

## Workshops

### **ELLICSR Kitchen: The Sharing Pot** 12:00 pm or 2:30 pm

In this cooking and nutrition workshop you will work together with others to solve some interesting food based puzzles, learn a little more about certain ingredients and their health benefits, and learn how to make simple, nutritious and delicious recipes. There will even be a little takeaway that you can use in some of your future recipes.

**Facilitators:** Wellness Chef [Jeremy Capone](#) & Registered Dietitian [Christy Brissette](#)

### **WE-Can Exercise Together** 1:15 pm

With an Ideal Match...WE-Can Exercise Together!

Research has shown that cancer survivors who have social support are more likely to engage in exercise. A new online service, ActiveMatch, was developed to match cancer survivors to their (near) ideal exercise partners. We'll be taking you through a real life version of ActiveMatch, matching you with an exercise partner for the hour and going through some fun, partner-based exercises.

**Facilitators:** [Angela Fong](#), M.A., PhD Cand & [Anika Gentile](#), M.A.,

### **HealthRhythms: Healing in Community** 1:15pm or 2:30 pm

Come and experience why the HealthRHYTHMS protocol is spreading so quickly around the globe. Group drumming is an exciting, universal and ancient way to connect with others, reduce stress, exercise, explore music making and creative self-expression, all while experiencing camaraderie and creating a community. No experience is necessary.

**Facilitator:** [Rufus Glassco](#), multi-lingual drum circle facilitator at Wellspring Cancer Support Network, a singer-songwriter and a multi-instrumental percussionist.

### **Discover the healing power of ART** 12:00pm or 1:15 pm or 2:30 pm

Explore and share your creativity, everyone is creative in a unique way. No prior art experience required.

**Facilitator:** [Kelly Thorarinson](#), lead facilitator for ART for Cancer Foundation, an organization focused on bringing the healing power of creativity to those living with cancer.

### **Sharing Dance Through Creative Movement** 12:00 pm or 2:30 pm

In partnership with Canada's National Ballet School, this movement class will explore the energetic qualities of movement and their relationship to music. This fun and creative 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

### **Seated Massages**

[Pam Hammond](#), RMT/CDT & [Cristina Corradini](#), BSc, RMT

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



Thank you to our supporter Meridian™.

The Patient Education and Survivorship Programs are supported by the Princess Margaret Cancer Foundation.

# Social Wellness : why coming together is important

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

Monday June 13

9:30 am - 4:00 pm

Programme



# Social Wellness Talk & Panel

## Agenda

\* See back page for more details.

9:30 - 10:00	Registration
10:00 - 11:45	<b>Social Wellness Talk &amp; Panel</b>
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	<b>Feedback &amp; Evaluations</b>

## Emotional Wellness Talk & Panel

### Keynote & Panel Facilitator



#### Catherine Sabiston, PhD

Dr. Catherine Sabiston holds a Canada Research Chair in Physical Activity and Mental Health and is an Associate Professor in Exercise and Health Psychology at the University of Toronto. She has 140 publications and has given over 300 presentations and workshops on exercise motivation and health, with many of these stemming from her work with cancer survivors. Catherine has worked with over one thousand cancer survivors in various capacities, including as a mental health trainer for dragon boat racing cancer teams, volunteer facilitator for exercise and wellbeing workshops, and in her research involving interviews, focus groups, and interventions. She holds nearly 17 million dollars in funding for her research, and is a psychosocial oncology mentor on a national initiative training students to work in cancer and health. Catherine has been awarded many early career awards from health, physical activity, and psychology organizations including the 2016 William E. Rawls Prize from the Canadian Cancer Society.

### Panelists



#### Janet Papadakos, MEd, PhD(c)

Janet Papadakos is Interim Associate Director of the ELLICSR Centre and manages the Patient Education Program at Princess Margaret Cancer Centre. She is in the final year of her PhD in health services research at the University of Toronto, Institute for Health Management, Policy and Evaluation. Over the last ten years Janet's research and professional program has centred on three main platforms: 1. Health Literacy: Developing interventions to mitigate impact of low health literacy, 2. Self-management: Engaging patient and families to participate in their care and 3. Patient education: Advancing patient and family health knowledge.



#### Claire Edmonds, PhD, RP

Claire Edmonds has worked exclusively in the cancer field throughout her career, as a registered psychotherapist, researcher and program developer. She earned her Ph.D. in Psychology from York University and the Princess Margaret Cancer Centre. Claire worked at the Healing Journey Program for over 20 years, researching the effects of this psychoeducational program on the quality of life of patients and caregivers and the possible effects on survival. She is experienced in teaching a wide variety of coping skills and spiritual exploration in the context of cancer. Much of her time is spent at Wellspring Cancer Support Network where she facilitates the Healing Journey Program and trains other psychotherapists. She also works as a consultant with other agencies in the broader community such as Willow and Rethink Breast Cancer. Burnout has also been of interest to Claire and she has been a member of a team developing, facilitating and researching a program of self-care for health care professionals.



#### Jackie Bender, PhD

Dr. Bender is a social and behavioural health scientist. She is a Research Scientist at the ELLICSR Health, Wellness and Cancer Survivorship Centre, and the Centre for Global eHealth Innovation at the University Health Network, and an Assistant Professor in the Dalla Lana School of Public Health at the University of Toronto. Her research focuses on designing and evaluating ways to improve the health and health care experience of people affected by cancer through the use of social support and information and communication technologies.



#### Claudia Hernandez, PT, BPT, MRSc

Claudia has lived first-hand the experience of cancer treatment and rehabilitation for breast cancer. Her personal and clinical experience and passion for patient and family education, patient engagement, cultural competency and patient advocacy has motivated her to be up-to-date with the current research on cancer rehabilitation and to promote and support patient engagement at every possible level in the health system, education and community organizations.

Claudia has been invited as a presenter and a panelist in several cancer symposiums and workshops. She has been interviewed for her participation in the Fear of Recurrence Study and in the WE-Can exercise program at ELLICSR, and for the Money Matters Program at Wellspring Cancer Support Network.

She acts as a patient representative at organizations such as Princess Margaret Cancer Center, Canadian Cancer Society, Canadian Partnership Against Cancer, and the Canadian Breast Cancer Network among others.

Claudia has been involved in the curriculum preparation and facilitation of Cancer Rehabilitation labs for the OIEPB Program at the Faculty of Physiotherapy at the University of Toronto.