



**Better Than Ever, Life After Breast Cancer
Live Virtual Conference
September 8-26, 2021**

OVERVIEW

Learn from advisors and pioneers of the Cancer Exercise Training Institute, including Founder and President Andrea Leonard, and Medical Advisory Board Leader, Dr. Jay K. Harness.

Keynote: Jay K. Harness MD, FACS

Cynthia Aks, DO, FACOS, ABIHM

Theresa Courter, OT, CES

Elayna Nunley, MS, RDN, CES

Andrea Leonard, BA, CES, CPT

Plus, attend live sessions with Cancer Exercise Specialist Team Presenters

REGISTER at betterthanever.live

- 20 Sessions available, including 10 hours of education content, and 10 hours with exercise, stretching, breathwork and more led by Cancer Exercise Specialists.
- Select Single Sessions or Multiple Session Packages, All Session Package, All Sessions With Replay Recordings Package, Cancer Exercise Specialist 1 Hour Assessment, Cancer Exercise Specialist Training Session, Cancer Exercise Specialist 90 Day Program
- *Financial Assistance Applications Available*

betterthanever.live



**Better Than Ever, Life After Breast Cancer
Live Virtual Conference
September 8-26, 2021**

SCHEDULE* & CURRICULUM

September 8, 9am PT: Keynote with Dr. Jay Harness, past-President of The American Society of Breast Surgeons and Breast Surgery International, moderated by Andrea Leonard

Sept 11, 9am - 12pm: 3 Sessions - Take Charge of Your Health, Dr. Cynthia Aks

Sept 18, 9am - 11am: 2 Sessions - Lymphedema & Breast Cancer Rehabilitation - Theresa Courter

Sept 25, 9am - 11pm PT : 2 Sessions - Nutrition Needs During Treatment, Nutrition Needs During Survivorship - Elayna Nunley

Sept 26, 9am - 11am PT: 2 Sessions - At-Home Self-Assessment of Posture and Range of Motion, Physical Limitations and Appropriate Exercises After Surgery, Andrea Leonard

**all times subject to change prior to September 7. Recording add-ons available for all sessions.*



Better Than Ever, Life After Breast Cancer
Live Virtual Conference
September 8-26, 2021

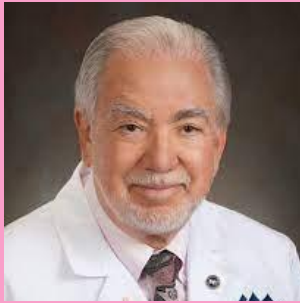
Cancer Exercise Specialists - 10 1 Hour Sessions*
Introducing Exercises and Programming for Breast Cancer
Recovery and Life Ahead

Sept 9, 12pm PT
Sept 12, 9am PT
Sept 13, 12pm PT
Sept 14, 12pm PT
Sept 15, 12pm PT
Sept 16, 12pm PT
Sept 19, 9am PT
Sept 21, 12pm PT
Sept 22, 12pm PT
Sept 23, 12pm PT

**all times subject to change prior to September 7. Recording add-ons available for all sessions.*



Better Than Ever, Life After Breast Cancer Live Virtual Conference September 8-26, 2021



Jay K. Harness MD, FACS

Dr. Harness is a past-President of The American Society of Breast Surgeons and Breast Surgery International. He is a full-time breast surgeon at the St. Joseph Hospital Center for Cancer Prevention & Treatment in Orange, California. Practicing surgery for 40 years, Dr. Harness specializes in breast surgery and surgical oncology.

After graduating from medical school from the University of Michigan, Ann Arbor, he conducted his internship and residency at the University of Michigan Medical Center. Dr. Harness then remained on the faculty at the University of Michigan and developed one of the nation's first multidisciplinary breast center in 1985. He left the University of Michigan in 1989 and spent two years at Tufts University School of Medicine in Boston where he also established a multidisciplinary breast center at St. Elizabeth's Medical Center. Subsequently, he came to Oakland, California in 1991 to join the University of California-East Bay Department of Surgery where he was a Professor and Chief of Surgical Oncology at Highland General Hospital.

The opportunity to direct his third multidisciplinary breast center in Southern California came in the summer of 2003. Dr. Harness spent 28 years in academic general surgery at the University of Michigan, Tufts University School of Medicine, the University of California, Davis, and the University of California, San Francisco. He is currently a clinical professor of surgery at the University of California, Irvine. Dr. Harness has been recognized nationally and internationally for his work in breast and endocrine surgery.

