



About the Healthy Steps Program

Community Connections at ELLICSR

Meet the Community Connections Supportive Care Organizations

## ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

### About the Healthy Steps Program

By: Barbara Jenkins CLM, Lebed Healthy Steps instructor

#### What is Healthy Steps?

Healthy Steps is a gentle, therapeutic dance-based exercise program. It was developed by a cancer survivor for cancer survivors.

#### What are the benefits of Healthy Steps?

The benefits of Healthy Steps include:

- Increased range of motion
- Reduced fatigue
- \* “It keeps us energetic”
- Improved balance
- Strength and self-esteem.
- \* “It helps me integrate and feel one again”.

#### What is Healthy Steps like?

- Blow bubbles, which leads into the lymphatic warm up.
- 4 segments using dance moves to exercise the upper and lower body.
- Strength training using light resistance bands.
- Dance routine, followed by a cool-down.
- Chairs are available for balance and rest.
- \* “It’s a place to go and meet people in the same situation”.

**Where** The ELLICSR gym, in Toronto General Hospital.

**When** Wednesdays from 12:00 to 1:00

#### Who are the instructors?

Barbara Jenkins and Stephanie Phan

#### I want to be part of this. How do I join?

Pick up a Healthy Steps package from the Princess Margaret Patient and Family Library or ELLICSR. Physician consent is required, complete all the forms and, call ELLICSR at 416-581-8620 for a start time.

\*Denotes comments from present Healthy Steppers



#### What should I expect from a Healthy Steps class?

You can expect:

- Great moves and rhythms set to music from the classics, the 60’s, 70’s, 80’s and beyond
- A \* “friendly atmosphere” where \* “you can dance to lift your spirits”
- \* “exercise at your own level of ability”.

**“Do Healthy Steps each week and it will make you smile, smile, smile.....”**



Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Community Connections is a regular event at ELLICSR that is held on the third Thursday of every month.

**Stop by Community Connections to:**

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information about this event, call ELLICSR Reception at: 416-581-8620.



## Community Connections at ELLICSR

**Thursday March 15, 2018      10:30 am – 1:30 pm**

### Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community. You can visit anytime from 10:30 – 1:30 pm.

10:30 pm –  
12:00 pm

### Gilda's Club Greater Toronto & ELLICSR present Yoga

Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Registration required. Call 416-581-8620

12:15 pm –  
1:15 pm

### ELLICSR Kitchen: Cooking for Health

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!

The next Community Connections is: **Thursday April 19, 2018, 9:30 am to 3:30 pm**

## ELLICSR: Health, Wellness & Cancer Survivorship Centre

Located in the Toronto General Hospital. From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the Munk elevators down to basement level (B). Follow the signs to ELLICSR.

# Meet the Community Connections Supportive Care Organizations

## Art for Cancer Foundation

416-763-8752

[www.artforcancerfoundation.org](http://www.artforcancerfoundation.org)



## Melanoma Network of Canada (MNC)

289-242-2010

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



## Bikur Cholim

416-783-7983

[www.bikurcholim.ca](http://www.bikurcholim.ca)



## Nanny Angel Network

416-730-0025

[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



## Bladder Cancer Canada

1-866-674-8889

[www.bladdercancer.ca](http://www.bladdercancer.ca)



## The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)  
[www.theolivebranch.ca](http://www.theolivebranch.ca)



## Canadian Breast Cancer Foundation

1-888-778-3100

[support.cbcf.org](http://support.cbcf.org)



## Ovarian Cancer Canada

1-877-413-7970 x231

[www.ovariancanada.org](http://www.ovariancanada.org)



Ovarian Cancer Canada  
Cancer de l'ovaire Canada

## The Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)



## Ovarian Cancer Peer Support Network

Greater Toronto Area

[www.ovCAPeers.com](http://www.ovCAPeers.com)



## The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



## Pancreatic Cancer Canada

1-888-726-2269

[www.pancreaticcancer.ca](http://www.pancreaticcancer.ca)



## The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

[info@thecasn.org](mailto:info@thecasn.org)



## POGO

416-592-1232

[www.pogo.ca](http://www.pogo.ca)



## Dr. Jay Children's Grief Centre

416-360-1111

[www.drjaychildrensgriefcentre.ca](http://www.drjaychildrensgriefcentre.ca)



## Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

[www.prostatecancer.ca](http://www.prostatecancer.ca)



## Gilda's Club Greater Toronto

416-214-9898

[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



## Rebounders

905-338-1530

[www.rebounders.ca](http://www.rebounders.ca)



## Kidney Cancer Canada

1-866-598-7166

[www.kidneycancer.ca](http://www.kidneycancer.ca)



## Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



## Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

[www.llscanada.org](http://www.llscanada.org)



## Testicular Cancer

519-894-0134

[www.testicularcancer.ca](http://www.testicularcancer.ca)



## Lung Cancer Canada

416-785-3439 or 1-888-445-4403

[www.lungcancer.ca](http://www.lungcancer.ca)



## Thyroid Cancer Canada

416-487-8267

[www.thyroidcancer.ca](http://www.thyroidcancer.ca)



## Lymphoma Foundation Canada

1-866-659-5556

[www.lymphoma.ca](http://www.lymphoma.ca)



## Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



## Wellspring Cancer Support Network

416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)



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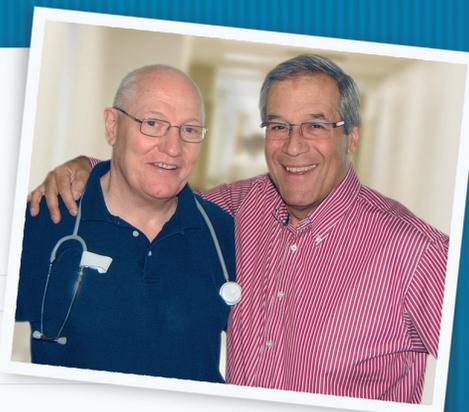
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**“When you’ve had cancer,  
every day is a gift.”** -Chris Taylor

*“Thanks to the groundbreaking research, the care of  
Dr. Messner and the compassion of the whole team  
at The Princess Margaret,  
I’m here today.”*



A gift left in your Will can save lives.

If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email [legacy@thepmcf.ca](mailto:legacy@thepmcf.ca)

See Chris Taylor's story at [www.thepmcf.ca](http://www.thepmcf.ca)

The Princess Margaret Cancer Foundation  UHN

#### Patient & Survivorship Education

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