

Chronic Illness Symposium Agenda - Day 1  
Patient / Caregiver Track  
Friday, April 17, 2026

| TIME   | PROGRAM   | SPEAKERS  |
|--|---|---|
| <b>9:00-9:30am PST /<br/>noon-12:30pm EST</b>  | Keynote: Building a Stronger Chronic Illness Community                                | Allison Fine, MSW, LICSW<br>Executive Director & Founder,<br>Center for Chronic Illness                           |
| <b>9:30-10:30am PST /<br/>12:30-1:30pm EST</b> | Across Lived Experience: A Patient Panel on the Impact of Living with Chronic Illness | Moderator: Kaly Ryan<br>Speakers: Kimberley John-Morgan, Michelle Haynes, Nate Dorband                            |
|  | Caregiver Panel: Caring for Someone with Chronic Illness                              | Moderator: Alice Allen-Redfern, MSW, LICSW<br>Speakers: Aaron Blight, EdD, Albert Freedman, PhD, Charlotte Bayala |
| <b>10:30-11:00am PST /<br/>1:30-2:00pm EST</b> | Break / Rest  |   |
|  | Visit Virtual Exhibitors  |   |

Chronic Illness Symposium Agenda - Day 1 Continued  
Patient / Caregiver Track  
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|---|--|---|
| <b>11:00am-noon PST /<br/>2:00-3:00pm EST</b> | Chronic Migraine Care, a Panel Discussion: Patient Experiences and Clinical Perspectives | Moderator: Riley Rheta, MSW<br>Speakers: Morgan Fitzgerald, Jennifer Warner, LCSW, LICSW, Anikah Salim, PhD |
|   | Grief & Chronic Illness: Navigating Ongoing Loss, Identity Shifts, and More!             | Joanna Hanaka, Disability Justice Advocate  |
|   | What We Wish You Knew – Lessons on Caring for Chronically Ill Folks                      | Anna Cechony, Disability Doula  |
| <b>Noon-1pm PST /<br/>3-4pm EST</b>           | Break / Rest   |   |
|   | Visit Virtual Exhibitors   |   |
|   | Virtual Support Group Meeting  |   |
|   | Self-care Session  | TBD   |

Chronic Illness Symposium Agenda - Day 1 Continued  
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|--|---|--|
| <b>1:00-2:00pm PST /<br/>4:00-5:00pm EST</b> | Understanding Pain: Acute and Chronic Experiences and Care – A Panel Discussion   | Moderator: TBD<br>Speakers: Cheryl Crow, OT, Melissa Talwar, Cheryl Marker |
|  | Breaking Isolation: Practical, Evidence-Based Strategies for Young Adults Living with Chronic Illness / Building Community and Connection While Living with Chronic Illness | Phylicia Headley, MSW, LCSW /<br>Melissa Glenn, LMHC                       |
|  | Know Your Coverage. Know the Issues. Know Your Power: Key Policy Issues Impacting Chronic Disease Patients and How to Take Action   | Rob Nolan  |
| <b>2:00-2:30pm PST /<br/>5:00-5:30pm EST</b> | Break / Rest  |  |
|  | Visit Virtual Exhibitors  |  |

Chronic Illness Symposium Agenda - Day 1 Continued  
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|--|---|--|
| <b>2:30-3:30pm PST /<br/>5:30-6:30pm EST</b> | Self-Care IS Advocacy   | Nate Milam II & Carter Hemion            |
|  | Joy as Regulation: Music-Based Nervous System Tools for Living With Chronic Illness<br><br>Reframing Illness Management as Skill Building: Your Metaphorical Resume | Sue Huie<br><br>Ashley Berghoff, MS      |
|  | Supporting Adolescents through Chronic Illness<br><br>Ambiguous Loss & Chronic Illness Caregiving   | Casey Berna, LCSW<br><br>Kim Moy         |
| <b>3:30-4:00pm PST /<br/>6:30-7:00pm EST</b> | Self-care Session: Mindfulness and Self-Compassion  | B. Bartja Wachtel, MSW, LICSW, MHP, CMHS |

Chronic Illness Symposium Agenda - Day 2  
Patient / Caregiver Track  
Saturday, April 18, 2026

| TIME   | PROGRAM  | SPEAKERS               |
|--|--|------------------------|
| <b>9:00-9:30am PST /<br/>12:00-12:30pm EST</b> | Keynote - VISIBLE Advocacy:<br>Reclaiming Confidence and Voice<br>While Living with Chronic Illness                  | Sheena Yap Chan        |
| <b>9:30-10:30am PST /<br/>12:30-1:30pm EST</b> | Beyond Survival: Meaning-Making in<br>Chronic Illness  | Emily Lafeber, RP, CCC |
|  | Social Security Disability: Change and<br>Confusion  | Jeffrey Rabin, JD      |
|  | How to Help Your Family and Support<br>Network Prepare for Unexpected<br>Hospitalizations and Medical<br>Emergencies | Hilary Hodge           |
| <b>10:30-11:00am PST /<br/>1:30-2:00pm EST</b> | Break / Rest   |                        |
|  | Visit Virtual Exhibitors   |                        |
|  | Networking Opportunities   |                        |

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| <b>11:00am-noon PST /<br/>2:00-3:00pm EST</b> | When Care Causes Harm: The Impact of Medical Gaslighting and Trauma on Chronic Illness - A Panel Discussion | Moderator: Alexandra Wildeson<br>Speakers: Alec Bradbury, FNP, TBD, Ilana Jacqueline, Chelsea Kramer LMFT PMH-C |
|   | Addressing Caregiver Burnout: A Panel Discussion  | Moderator: Nichole Goble<br>Speakers: Liz Morasso, LCSW, Barry Jacobs, PsyD, Jacquelyn Revere                   |
| <b>Noon-1pm PST /<br/>3-4pm EST</b>           | Break / Rest  |   |
|   | Visit Virtual Exhibitors  |   |
|   | Self-care Session - Rewriting the Body's Story: Writing and Meditation for Chronic Illness Resilience       | Vincent Bain  |

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| <b>1:00-2:00pm PST /<br/>4:00-5:00pm EST</b> | Achieving a Better Life Experience with an ABLA Account   | Jody Ellis & Leah Campbell                  |
|  | Navigating the Noise: Empowering Yourself to Recognize and Challenge Health Misinformation  | Rae Martens                                 |
|  | Universal Design: Beyond Accessibility  | Stephanie Swanson                           |
|  | Genetic Testing: What It Is and Why It Matters<br><br>The Patient Perspective: The Critical Importance of Patient Voice in Clinical Development | Caroline Kasman, MS<br><br>Richie Kahn, MPH |
| <b>2:00-2:30pm PST /<br/>5:00-5:30pm EST</b> | Break   |   |
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| <b>2:30-3:30pm PST /<br/>5:30-6:30pm EST</b> | Plot Twist – My Body Thinks It’s a<br>Rebellious Teenager Hot Pink Canes,<br>Questionable Coping Mechanisms, and<br>Other Survival Strategies | Renata Leverance            |
|  | From Partner to Caregiver—and Back<br>Again: Relational & Sexual Impacts of<br>Chronic Illness  | Byrd Aruna                  |
|  | One Problem, Many Perspectives:<br>Mastering Chronic Illness Appointments   | Amanda Berlon & Zach Berlon |
| <b>3:30-4:00pm PST /<br/>6:30-7:00pm EST</b> | Symposium Closing   |                             |