

# INSIDE THE TERRARIUM

## A Day of Restoration

Presented By



**CACTUS**  
CANCER SOCIETY  
formerly Lacuna Loft

## WELCOME!

### SCHEDULE

8 AM PT/10 AM CT/ 11 PM ET

**Design + Living Space**

9 AM PT/11 AM CT/ 12 PM ET

**Fashion + Personal Style Panel**

10 AM PT/12 PM CT/ 1 PM ET

**Lunch Hangout**

11 AM PT/1 PM CT/ 2 PM ET

**Lifestyle + Confidence**

12 PM PT/2 PM CT/ 3 PM ET

**Skincare + TLC**

Welcome, Fellow Prickles!

It's our sincere pleasure to welcome you to Inside the Terrarium: A Day of Restoration! Cactus Cancer Society is so excited for you to join us for our first-ever, day-long young adult cancer survivorship event of interactive workshops!

We have a jam-packed day of material, sourced from both experts and our community. Take full advantage of the opportunity to connect with one another, learn from our incredible speakers, and find comfort in shared experiences. Consider this a day to grow, nurture, and restore yourself. We're glad you're here.

❤ the Cactus Cancer Society team

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## Finding Your Confidence

Your living space is an important part of your life. Join us to make a terrarium of your own while talking through what elements young adult survivor, Nubia, uses in her own at-home-oasis. This DIY project will leave you inspired to feel more creative and comfortable in your own space, where you can retreat to find solace in creative coping activities. We'll send the first 100 participants everything you need to participate and a list of supplies will be sent out to everyone else! *\*Please see care instructions for the airplant.*

Cactus. Tough. Resilient. A bit prickly. Words to live by after facing a cancer diagnosis. But when no one's looking, it's hard to remember how you were ever self confident before the Big C. Julie Larson, LCSW, will guide attendees through how to give yourself a much needed pep talk and how to remember that you are a confident, tough, resilient, (and maybe a bit prickly) badass.

## Sun, Skincare, and Some TLC

**12 PM PT/2 PM CT/ 3 PM ET**

Grab a cup of coffee and enjoy a conversation about finding your new style post cancer. Whether you are flat, have an ostomy bag, or are adjusting to how you feel in your body despite cancer, these survivors are here to be real with you. Whether it's tips or tricks you're looking for, or just how to rock it all- there's lots to learn from this panel of young adults facing cancer!

Learn ways to help nurture your skin! Treatment, age, and environmental factors can all take their toll. Show yourself some love and treat your skin with some tender loving care. Learn from a licensed esthetician suggestions for healthy skin care and components of beneficial sun protection!

*Please note that each session is 55 minutes long and each session will begin at the top of the hour.*

*To care for your provided airplant, give it a thorough rinsing under running water or let it soak in a bath of water for 20-30 minutes. If your plant needs an in-between watering, misting it with a spray bottle is a great method.*

Sometimes it's really hard to feel inspired to cook at the end of a long day. Chat along with your fellow attendees while we hangout, eat lunch, and watch Justin Birchbickler walk us through his easy fish and chips recipe. He'll chat about tips he has and demonstrate techniques for this totally doable meal!

**Self-care is not a substitute for crisis support. If you are in a crisis, text HOME to 741741 (in the USA and Canada).**

**Be sure to follow and tag us on social!**



**@CactusCancer**

## #CactusThrivers



**@CactusCancer**

## #InsideTheTerrarium



**@CactusCancerSoc**



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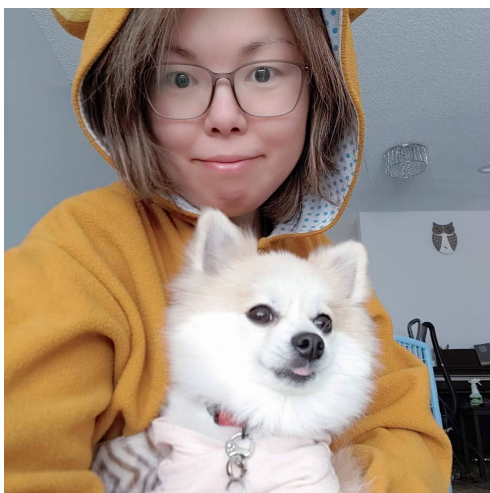
## MEET OUR SPEAKERS

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**Justin Birckbichler (he/him/his)** is a men's health advocate, testicular cancer survivor, and the founder of aBallsySenseofTumor.com. In November 2016, he was diagnosed with stage II testicular cancer at the age of 25. Throughout his diagnosis, surgery, chemotherapy, and being cleared in remission in March 2017, he has been passionate about spreading awareness about testicular cancer, promoting open conversation about men's health, and talking about the unspoken realities of being a cancer survivor. He is an award-winning blogger and TEDx speaker. Recently, he was selected as one of "40 Under 40 in Cancer" and one of Cancer Health's 25 Change Makers.

**Anna Crollman (she/her/hers)** is a breast cancer survivor, infertility warrior, and self-love advocate. She is the founder of the lifestyle brand My Cancer Chic inspiring women to thrive through adversity with self-confidence, style & wellness. On her social media and website, she shows up as her vulnerable and most authentic self sharing snippets of her life as a mother, entrepreneur and style/beauty addict, inspiring you to find the joy and confidence in your own story no matter what life throws your way.



**Jeannie Karwowski (she/her/hers)** was born in South Korea and moved to the US with her family as a teenager. Growing up in an immigrant family, she has learned how to embrace Eastern and Western cultures and speaks multiple languages. Jeannie had breast cancer symptoms starting in her late 20s and the diagnosis was given soon after her 30th birthday. Since then she sees herself as a thriver and advocates for young adults affected by cancer. As a neurodiverse person, she has a unique way to express herself and cope with side effects from cancer treatments. Currently, Jeannie lives with her husband and a therapy dog named Cookie in Worcester, MA.





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**Bryan C. Walker (he/him/his)** is a 7 year HL cancer survivor and suits + blazer extraordinaire. Bryan currently is a Healthcare Business Development Manager for an organization in Atlanta GA. He currently is a multiple-year President award winner for his organization. During COVID, Bryan was able to use his knowledge as an advocate and a former patient to help facilitate a plan to bring hundreds of quality medical staff personnel to provide for the citizens of Georgia. Bryan has a BS in Rehabilitation and an MS with a concentration in Healthcare Management from Troy University. He loves traveling and exploring new cultures- especially visiting distilleries in the USA.



# CACTUS CANCER SOCIETY

formerly Lacuna Loft

Cactus Cancer Society is the only organization offering a diverse range of creative, expression-based online programs and support resources for young adults facing cancer.



## WHO WE ARE

### **We Value Courageous Creativity**

There are an infinite number of ways in which we can use creativity and expression as a means to make sense of our realities. Creativity is an important method for courageously processing our experiences.

### **For Anyone, Anywhere**

We believe young adults facing cancer should have access to support and resources no matter where they are or who they are - whether that's in a hospital room or living room. The young adults in our community are strong, adaptive, and resilient.

### **Programs as Unique as You**

With an offering of programs as diverse as our community members, there's something for everyone.

- *Writing workshops*
- *Art workshops*
- *Informal hangouts*
- *Drop-in journaling*

Find us at [cactuscancer.org](https://cactuscancer.org)

✉ [hello@cactuscancer.org](mailto:hello@cactuscancer.org)

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