

2025



NF SUMMIT

CHILDREN'S TUMOR FOUNDATION



TEEN TRACK

FRIDAY, JUNE 20

Time	Session Title	Location	Session Description	Speaker
9:00 - 10:00 AM	Mindfulness & Movement	Calvert Room	Join other teens to start the morning with mindfulness and movement exercises to energize and focus for the day ahead. These simple yet powerful practices will help you feel centered and refreshed, setting a positive tone for the Summit. Plus, you'll be able to take these techniques home with you to incorporate into your daily routine!	Nina Laurenzo, LMHC, RDMT, PMH-C
10:00 - 11:00 AM	Jenga with the Junior Board	Calvert Room	Get ready for a fun and exciting team Jenga tournament hosted by the Junior Board. You and your teammates will strategize, stack, and compete to see who can keep the tower standing the longest. It'll be a great way to bond, challenge yourself, and share plenty of laughs along the way!	CTF's Junior Board
11:00 AM - 12:00 PM	Ask Anything - No Parents Allowed	Calvert Room	Join fellow teens to ask an NF expert all your NF questions. From how NF affects your health, to relationships, to thinking about the future, all questions are welcome!	Kara Anstett, MS, CGC
12:30 - 1:30 PM	Meals/Breaks	Lunch	Hampton Ballroom	
1:30 - 2:30 PM	From Rare to Remarkable: Join the Research Journey	Calvert Room	Join Kate Kelts, CTF's NF Nurse to learn about clinical research and how you can get involved.	Kate Kelts, RN, BSN
2:30 - 3:30 PM	Teens Get Involved: Fundraising & Future Opportunities	Governor's Boardroom	Join the CTF Junior Board to hear about how you can take charge of your own NF journey by getting involved in self-advocacy and other areas of CTF as you get older.	Leanna Scaglione, Briann Worden, Maddie Sassa, and Kevin Martin
3:30 - 4:30 PM	Jeopardy with the CTF Junior Board	Calvert Room	Join us to reconnect with old friends and meet new ones while playing a fun game of Jeopardy with the CTF Junior Board. The friendly competition will spark great conversations and plenty of laughs, making for a memorable experience. It's the perfect way to come together, strengthen our teen community, and have a great time!	CTF's Junior Board

2025 NF SUMMIT

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TEEN TRACK

SATURDAY, JUNE 21

Time	Session Title	Location	Session Description	Speaker
9:00 - 10:00 AM	Mindfulness & Movement	Calvert Room	Join other teens to start the morning with mindfulness and movement exercises to energize and focus for the day ahead. These simple yet powerful practices will help you feel centered and refreshed, setting a positive tone for the Summit. Plus, you'll be able to take these techniques home with you to incorporate into your daily routine!	Nina Laurenzo, LMHC, RDMT, PMH-C
10:00 - 11:00 AM	Historical Scavenger Hunt	Calvert Room	Meet in Calvert to race through the historical Omni Shoreham Hotel and find hidden clues and win prizes!	Hosted by CTF staff and the Alexion Patient Education Managers
11:00 AM - 12:00 PM	Free Time		Enjoy the outdoors spaces, pool, or surrounding area (with permission from your adults!)	
12:30 - 1:30 PM	Meals/Breaks	Lunch	Hampton Ballroom	
1:30 - 2:30 PM	Pool Side Hang Out	Hotel Pool	Join other teens attending the NF Summit to enjoy the pool & relax in the sun!	Hosted by CTF staff and volunteers
2:30 - 3:30 PM	Movie Night	Calvert Room	Join teens for a movie night in Calvert! Popcorn & refreshments provided.	Hosted by CTF volunteers

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