# Thrive Well – A Journey of Wellness, Screening & Survivorship

**Presented by Mayo Clinic**
Held in conjunction with the DONNA Marathon Weekend Health & Wellness Expo
Hilton Jacksonville at Mayo Clinic, Jacksonville, Florida
Schedule Subject to Change

## Day 1: January 30 – Friday: Screening & Wellness

| Time | Session |
|---|---|
| **12:30–12:50 PM** | Opening Welcome<br>Dr. Saranya Chumsri, Amanda Napolitano |
| **12:50–1:10 PM** | Love at Work, How Your Support of The DONNA Foundation Becomes Someone's Turning Point<br>Amanda Napolitano, Executive Director of The DONNA Foundation |
| **1:10–1:30 PM** | Modern Screening 2026: What Every Woman Should Know<br>Dr. Kristin Robinson |
| **1:30–1:50 PM** | Dense Breasts, Clear Plan: Personalized Screening Strategies<br>Dr. Kaitlin Moran |
| **1:50–2:10 PM** | A Drop of Blood, A World of Insight: The Future of Early Detection<br>Dr. Steven Ressler |
| **2:10–2:20 PM** | Break |
| **2:20–3:10 PM** | Restore and Reset: Yoga and Sound Bath for Healing<br>Beth Boyer and Diana Vasquez |
| **3:10–3:30 PM** | Navigating prevention: Surgery, Medication and Lifestyle Tools to Lower Risk<br>Dr. Christine Nguyen |
| **3:30-3:45 PM** | Break |
| **3:45–4:30 PM** | Patient Panel: Journeys Through Screening and Wellness<br>Moderator Fitz Koehler: Lindsey Hein, Kira McKay, Ron Rodriguez |

The donna Foundation
CARING FOR THOSE WITH BREAST CANCER

## Day 2: January 31 – Saturday: Survivorship & The Future of Breast Cancer Care

| Time | Session |
|---|---|
| **12:30–12:40 PM** | Opening Ceremony<br>Mayor Donna Deegan, Dr. Edith Perez, Dr. Mussallem and Dr. Roxana Dronca |
| **12:40–1:00 PM** | Keynote by Dr. Perez<br>Dr. Edith Perez |
| **1:00–1:20 PM** | Next-Gen Radiation: Harnessing Proton and Carbon-Ion Technology<br>Dr. Brad Hoppe |
| **1:20–1:40 PM** | The Future in the OR: Robotic and Next-Gen Surgical Techniques<br>Dr. James Jakub |
| **1:40–1:50 PM** | Break |
| **1:50–2:10 PM** | Nourish, Energize, Thrive: Lifestyle Foundations for Wellness<br>Dr. Dawn Mussallem |
| **2:10–2:30 PM** | Smart Bombs of Oncology: The Precision Power of Antibody–Drug Conjugates<br>Dr. Rishita Bollam |
| **2:30–2:50 PM** | Clinical Trials: Advancing the Future of Care<br>Dr. Saranya Chumsri |
| **2:50-3:05 PM** | Break |
| **3:05-4:00 PM** | Patient Panel: Experiences in Clinical Trials<br>Moderator Lena Winslow: Mary Jimenez, Carmen Reynolds, Robin Robson, and Michelle Mecca |