He is a member of several national and international surgical societies and associations. He has served as Secretary-Treasurer, and President of the American Association of Endocrine Surgeons and Chair, Board of Directors, of The American Society of Breast Surgeons. He has authored over 80 scientific articles and book chapters and has been the lead editor of 2 textbooks.



**Better Than Ever, Life After Breast Cancer
Live Virtual Conference
September 8-26, 2021**



Cynthia Aks, DO, FACOS, ABIHM

Dr. Aks is a Board-certified General Surgeon and Integrative Medicine in practice since 1990 and a dedicated breast surgeon since 1997. Her practice focus is influenced by an interest in Integrative Medicine with principles in Holism. She is a strong patient advocate with a kind, calming and compassionate bedside manner. She is a very seasoned surgeon with skills to include, but not limited to, office-based ultrasound and stereotactic breast biopsy, cryoablation and ductoscopy. She has experience in program development and has worked in a NAPBC accredited comprehensive breast center.

She is a graduate of the internationally known Landmark Forum (a personal and professional growth training and development program). She is a certified yoga instructor with a special interest in yoga therapy, training in Reiki therapy and a special interest in nutrition as it relates to health. Dr. Aks is a Cancer Exercise Specialist through the Cancer Exercise Training Institute. Dr. Aks is also a lover of nature, music, dancing, scuba diving, cooking and has a passion for life and learning.



**Better Than Ever, Life After Breast Cancer
Live Virtual Conference
September 8-26, 2021**



Theresa Courter, CLT,OTR, Cancer Rehab Specialist

Theresa earned her OTR/L from Eastern University and has worked as an Occupational Therapist for more than 25 years. During that time, she has become a leader in the field of rehabilitation of upper quarter related injuries (shoulder, elbow, hand), neurological diagnoses, and is certified in the management of lymphedema through Klose Training, and Cancer rehabilitation under the STAR program. Theresa is a Cancer Exercise Specialist through the Cancer Exercise Training Institute. In recent years, Theresa has had experience with treating a specialized population of patients having Graft versus Host Disease (GVHD). She is a resident educator in the universities' occupational therapy hand residency program as well as their cancer rehabilitation and lymphedema residency program. Her interest first became directed to the cancer population several years prior, after seeing the ramifications in functional degradation as well as seeing impairments of the musculoskeletal system in patients with breast cancer. Understanding that if the referral could be sooner during the process, that some of these side effects could potentially be avoided and at least minimized. Theresa has used this knowledge to educate a comprehensive care team including doctors, nurses, and other healthcare providers to develop early intervention plans and programs for cancer survivors undergoing treatment at Michigan Medicine.



**Better Than Ever, Life After Breast Cancer
Live Virtual Conference
September 8-26, 2021**



Andrea Leonard, BA, CES, PES, CES

Andrea is the president & founder of the Cancer Exercise Training Institute, has written 17 books on the subject of oncology and exercise, and is a sought-after speaker and author. Along with an elite global medical advisory board, she created the Cancer Exercise Specialist® and Breast Cancer Recovery BOSU® Specialist Advanced Qualification courses and has trained over 14k health and fitness professionals in 45 countries

to become Cancer Exercise Specialists®.

She was the PFP/Club Industry 2019 Personal Trainer of the Year. Since 1992 Andrea has been certified as a Corrective Exercise Specialist and Performance Enhancement Specialist by The National Academy of Sports Medicine (NASM), as a Personal Trainer by The American College of Sports Medicine (ACSM), the National Academy of Sports Medicine (NASM), and the American Council on Exercise (ACE), as a Special Populations Expert by The Cooper Institute. Andrea is a Foundation Education Advisory Board and on the advisory board for the MedFit Network .



**Better Than Ever, Life After Breast Cancer
Live Virtual Conference
September 8-26, 2021**



Elayna Nunley, MS, RDN, CES

Elayna Nunley, MS, RDN, LD, CES, is a registered and licensed dietitian with passion to help clients find a perspective about nutrition that fits their lifestyle. Years of practicing in hospital, outpatient, and community settings all skills have enveloped around caring for the cancer patient. Research sets a course of modern misinformation at times, and it is most valuable to read between the lines and meet your client at the point of learning and change. Finding a way to provide well-rounded approach to health goals, either preventative, during treatment, needing nutrition support, or assessing long-term nutritional impact is key when discussing the complicated relationship of diet and cancer. As a self-defined foodie who loves cooking and recipe development, Elayna believes there is art and life that comes from enjoying your food. Being a dietitian focused on cancer nutrition and recognizing the importance to provide empowering strategies for people along their journey allows clear goals for supporting a nourishing, satisfying, and balanced relationship with food.