

Eat, Move & Be Merry

Monday June 3
9:30am - 4:15pm



Come celebrate our 10th annual
National Cancer Survivors Day
at ELLICSR: Health, Wellness &
Cancer Survivorship Centre



ELLICSR
walking together

Eat, Move & Be Merry Talk & Panel

Keynote



Jennifer Jones, PhD

Dr. Jones is a Senior Scientist and the Director of Cancer Rehabilitation and Survivorship Program and Associate Director of the Centre for Health Wellness and Cancer Survivorship (ELLICSR) at Princess Margaret Cancer Centre. She is also an Associate Professor at the University of Toronto.

She has produced scholarly and professional work based on the topic of translational research to inform clinical survivorship care. Her work focuses on examining new approaches to predict, prevent, and manage long-term adverse effects of cancer and its treatment.

In addition to her work in cancer effects and treatment, Dr. Jones has experience evaluating innovative models of follow-up care and support for the increasing number of cancer survivors.

Dr. Jones has also worked in implementation research, which focuses on translating evidence to clinical practices by developing integrated knowledge of translation models and education.

Panelists



Vicky Forster, PhD

Dr. Vicky Forster is a 25-year survivor of childhood leukemia and is a postdoctoral research scientist at SickKids in Toronto now working on childhood cancers. As well as this, she is an advocate for more research into the after-effects of cancer treatment and did a TED talk on this topic in 2017. She is also a science writer (The Times, The Guardian, Forbes) and passionate about making sure cancer survivors are involved in shaping the future of survivorship research. To address this, she co-founded Cancer Survivor Social Media in January 2019, an online Twitter-led initiative which hosts monthly chats about topics in cancer survivorship, uniting survivors, advocates, health professionals and researchers.



Mary Paterson

Mary Paterson is the author of *The Monks and Me: How 40 Days in Thich Nhat Hanh's French Monastery Guided Me Home*. She has studied extensively with Buddhist masters in India, Nepal, and France, and is a multi-certified yoga/meditation teacher with twenty years' experience guiding people from all walks of life. She teaches at The University of Toronto, Wellspring Cancer Support Foundation, and internationally.

www.marypaterson.ca



Stephanie Gladman, MHS, RD.

As a devoted foodie with a strong passion for health and wellness, Stephanie is a Registered Dietitian with ten years of experience inspiring people to eat well. At Princess Margaret Cancer Centre, she provides nutrition advice for cancer survivors to help better manage cancer-related side effects through food. She is known for unravelling complex science into meaningful and easy tips. Stephanie also co-leads cooking classes with a Wellness Chef at the [ELLICSR Kitchen](#) and develops delicious healthy recipes that meet nutritional guidelines grounded in scientific evidence. Her personalized clinical approach combines intuitive eating with body awareness and mindful movement.

Agenda

9:30 - 10:00	Registration
10:00 - 11:35	Keynote & Panel: Eat, Move and Be Merry
11:35 - 12:15	Break
12:15 - 1:15	Workshops
1:15 - 1:30	Break
1:30 - 2:30	Workshops
2:30 - 2:45	Break
2:45 - 3:45	Workshops
3:45 - 4:15	Feedback & Evaluations

Best of ELLICSR Kitchen 12:15 pm or 2:45 pm

In this one-hour food demonstration, we'll highlight our most popular recipes and debunk a few trendy nutrition myths. Walk away feeling more confident in the kitchen and prepared to navigate through all that nutrition noise. Lastly, enjoy tasty samples!

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

Connecting to the self through the creative arts: Supporting survivors and caregivers through art and music therapy 1:30 pm or 2:45 pm

This one hour workshop is designed for adult cancer survivors and caregivers to explore the role of the creative arts (art and music therapy) in supporting the psychosocial components of cancer survivorship.

Facilitators: [SarahRose Black](#), Music Therapist and [Ellen-Elizabeth Paonessa](#), Art Therapist

Move to Be Merry 12:15 pm or 1:30 pm

A 45 - 60min group exercise class with cancer exercise specialists. Learn a new exercise, have fun, and get your body moving in a safe supervised environment.

Facilitators: [Kailey Trewartha](#), Registered Kinesiologist and [James Farrell](#), Registered Kinesiologist


Experience the Transformative Power of Meditation 12:15 pm or 1:30 pm

In this meditation workshop you will be guided in nonsectarian techniques that help to create ease, naturalness and spaciousness within the mind.

Facilitators: [Mary Paterson](#), Author and Certified Meditation Instructor

Seated Massages

[Pam Hammond](#), RMT/CDT and [Heather Braitwaite](#), 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
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