

Workshops

Diva Flow Yoga 1:15 pm

Diva Flow Yoga combines power yoga with dance allowing your body to move naturally with your breath. This class will bring joy and fun to your life as well as heal your mind and body.

Facilitator: Carmen Puyo, Group Fitness Expert, Lululemon Ambassador

Food to Fuel Your Fitness 12:00 pm or 2:30 pm

Learn what to eat before, during and after your workout.

Facilitators: Wellness Chef Jeremy Capone & Registered Dietitian Christy Brissette

WE-Can Move 12:00 pm or 2:30 pm

Physical activity is important throughout the survivorship period. Join us for a light-moderate intensity and highly enjoyable group exercise class. Part 1: Learning about the benefits of physical activity after cancer. Part 2: Group exercise class using mats and bands.

Facilitators: Daniel Santa Mina, CEP, PhD & William Hilton, CEP

Healthy Steps 1:15 pm

Healthy Steps is a gentle, therapeutic exercise program using fun dance moves set to great music designed to improve overall wellness, range of motion, balance and strength.

Facilitator: Barbara Jenkins, CPTN-CPT, CLM

Creative Movement with Canada's National Ballet School 12:00 pm or 1:15 pm or 2:30 pm

In partnership with Canada's National Ballet School, this movement class will explore, through contemporary dance & creative movement, the full potential of the body and its relationship to music. The class will offer time for thoughtful physical work with a focus on breath, use of space and gentle stretching.

Facilitator: Ashleigh Powell, Community Engagement Co-Manager, Canada's National Ballet School

WE-Can Walk the Walk 1:15 pm

Walking is a safe and convenient form of aerobic exercise that helps to strengthen the heart and lungs. Please join us for a light to moderate intensity walking tour of the hospital grounds and surrounding area.

Facilitator: Daniel Santa Mina, CEP, PHD & William Hilton, CEP

Laughter Heals 3:30 pm

Help us close out our day with Laughter Heals. Laughter Heals is a dynamic presentation that brings together the spontaneity of improvisational comedy, the fun of laughter yoga and the science behind feeling good. Join Robert Hawke in a workshop that brings joy, stimulates creativity and educates.

Facilitator: Robert Hawke, Resident Comedian

 People of all physical abilities can participate in these workshops. If you have a specific concern, please speak to the instructor before the workshop.

Seated Massages Sylvia Crowhurst, RMT/CDT Marnie Gallant, RMT/CDT



Thank you to our supporter Meridian™.



Let's Get Physical

A National Cancer Survivors Day event at ELLICSR: Health, Wellness, & Cancer Survivorship Centre

Monday June 9
9:30am - 4:00pm

Programme



Physical Wellness Talk & Panel

Agenda

9:30 - 10:00 **Registration**

10:00 - 11:45 **Physical Wellness Talk & Panel**

11:45 - 12:00 **Break**

12:00 - 1:00 **Workshops ***

1:00 - 1:15 **Break**

1:15 - 2:15 **Workshops ***

2:15 - 2:30 **Break**

2:30 - 3:30 **Workshops ***

3:30 - 4:00 **Laughter Heals**

* See back page for more details.

Physical Wellness Talk & Panel

Keynote & Panel Facilitator

Kerry Courneya, PhD

Dr. Kerry S. Courneya, is a internationally recognized expert, professor and Canada Research Chair in Physical Activity and Cancer at the University of Alberta in Edmonton, Canada. He received his B.A. and M.A. in Physical Education from the University of Western Ontario (London, Canada) and his PhD in Kinesiology from the University of Illinois (Urbana-Champaign). He spent five years as an assistant and associate professor at the University of Calgary before moving to the University of Alberta in 1997 where he was promoted to full professor in 2000. Dr. Courneya's research program focuses on physical activity in cancer survivors including coping with treatments, recovery after treatments, and long term survivorship. Dr. Courneya is Study Co-Chair for the Colon Health and Life-Long Exercise Change (CHALLENGE) Trial designed to determine the effects of exercise on disease-free survival in 962 colon cancer survivors across Canada and Australia. He is also Team Co-Leader for the Alberta Moving Beyond Breast Cancer (AMBER) Cohort Study designed to determine the associations between physical activity, health-related fitness, and disease outcomes in 1,500 newly diagnosed Alberta breast cancer survivors. He has co-authored the American Cancer Society's physical activity and nutrition guidelines (2012) and the American College of Sports Medicine's exercise guidelines for cancer survivors (2010).



Panelists



Daniel Santa Mina, CEP, PhD

Dr. Daniel Santa Mina is a Post-Doctoral Fellow with the Prostate Centre at the Princess Margaret Cancer Centre and the Program Head of Kinesiology at the University of Guelph-Humber. He is an Exercise Physiologist with the Canadian Society of Exercise Physiology and obtained his training as a Cancer Exercise Specialist from the University of Northern Colorado at Rocky Mountain Cancer Rehabilitation Institute. Dr. Santa Mina is the current Steering Committee Chair of the Wellness and Exercise Program for Cancer Survivors (WE-Can) at the Princess Margaret; a clinical-research initiative that facilitates exercise programming for cancer patients and provides training and educational opportunities.

Barbara Jenkins, CPTN-CPT, CLM

Barbara Jenkins is a retired teacher turned personal trainer, volunteer at Princess Margaret and cancer survivor. She co-teaches the Healthy Steps exercise program in ELLICSR, is a keen runner and fitness aficionado.



Catherine Sabiston, PhD

Dr. Catherine Sabiston is an Associate Professor in Exercise and Health Psychology at the University of Toronto. She has over 100 publications and 250 presentations on exercise motivation and health, with many of these stemming from her work with cancer survivors. She has also been awarded numerous career awards from health, physical activity, and psychology organizations. Dr. Sabiston has worked with over 1000 breast cancer survivors in various capacities, including as a mental health trainer for dragon boat racing cancer teams, volunteer facilitator for exercise and well-being workshops, and in her research involving interviews, focus groups, and interventions.

Mary Jane Esplen, PhD, R N

Dr. Esplen, is a Clinician-Scientist, University Health Network in Toronto and a Professor, Department of Psychiatry, Faculty of Medicine, University of Toronto and the inaugural Director of the de Souza Institute, a provincial knowledge translation centre focusing on educating health professionals in oncology. She has held prior career scientist awards from CIHR and NCIC for her research program in the field of psychosocial oncology and conducts research on the psychosocial impact of having cancer and the quality of life impacts of genetic testing, as well as designs and tests psychotherapeutic interventions or scales to address coping challenges, grief and loss and specific quality of life impacts, such as those in the area of body image and sexuality.

