

# EVENT RECAP

## EVENT DETAILS

# Ostomy 101



**February 20, 2024**  
Webinar



**37 Attendees**  
Virtual



**Speaker: Wound Ostomy RNs**

- Jennifer Bart, MSN, RN, CWOCN
- Aimee Sheddan, BSN, RN, CWOCN



**Gastro Health Advocate:**

- Courtney Scalf
- Courtney Spitzner

## EVENT SUMMARY

Attendees gained valuable insights from expert speakers. The discussion touched on various crucial aspects of basic GI anatomy, ostomy care, practical tips for ostomy appliances, celebrities with ostomies, and tricks for maintaining a healthy lifestyle post-ostomy placement. Speakers emphasized the importance of mental health support and community resources for individuals living with ostomies. The event fostered a supportive environment, providing attendees with both knowledge and a sense of empowerment in managing their ostomy journey.



Jennifer Bart



Aimee Sheddan

## Testimonial

“Thank you for all you do! The outreach and work of your foundation is so important. I wish you the best, and appreciate being able to participate.”

Aimee Sheddan