Fest and give them your last name.\*

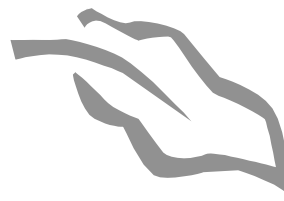
**3:30-5:00pm**

⌘ Art Workshop: Create a Family Mandala

with Beth Ammons, MD and Lisa Weinreich  
(for all ages - families may work together - State Room)

⌘ Explore Your Journey – Walk the Labyrinth

with Terri John, Carroll College School of Nursing  
(Legislative Room)



### **YOUTH & TEENS**

**1:15-2:30pm** ⌘ Getting to Know You

Build graham cracker houses  
with the Millers, Bobbi jo, Kirk,  
Dave, Adam, and Amber  
(State Room)

**2:00-5:00pm** ⌘ Pool time Lifeguard from Carroll  
College – Liz Wernette

**2:30-3:30pm** ⌘ Games & Activities (in/outside)  
with Bobbi, & others  
(Pool Area and State Room)

**3:30-5:00pm** ⌘ Art Workshop: Create a Family Mandala

with Beth Ammons, MD and Lisa  
Weinreich (for all ages - families may  
work together - State Room)



*ALL SEMINARS & WORKSHOPS facilitated by licensed and/or trained professionals*

### **EVERYONE**

**5:30pm** GROUP PHOTO (Lobby)

**5:45pm** Dinner (Judicial Room)

**7:00pm** Hangin' on with Humor when Life Looks Ugly... by Lois McElravy of *Lessons from Lois* from Missoula. Event open to the public. (Executive / Legislative Room) (Kids activity in Judicial Room)

**8:00pm until...** Little Elmo and the Mambo Kings, sing, dance, and celebrate life together! Kids join parents for music and dancing!) Event open to the public. (Executive / Legislative Room)

Remember to...  ...at 2:00am!



**SUNDAY November 2**



*Sleep in an extra hour this morning...  
we reverted back to Standard Time!*

**EVERYONE**

- 7:45 - 9:00am**    ⌘ *Morning Stroll* w/ Bobbi (meet in lobby/car pool. Bring warm outdoor cloths, hat, gloves)
- 8:00-10:00am**    ⌘ *Breakfast* (Judicial Room) *AND* collect crafts from Legislative Room
- 9:00-10:00am**    ⌘ *Breakfast Conversations*: a casual gathering with Lois McElravy and Pastor Jerry Olson...ask questions, share thoughts, and visit a while (Judicial Room).
- 10:00-11:00am**    ⌘ *A Celebration of Inspiration & Gratitude*  
with Pastor Jerry Olson, retired Lutheran Pastor (Legislative Room)
- 11:00am**            ⌘ *Complete Your Family Notes – Collect your crafts* (Legislative Room)
- 12:00pm**          ⌘ *Fall Fest parting* – HUGS & Drive Safely!!! \*\* Hotel check-out by noon \*\*

