



UOAA's 9th National Conference

August 14-16, 2025

CONFERENCE PROGRAM

Please note the dates, times and topics are subject to change leading up to the Conference.

Three Tracks this Year – follow the colors!

Young Ostomates	ASG	Caregivers
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Wednesday, August 13th

Time	Event/Workshop Topic
2:00pm to 4:00pm	UOAA Board of Directors Meeting (open to the public)
2:00pm to 7:00pm	Conference Registration Open

Thursday, August 14th

Time	Event/Workshop Topic
7:30am to 6:00pm	Conference Registration Open
7:30am to 5:00pm	Hospitality Area Open
7:30am to 8:45am	Continental Breakfast served in Windsong Pre-Function Area
8:00am to 5:00pm	Free Stoma Clinic with Wound, Ostomy and Continence (WOC) Nurses Open (Appointments made through Mobile App and at Information Desk)
8:00am to 9:15am	First Timers Orientation with Susan Burns
8:00am to 9:15am	Nurse Education Class (CE credits apply): Session TBD with WOC Nurse Linda Coulter
8:00am to 9:15am	ASG Track: "How to Put the 'FUN' in Fundraising!" with Amie-Leigh Reece and Cari-lyn Lane
8:00am to 9:15am	Toilets, History, Bacteriology and Where to Find a Good One with Dr. John Heryer
8:00am to 9:15am	Young Ostomates Track: Meet and Greet with Cristine Miller
9:30am to 11:00am	Opening Ceremonies: Greetings from UOAA with Featured Keynote Speaker – Ted Leamy
11:15am to 12:30pm	Body Image, Wardrobe Tips and Possible Complications with Kimberly Coleman
11:15am to 12:30pm	Continent Diversion Basics and Meet and Greet
11:15am to 12:30pm	Urostomy Basics and Meet and Greet with Dr. Zachary Smith and WOC Nurse Theresa Pineda
11:15am to 12:30pm	Nurse Education Class (CE credits apply): Session TBD with WOC Nurse Linda Coulter
11:15am to 12:30pm	Young Ostomates Track: Relationships - Friends, Family, and Romantic Interests
12:30pm to 1:30pm	Nurse Education Class (CE credits apply): Session TBD with WOC Nurse Linda Coulter
1:30pm to 2:45pm	Ileostomy Basics and Meet and Greet

1:30pm to 2:45pm	Colostomy Basics and Meet and Greet
1:30pm to 2:45pm	Peristomal Skin Complications with WOC Nurse Joy Hooper
1:30pm to 2:45pm	Nurse Education Class (CE credits apply): Session TBD with WOC Nurse Linda Coulter
1:30pm to 2:45pm	Young Ostomates Track: Stages of the Life including Pregnancy and Child Rearing
2:45pm to 6:30pm	Exhibit Hall and Book Nook Open

All Attendees are Invited to the President's Reception from 7:30 to 9:00pm

Friday, August 15th

Time	Event/Workshop Topic
6:30am to 7:30am	<i>Yoga Exercise Program with Evon Stone Rubenstein</i>
7:30am to 6:00pm	<i>Conference Registration Open</i>
7:30am to 5:00pm	<i>Hospitality Area Open</i>
8:00am to 5:00pm	<i>Free Stoma Clinic with WOC Nurses Open (Appointments made in Mobile App and at Information Desk)</i>
8:30am to 5:00pm	Book Nook Area Open
8:30am to 1:00pm	Exhibit Hall Open – Boxed Lunch served from 11:30am to 12:30pm
9:00am to 11:00am	Young Ostomates Track: Self Advocacy – Navigating Your Healthcare, Insurance, Independence and Employment
9:00am to 10:00am	Caregivers Track: Caring for a Male Ostomate Rap Session <i>(for Caregivers Only)</i>
9:00am to 10:00am	Caregivers Track: Caring for a Female Ostomate Rap Session <i>(for Caregivers Only)</i>
10:15am to 11:30am	Caregivers Track: Caregiver Stress – How to Cope <i>(for Caregivers Only)</i> with Dori Langevin
1:00pm to 2:00pm	The How To's of Irrigation with Cheryl Ory, Jim Murray and WOC Nurse Joy Hooper
1:00pm to 2:00pm	The Psychological Needs of an Ostomate – Pre and Post-Operatively with Dr. Michael Gerard
1:00pm to 2:00pm	ASG Track: Empathy in Action: Leading Strong Support Group Meetings with Amie-Leigh Reece and Cari-lyn Lane
1:00pm to 2:00pm	Young Ostomates Track: Ostomy Favorite Things
2:15pm to 3:15pm	Sexuality and Intimacy with Registered Nurse Molly McPeek and Leeann Hayden
2:15pm to 3:15pm	Exercise After Ostomy Surgery with Doctors of Physical Therapy, Phillip LaGamma and Reid Lawson
2:15pm to 3:15pm	Youth Rally with Erik Eng
2:15pm to 3:15pm	Young Ostomates Track: Session TBD
3:30pm to 5:00pm	What's In Your Bag? with Bret Cromer
3:30pm to 5:00pm	Crohn's Disease Update
3:30pm to 5:00pm	Open LBGTQ+ Forum and Questions for Ostomates and Friends with WOC Nurse Linda Coulter
3:30pm to 5:00pm	Young Ostomates Track: Session TBD

