

Agenda & Workshops

9:30 - 10:00	Registration
10:00 - 11:45	Keynote: Getting Energized
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	Feedback & Evaluations

Eat The Rainbow: Antioxidants in Your Food 12:00 pm or 2:30 pm

Wondering why antioxidants are good for you? Curious to know what foods to eat? In this nutrition and culinary workshops, you'll learn about the importance of including a variety of antioxidants in your diet, discover what foods to choose, and how to easily cook with these ingredients.

Facilitators: [Jeremy Capone](#), Wellness Chef & [Stephanie Gladman](#), Registered Dietitian, MHSc

Qi Gong - Wellspring 12:00 pm or 1:15 pm

Qi Gong is a traditional Chinese system of health preservation that combines movement, meditation and breathing exercises to promote emotional, spiritual and physical well-being. In this workshop you will learn useful, easy to remember Qi Gong exercises that can be practiced daily. No previous experience is necessary.

Facilitator: [Sifu David Leopold](#), Tai Chi and Qi Gong, certified instructor, Wellspring Cancer Support Foundation Program Leader, Qimatic Energy System Certification 2012 (Level 1, Level 2 & Advanced) and Qi Gong for Cancer Specialist Certification 2012

Mindfulness - Gilda's Club 12:00 pm or 1:15 pm

Mindfulness is about paying attention to the present moment and how we think and feel. This class includes techniques such as breathing and body relaxation.


Facilitator: [Felicity Bannister](#), BA, MSW, RSW

Motion Reflexion - Gilda's Club 1:15 pm or 2:30 pm

Motion Reflexion is about energy flow and the connectivity between music and movement, a pathway to inner-strength for self-healing, to release constricted energies trapped in the body.

Facilitator: [Anne Sophie Roy](#), Music Composer, BFA Interrelated Arts, Founder of Motion Reflexion

Seated Massages [Pam Hammond](#), RMT/CDT & [Heather Braithwaite](#), RMT/CCDT

 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.



Complementary Therapies:

Heal with Harmony

Programme

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

Date:
Monday June 5, 2017

Time:
9:30am-4:00pm

Getting Energized:

Using self-acupressure and diet to empower breast cancer survivors in treating fatigue

Keynote



Suzanna M. Zick, N.D., M.P.H

Suzanna Zick is a Research Associate Professor in Family Medicine and a Research Associate Professor of Nutritional Sciences in the School of Public Health at the University of Michigan. Dr. Zick received her degree as a naturopathic physician from the National College of Naturopathic Medicine in Portland, OR and her MPH in Epidemiology from the University of Michigan in Ann Arbor. Dr. Zick was a founding investigator of a P50 center grant focused on investigating integrative medicine and cardiovascular disease, which was funded by the National Center for Complementary and Alternative Medicine (NCCAM) at the University of Michigan in 1998. She also was a founding member of the executive committee of the International Society for Complementary Medicine Research and was the Research Working Co-chair (2009-2012) for the Academic Consortium for Integrative Health and Medicine. She is currently the Immediate Past President for the Society for Integrative Oncology (SIO) and is part of a SIO multidisciplinary group that recently published Dr. Zick's research interests include the effect of natural products for cancer prevention; the use of complementary therapies including whole food diets for control of cancer-related symptoms on fatigue, sleep disturbance and quality of life during cancer survivorship. Her work has mainly focused on pharmacokinetic and interventional clinical trials. Along with examining the effect of ginger root as a potential cancer prevention agent for colorectal cancer, she has also examined the impact of ginger for chemotherapy-induced nausea and vomiting, and investigated if an herbal blend "Essiac" improves quality of life in a cohort of Canadian breast cancer survivors. More recently, she has been examining the effect of integrative self-help techniques, self-administered acupressure and a whole food diet for improving fatigue and sleep disruption in breast cancer survivors. She has also been part of a team examining the interrelationship between fatigue, inflammatory cytokines and brain neurochemistry as well as working to develop a mobile application and social media resources to help implement self-acupressure and whole food diet into 'real world' clinical and community settings.

