

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

TIME	PROGRAM	SPEAKERS
9:00-9:30am PST / noon-12:30pm EST	Keynote: Building a Stronger Chronic Illness Community	Allison Fine, MSW, LICSW Executive Director & Founder, Center for Chronic Illness
9:30-10:30am PST / 12:30-1:30pm EST	Across Lived Experience: A Patient Panel on the Impact of Chronic Illness Caregiver Panel: Caring for Someone with Chronic Illness	Moderator: TBD Speakers: TBD Moderator: TBD Speakers: TBD
10:30-11:00am PST / 1:30-2:00pm EST	Break / Rest Visit Virtual Exhibitors	

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

TIME	PROGRAM	SPEAKERS
11:00am-noon PST / 2:00-3:00pm EST	<p>Chronic Migraine Care, a Panel Discussion: Patient Experiences and Clinical Perspectives</p> <p>Grief & Chronic Illness: Navigating Ongoing Loss, Identity Shifts, and More!</p> <p>What We Wish You Knew – Lessons on Caring for Chronically Ill Folks</p>	<p>TBD</p> <p>Joanna Hanaka, Disability Justice Advocate</p> <p>Anna Cechony, Disability Doula</p>
Noon-1pm PST / 3-4pm EST	<p>Lunch / Snack / Rest break</p> <p>Visit Virtual Exhibitors</p> <p>Virtual Support Group Meeting</p> <p>Self-care Session</p>	TBD

Chronic Illness Symposium Agenda - Day 1 Continued
 Patient / Caregiver Track
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TIME	PROGRAM	SPEAKERS
1:00-2:00pm PST / 4:00-5:00pm EST	<p>When Rest isn't Enough: Chronic Fatigue, a Panel Discussion</p> <p>Breaking Isolation: Practical, Evidence-Based Strategies for Young Adults Living with Chronic Illness / Building Community and Connection While Living with Chronic Illness</p> <p>Advocacy</p>	<p>TBD</p> <p>Phylicia Headley, MSW, LCSW / Melissa Glenn, LMHC</p> <p>TBD</p>
2:00-2:30pm PST / 5:00-5:30pm EST	<p>Break / Rest</p> <p>Visit Virtual Exhibitors</p>	

Chronic Illness Symposium Agenda - Day 1 Continued
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TIME	PROGRAM	SPEAKERS
2:30-3:30pm PST / 5:30-6:30pm EST	Self-Care IS Advocacy Joy as Regulation: Music-Based Nervous System Tools for Living With Chronic Illness / Reframing Illness Management as Skill Building: Your Metaphorical Resume Supporting Adolescents through Chronic Illness / Ambiguous Loss & Chronic Illness Caregiving	Nate Milam II & Carter Hemion Sue Huie / Ashley Berghoff, MS Casey Burna, LCSW / Kim Moy
3:30-4:00pm PST / 6:30-7:00pm EST	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
9:00-9:30am PST / 12:00-12:30pm EST	Keynote - VISIBLE Advocacy: Reclaiming Confidence and Voice While Living with Chronic Illness	Sheena Yap Chan
9:30-10:30am PST / 12:30-1:30pm EST	Beyond Survival: Meaning-Making in Chronic Illness Applying for Social Security Disability How to Help Your Family and Support Network Prepare for Unexpected Hospitalizations and Medical Emergencies	Emily Lafeber, RP, CCC TBD Hilary Hodge
10:30-11:00am PST / 1:30-2:00pm EST	Break / Rest Visit Virtual Exhibitors	

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

TIME	PROGRAM	SPEAKERS
11:00am-noon PST / 2:00-3:00pm EST	When Care Causes Harm: The Impact of Medical Gaslighting and Trauma on Chronic Illness - A Panel Discussion Addressing Caregiver Burnout: A Caregiver Panel	Moderator: Alexandra Wildeson, host of the Calling In Sick Podcast; TBD TBD
Noon-1pm PST / 3-4pm EST	Lunch / Snack / Rest break Visit Virtual Exhibitors Self-care Session - Rewriting the Body's Story: Writing and Meditation for Chronic Illness Resilience	Vincent Bain
1:00-2:00pm PST / 4:00-5:00pm EST	Achieving a Better Life Experience with an ABLE Account Genetic Testing: What It Is and Why It Matters	Jody Ellis & Leah Campbell Caroline Kasman, MS

Chronic Illness Symposium Agenda - Day 2 Continued
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 Saturday, April 18, 2026

TIME	PROGRAM	SPEAKERS
2:00-2:30pm PST / 5:00-5:30pm EST	Break / Rest Visit Virtual Exhibitors	
2:30-3:30pm PST / 5:30-6:30pm EST	Plot Twist – My Body Thinks It's a Rebellious Teenager Hot Pink Canes, Questionable Coping Mechanisms, and Other Survival Strategies From Partner to Caregiver—and Back Again: Relational & Sexual Impacts of Chronic Illness	Renata Leverance Byrd Aruna
3:30-4:00pm PST / 6:30-7:00pm EST	Symposium Closing	