

*Living  
Well  
with  
Cancer*

**National Conference for  
Cancer Survivorship 2018**

**Galway**

Saturday 15th September  
Clayton Hotel, Ballybrit, Galway

This conference is kindly supported by

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## **Living Well with Cancer is the Irish Cancer Society's annual national conference for cancer survivors, those who care for them, health care professionals, staff and volunteers from community based cancer support services.**

This conference is an essential part of the Irish Cancer Society's work and aims to provide information and support to enable people to live well after a cancer diagnosis.

You will hear from a range of speakers who will share their experiences, stories and expert knowledge. Speakers such as Consultant Medical Oncologist Professor Paul Donnellan; Head of Research at the Irish Cancer Society, Dr Robert O'Connor; and Oncology Nutrition Support Dietitian Ruth Kilcawley.

Attendees will be able to attend two practical workshops sessions during the conference. Choose from a range of topics such as exercise, diet, mindfulness, employment and much, much more. Places are limited so sign up early to guarantee your preferences.

We will also have an exhibition area available throughout the day showcasing a diverse selection of educational and practical exhibitors as well as representatives from local cancer support services.

Avoid disappointment – register online now at [www.cancer.ie/living-well](http://www.cancer.ie/living-well).

*Living Well with Cancer will also be taking place in Cork on Saturday, 22 September.*

### **For further information:**

Visit [www.cancer.ie/living-well](http://www.cancer.ie/living-well)

Email: [support@irishcancer.ie](mailto:support@irishcancer.ie)

Call our Cancer Nurseline 1800 200 700

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### Saturday 15th September

10:00	<b>Registration</b>
10:30	<b>Welcome and Morning Plenary Opening</b>
10:35	<b>Patient Story</b> Gerard Ingoldsby, Irish Cancer Society Survivor Support Volunteer
10:40	<b>Advances in Cancer Treatments</b> Prof. Paul Donnellan, Consultant Medical Oncologist
11:05	<b>The Truth About Cancer: Facts, Myths &amp; Downright Nonsense</b> Dr Robert O'Connor, Head of Research, Irish Cancer Society
11:25	<b>Why Eating Well Matters for Cancer Patients and Survivors</b> Ruth Kilcawley, Oncology Nutrition Support Dietitian
11:50	<b>Questions &amp; Answers Session</b>
12:00	<b>Tea/Coffee Break</b>
12:15	<b>Workshop Session 1</b> Choose from <ul style="list-style-type: none"> <li>+ Exercise after a Cancer Diagnosis for Men</li> <li>+ Look Good Feel Better – Improving Self Confidence</li> <li>+ Practical Mindfulness for Daily Living</li> <li>+ Managing Fatigue and Concentration Issues</li> <li>+ The Lived Experiences of Parents who have a Child Diagnosed with Cancer</li> <li>+ Returning to Work after a Cancer Diagnosis</li> </ul>
13:15	<b>Lunch Break</b>
14:10	<b>Workshop Session 2</b> Choose from <ul style="list-style-type: none"> <li>+ Exercise after a Cancer Diagnosis for Women</li> <li>+ Look Good Feel Better – Improving Self Confidence</li> <li>+ Practical Mindfulness for Daily Living</li> <li>+ Why Eating Well Matters for Cancer Patients and Survivors</li> <li>+ Intimacy and Relationships after a Cancer Diagnosis</li> <li>+ Health and Wellbeing for Men</li> </ul>
15:15	<b>Afternoon Plenary Opening</b>
15:20	<b>Relay for Life</b>
15:25	<b>The Importance of Follow Up Care after Cancer</b> Dr Fergus Keane, Specialist Registrar
15:50	<b>Building Resilience and Overcoming Adversity</b>
16:20	<b>Questions &amp; Answers Session</b>
16:30	<b>Close</b>



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### For Further Information

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Email: [support@irishcancer.ie](mailto:support@irishcancer.ie)

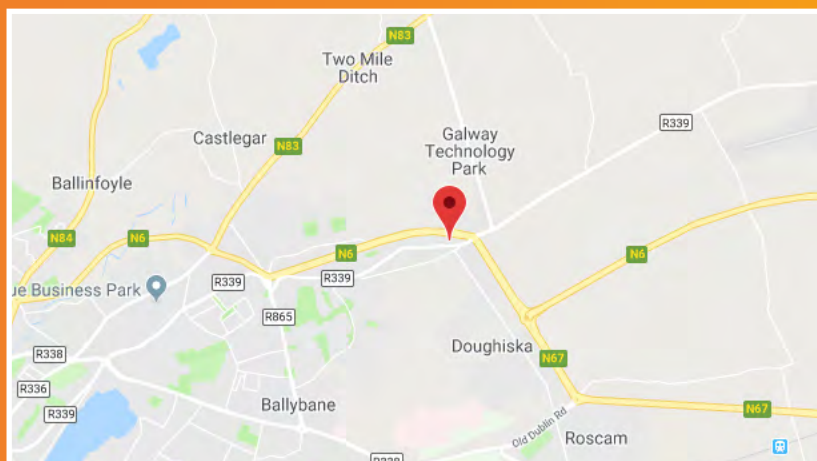
Call our Cancer Nurseline 1800 200 700

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## Map and Directions



The Clayton Hotel is located in Ballybrit, right by the Galway Technology Park, Ballybrit Business Park and Briarhill Business Park. The hotel is a 12 minute drive from Galway Train Station. Buses 409 and 403 take you from the centre of town to Ballybrit.



### Parking

There is free car parking on site.



### Directions

#### From Dublin

As you approach Galway, you will come to a roundabout. At the roundabout take the second exit, following signs for Galway City West. You will then approach a junction (appears as a roundabout on map), turn left at this traffic light junction and the entrance to the Clayton Hotel is on your right-hand side.

#### From Limerick or Shannon

Enter Galway on the M18 until motorway ends and follow signs for Galway. You will pass through Ardrahan, Kilcolgan & Clarinbridge. You will then arrive at 1st roundabout, take first exit, signposted Galway City. At 2nd roundabout take 2nd exit signposted Galway

City. At 3rd roundabout again take 2nd exit signposted Galway City. At 4th roundabout take 2nd exit signposted Galway City West. At 5th roundabout take 1st exit, stay in left lane and at traffic light junction take left turn, Ballybrit Upper and Clayton Hotel Galway is on your right-hand side.

#### From Sligo or Knock

Enter Galway on the N17 on the Tuam road. Take the left hand lane as you approach the first set of traffic lights. Take the left turn. At the second set of traffic lights, continue straight ahead signposted Dublin/Limerick. Upon approach to the third set of traffic lights, take the right hand lane and take the right at this junction. The entrance to Clayton Hotel Galway is on your right-hand side.



### Accommodation

Please contact the Clayton Hotel's reservation team on 091 721900 to book accommodation directly. When doing so, mention that you are attending Living Well with Cancer to avail of the conference rate.