Along with her research activities Dr. Zick helps to teach the Integrative Family Medicine Fellows and Integrative Faculty Scholars. She has just received a NCI education grant to teach oncology providers evidence-based integrative oncology allowing them to become transformative leaders for integrative oncology within their institutions and clinics.

Panelists



Janet Papadakos, MEd, PhD(c)

Janet Papadakos is Associate Director of the ELLICSR Centre, Co-Director of the Cancer Health Literacy Centre, and manages the Cancer Education Research 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.



Hance Clarke, MD, PhD, FRCPC

Hance Clarke is the Director of Pain Services and the Medical Director of the Pain Research Unit at the Toronto General Hospital. After his medical doctor (MD) and anesthesia subspecialty training in Toronto he received his PhD from the Institute of Medical Sciences at the University of Toronto and is a member of the Royal College Clinician Scientist Program. Dr. Clarke has sub-specialty training in Chronic Interventional Pain and Hyperbaric Medicine and is currently leading clinical trial work within the medical cannabis space. He was given a Career Award from the Canadian Pain Society and recognized nationally and internationally for his research productivity and improvements to patient care such as the development of his novel Transitional Pain Program.



Sifu David Leopold

Sifu David Leopold has been practicing, studying, researching and teaching martial and healing arts since 1994. In 1999, Sifu David achieved his black belt in Shaolin Kung Fu. Since 1999, Sifu David has received numerous certifications in Tai Chi hand and weapon forms and seven Qi Gong routines. In 2009, Sifu David received his Usui Reiki Master Certification from the Naturopathic School of Medicine in Toronto. In 2012, Sifu David received his Qi Gong Cancer Specialist Certification.

By combining all these modalities and experiences, Sifu David brings a unique style of teaching that includes technique, philosophy and practicality. Sifu David's approach to teaching is relaxed and he believes that Tai Chi and Qi Gong practice should be useful in everyday life and enjoyable to do.

In addition to teaching regular classes, Sifu David also conducts workshops and participates in research and development projects. Most recently, Sifu David taped six segments on "Zen Breaks" found on the popular wellness YouTube channel "The Chakra House of Healing".

Sifu David has a passion for martial and healing arts. His holistic approach to wellness includes physical, emotional, spiritual and nutritional well-being. In 2011, Sifu David began leading Tai Chi and Qi Gong at Wellspring Cancer Support Foundation. He continues to improve his skills as a practitioner, teacher/mentor and hopes to teach for the rest of his life.



Felicity Bannister, BA, MSW, RSW

Felicity Bannister has a BA from Queen's University, an MSW from Carleton University and has an RSW designation. She has also trained as a psychotherapist at the Toronto Institute for Relational Psychotherapy, as a Life Skills coach, and has completed the Applied Mindfulness Program at the University of Toronto. Felicity stays current as a counsellor, psychotherapist and mindfulness teacher by participating in continuing education programs, and deepens her practice with regular retreats, including Ontario Vipassana and the Dharma Centre of Canada.

Felicity has worked in mindfulness for over six years with adults and youth, and has extensive experience facilitating groups. Felicity's experience includes leading Mindfulness Meditation Programs in clinical, corporate, community, social agency and volunteer settings, as well as empowerment groups for girls. In all her groups and individual sessions, Felicity brings an empathic, constructive and practical approach.

Felicity has experienced the transformative benefits of developing her own mindfulness practice. It is her desire to bring these benefits to others that led her to establish MindSana.com.

Felicity offers Mindfulness workshops and individual sessions that provide a toolkit of practices that can be used in one's personal and professional life. Felicity will help you reduce stress, anxiety and depression in a supportive environment. Mindfulness will teach you to redirect your energy away from negative states, and will help you build resilience, emotional intelligence, and increase positive emotions and happiness.