

LIVING BEYOND
BREAST CANCER®



ORGANIZATIONAL PARTNERS

A Day of Learning,
Wellness & Connection

OCTOBER 3, 2026

Virtual program via livestream



The Living Beyond Breast Cancer Summit is a one-day experience created for anyone impacted by breast cancer, regardless of stage or subtype. It's a day of learning, wellness, and connection where you can step away from everyday demands, recharge, and care for your whole self.

Visit the Virtual Wellness Hub

Explore our Virtual Wellness Hub to learn about complementary therapies, discover restorative experiences and self-care opportunities, and enjoy exclusive discounts.



Note: Complementary therapies are intended to support, not replace, standard breast cancer treatment. Talk with your healthcare team before starting a new therapy, especially during active treatment.

lbbsc.org/wellness

Win a cozy wellness basket!

Make time for comfort, care, and a good book. A lucky virtual attendee will be randomly selected to win a basket filled with:

- **Cozy comforts:** A blanket, socks, satin scarf, and green tea
- **A little self-care:** MV Skincare Rose Hydrating Mist and Rose Plus Booster, a CalExotics intimate arouser, jewelry, a mindfulness coloring book, and a mini bag of assorted beauty products
- **Everyday essentials:** An LBBC belt bag, LBBC hat, and neck fan
- **Books to explore:** *Lump* by Allison Sweet Grant, *Navigating Menopause After Cancer* by Dani Binnington, and *Beyond the Pink* by Eleonora Teplinsky, MD, FASCO

Download Flourish and stay connected!

Whether you are joining us from your home or attending in person in Philadelphia, the **Flourish app** is our central place for all of us to gather. It's a space to find community, build lasting connections, and continue the conversation beyond the Summit.

Inside the Flourish app, you'll find dedicated areas to help you make the most of the Summit:

Summit Chat

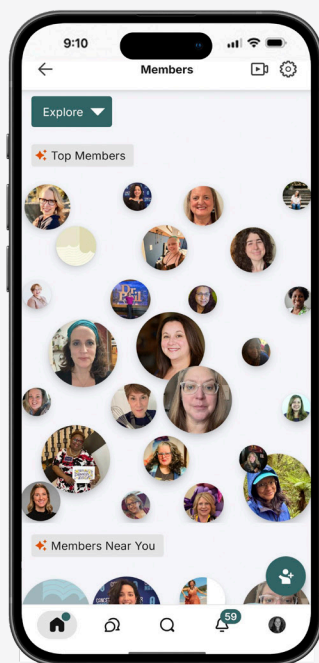
Ask questions, swap stories, and share experiences with everyone attending.

Session schedule

View the full Summit schedule and explore upcoming sessions so you don't miss a thing.

Attendees

Browse the attendee directory and connect with others, whether they're across the country or across the room.



Ready to get started?

Scan the QR code or visit lbbsc.org/summitjoin to access the official invite link for Summit attendees. Once you've logged in, build your profile and share what feels comfortable — a photo, a little about yourself, or your social media handles. Then, review the community rules and visit Summit Chat to say hello!

Scan to join Flourish today!



► 9:45 – 11:00 a.m. | Opening remarks & keynote**Survivorship and thrivership: Living well at every stage**

Speaker: Monique Gary, DO, MSc, FACS

Moderator: Jean Sachs, MSS, MLSP

Panelists: Angelica Rinker; Jeanmarie Mason

In this opening keynote, Dr. Gary will explore what it means to live well after a breast cancer diagnosis whether you have been recently diagnosed with early-stage breast cancer, are currently in treatment, are years past treatment, or are living with a metastatic breast cancer diagnosis. A moderated discussion will follow about living well beyond a breast cancer diagnosis, including long-term side effects, communication, and the day-to-day experience of survivorship and thrivership.

11:00 – 11:15 a.m. | Break**► 11:15 a.m. – 12:30 p.m. | Keynote****Understanding testing: Early-stage breast cancer**

Speaker: Eleonora Teplinsky, MD, FASCO

Moderator: Jean Sachs, MSS, MLSP

Supported in part by Veracyte

In this session, you will gain a deeper understanding of common tests in early-stage breast cancer, when they may be recommended, and how the results may impact your care.

12:30 – 1:30 p.m. | Lunch break**► 1:30 – 2:45 p.m. | Breakout****Cutting through the noise and cost of healthy eating**

Speaker: Aubrey Redd, MS, RDN, LDN, FAND

Moderator: Lynn Folkman

Get the most up-to-date nutrition recommendations for those living with an early-stage or metastatic breast cancer diagnosis. You'll leave this session with practical tips on how to cut costs at the register without sacrificing taste and nourishment.

2:45 – 3:00 p.m. | Break**► 3:00 – 4:15 p.m. Keynote****Sexual health after a breast cancer diagnosis**

Speaker: Kristin Rojas, MD, FACS, FACOG

Moderator: Caroline Koffke, RN, BSN, OCN

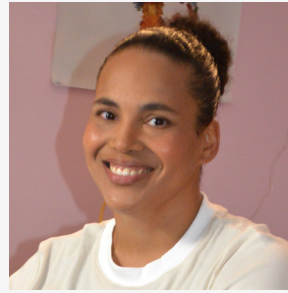
Breast cancer and its treatments can have a significant impact on sexual health, intimacy, and quality of life. Dr. Rojas will explore how menopause can affect sexual well-being as well as safe and effective options for managing these changes and the latest evidence on vaginal estrogen. You'll also gain practical strategies for talking with your healthcare team.

2026 | **SUMMIT**

Speakers & panelists



Monique Gary, DO, MSc, FACS
Breast Surgical Oncologist,
St. Luke's University Health Network



Angelica Rinker
Patient advocate, Pennsylvania



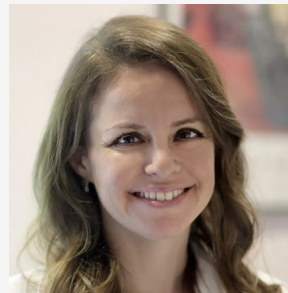
Igor Makhlin, MD
Assistant Professor of Clinical Medicine,
University of Pennsylvania



Kristin Rojas, MD, FACS, FACOG
Associate Professor of Surgery, University of Texas
MD Anderson Cancer Center



Jeanmarie Mason
Patient advocate, New Jersey



Eleonora Teplinsky, MD, FASCO
Head, Breast and Gynecological Medical Oncology,
Valley-Mount Sinai Comprehensive Cancer Care



Aubrey Redd, MS, RDN, LDN, FAND
Registered Dietitian Nutritionist, & Founder,
Aubrey Redd Nutrition LLC



Celeste Vaughan-Briggs, LCSW
Program Manager, Breast and Cervical Cancer Screening
Program; Oncology Social Worker at Sidney Kimmel
Cancer Center at Jefferson

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Share the support you found

If LBBC has provided information, connection, or encouragement that made a difference for you, a gift is one way to help make those resources available to others affected by breast cancer. Even a gift of \$5 or \$10 can make a meaningful difference. There is no expectation — only an invitation if giving feels right for you. lbcc.org/ForOthers.



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