

**Free Educational Workshop:**  
**"Together we can learn about Living Without an Omentum"**

*For cancer survivors living without an omentum*

Zoom Webinar

Saturday May 30th, 2020

**AGENDA (Draft)**

9:30	Login - troubleshoot any tech issues
10:00	Gather & Introductions
10:15	My Story
10:30	The Omentum [immune, lymphatic, digestive, why it is removed] Q & A via chat box
11:00	Discussion #1 - share your thoughts about the omentum; NOTE: during the day, please think of one concrete action item and one bigger, brainstorm idea to share during Discussion #3
11:15	Strategy #1: Eat Strategically [individuality; FOOD-MOOD-POOP; etc.] Q & A via chat box
11:45	Strategy #2: Exercise Daily [movement; tools; lymph flow] Q & A via chat box
12:15	Lunch Break <i>stay logged in; mute the mic; turn off the video</i>
12:45	Strategy #3: Energize Lymph Flow* [exercise; manual therapies; kinesio tape] Q & A via chat box
1:00	Discussion #2 - share your thoughts from the presentations
1:30	Home Video Tips ... how to document [and send videos to Katie 6/30, 7/30, 8/30 - <i>optional</i> ]
1:45	Discussion #3: Next steps Discussion [concrete action items & brainstorm ideas]
2:15	Adjourn
2:30	Interview Questions with Dr. Montalto (with video and audio on)

**Questions? Email Meg at [TheOmentumProject@gmail.com](mailto:TheOmentumProject@gmail.com)**

[www.TheOmentumProject.org/](http://www.TheOmentumProject.org/)

@OmentumMomentum

**Workshop Leaders:**

Katie Amo, Videographer  
Nancy Amo, Uterine Cancer Survivor & Advocate  
Sarah Avery, DPT, PYT, RYT-200  
Nancy B. Clemente, Founder Nancy B. Clemente Cancer Fund  
Shea Foley, Ovarian Cancer Advocate  
Carole Heaney, RN, MS NBC-HWC  
Cassie Lembo-Sheridan, Ovarian Cancer Survivor & Advocate  
Jillian Mertzloff, Certified Personal Trainer  
Dr. Nick Montalto, Gynecological Surgeon  
Dr. Anita Burock Stotts, Functional Medicine Practitioner  
Meg Wilkinson, Ovarian Cancer Survivor & Advocate