

TUESDAY, SEPTEMBER 28

- 11:00 AM – 12:00 PM Lobby Open for Networking
- 12:00 PM – 12:45 PM Conference Kickoff and Welcome Remarks
- 1:15 PM – 2:15 PM Mello Abrams Lecture: What's New in Ovarian Cancer Research and Treatment
- 2:30 PM – 5:30 PM Gail Baird Exhibit Hall Live Exhibitor Hours
- 5:30 PM – 6:30 PM Virtual Meet-Ups:
Network with others who share your experience
- Newly Diagnosed
 - BIPOC
 - Men Only
 - Off Treatment
- 6:30 PM – 7:30 PM Virtual Meet-Ups:
Network with others who share your experience
- Under 40
 - Community Partners
 - First Timers

ON-DEMAND BREAKOUTS:

- Clinical Trials: What You Need to Know
- Managing Recurrence
- The First Year: Thriving After Your Initial Diagnosis
- Rare Ovarian Cancers: What's New

WELLNESS ON DEMAND:

- Conscious Body Class
- Guided Meditation

WEDNESDAY, SEPTEMBER 29

- 10:00AM – 11:00 AM Live Breakout: Reflections
- 11:00 AM – 12:00 PM Lobby Open for Networking
- 12:00 PM – 1:00 PM General Session: Ask the Experts—Part 1

- 1:00 PM – 2:00 PM Gail Baird Exhibit Hall Live Exhibitor Hours
- 1:30 PM – 2:30 PM General Session: Ask the Experts—Part 2
- 2:30 PM – 3:30 PM Live Breakouts:
- Survivors Teaching Students Info Meeting
 - Want to Fundraise for OCRA? Become an OCRA Hero!
- 3:00 PM – 5:00 PM Gail Baird Exhibit Hall Live Exhibitor Hours
- 3:30 PM – 4:30 PM Live Breakout: Woman to Woman Info Session
- 5:00 PM – 6:00 PM Live Breakout: Q&A for Managing Recurrence
- 5:30 PM – 6:30 PM Virtual Meet-Ups:
Network with others who share your experience
- Advocate Leaders
 - Family and Friends
 - COVID Concerns
 - Woman to Woman
- 6:30 PM – 7:30 PM Virtual Meet-Ups:
Network with others who share your experience
- Staying Connected Reunion
 - Inspire
 - LGBTQIA+
 - Rare Ovarian Cancers

ON-DEMAND BREAKOUTS:

- Precision Medicine for Ovarian Cancer
- Transitions: Breaking Down Barriers to Conversations When Treatment Options Change
- Acupuncture and Physical Therapy to Manage Side Effects and Pelvic Pain
- Spirituality in the Cancer Journey: A Conversation Between Chaplains

WELLNESS ON DEMAND:

- Zumba Gold
- Full Body Stretching

THURSDAY, SEPTEMBER 30

- 11:00 AM – 12:00 PM Lobby Open for Networking
- 12:00 PM – 1:00 PM General Session: The Outcome of UKCTOCS: Where to Now for Ovarian Cancer Screening?
- 1:00 PM – 2:00 PM Gail Baird Exhibit Hall Live Exhibitor Hours
- 2:15 PM – 3:15 PM General Session: Living Well After Cancer
- 4:00 PM – 4:30 PM Live Breakout: Q&A for The Outcome of UKCTOCS: Where to Now for Ovarian Cancer Screening?
- 4:30 PM – 5:30 PM Live Breakouts:
- Q&A for Physical Activity and Exercise for Women with Ovarian Cancer (ends at 5:00 PM)
 - STS Volunteer Meeting (for current STS volunteers only)
- 5:30 PM – 6:30 PM Live Breakouts:
- Advocate Leaders Info Session
 - Best Practices in Leadership and Fundraising (for OCRA Community Partners only)
- 6:30 PM – 8:00 PM **Teal Takeover Party**
A fun wrap-up to OCRA's Ovarian Cancer National Conference

ON-DEMAND BREAKOUTS:

- Nutrition for Ovarian Cancer Survivors
- Physical Activity and Exercise for Women with Ovarian Cancer
- Sexuality and Intimacy after Cancer
- Precision Medicine: A Congressional Snapshot

WELLNESS ON DEMAND:

- Yoga Nidra and Pranayama
- Pilates

Agenda subject to change. Please check final program on Conference website for most up-to-date schedule.