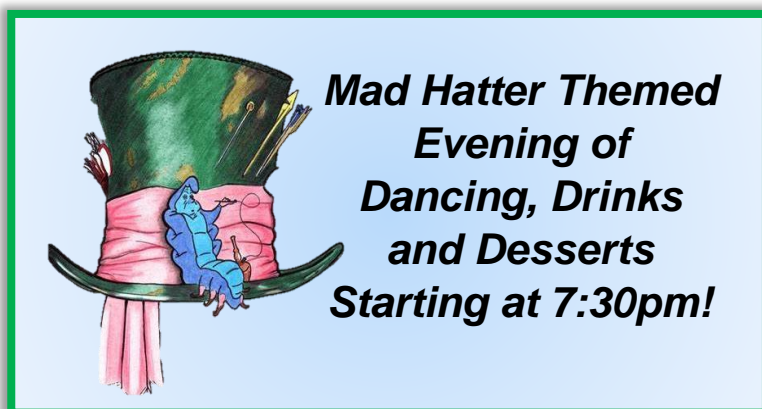


Please Join Us!
UOAA Hole In One Fundraising Event
Friday, August 15th from 5:30pm to 6:30pm

Enjoy the rest of your evening exploring Orlando!

Saturday, August 16th

Time	Event/Workshop Topic
6:30am to 7:30am	<i>Swimming and/or Yoga Morning Exercise Programs</i>
7:30am to Noon	<i>Conference Registration Open</i>
7:30am to 3:30pm	<i>Hospitality Area Open</i>
8:00am to Noon	<i>Free Stoma Clinic with WOC Nurses Open (Appointments made in Mobile App and at Information Desk)</i>
9:00am to 10:00am	Medical Marijuana with Dr. Jack Rothman of DocMJ
9:00am to 10:00am	Your Clear Passage to Adhesions with Dr. Larry Wurn
9:00am to 10:00am	Health, Fitness and Active Living – Panel Discussion
9:00am to 10:30am	Young Ostomates Track: Body Image, Acceptance and Ostomy Tips
10:15am to 11:30am	Diet, Nutrition, Hydration and Pre and Pro-Biotics
10:15am to 11:30am	Becoming Independent with Your Ostomy and Self-Advocacy for Yourself with Lynn Wolfson and Janeca Werts
10:15am to 11:30am	Envisioning Your Best Life with an Ostomy with Certified Health Coach Amie-Leigh Reece
10:15am to 11:30am	Friends of Ostomates (FOW) Worldwide – USA Presentation
10:45am to 11:45am	Young Ostomates Track: Health, Fitness and Nutrition
12:00pm to 3:00pm	Young Ostomates Track: Social Get Together Off Site
12:45pm to 2:00pm	TSA and Tips and Tricks of Traveling with an Ostomy with a TSA Representative, George Salamy and Millie Parker
12:45pm to 2:00pm	Advocacy Session with Jeanine Gleba
12:45pm to 2:00pm	Overcoming Medical PTSD with Dr. Michael Gerard and Nina Hayes
2:15pm to 3:15pm	Pharmacists and Medications
2:15pm to 3:15pm	Male Medical Issues: Erectile Dysfunction, Prostate Issues and More with Dr. Aravind Viswanathan
2:15pm to 3:15pm	ASG Track: Building Bridges - Outreach Techniques for Strengthening Your Support Group with Amie-Leigh Reece and Cari-lyn Lane
3:15pm to 4:30pm	Young Ostomates Track: Travel Tips and Tricks
3:30pm to 4:30pm	Medical Female Issues: Pelvic Floor Dysfunction with Registered Nurse Molly McPeck
3:30pm to 4:30pm	Finding Your Way: The Journey Forward with an Ostomy with Ted Leamy
3:30pm to 4:30pm	Ask the WOC Nurse with WOC Nurse Curt Klass
4:45pm to 6:15pm	Closing Ceremonies with UOAA President Elect, Bob Baker



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Current Edition: 03/12/2025