



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....."



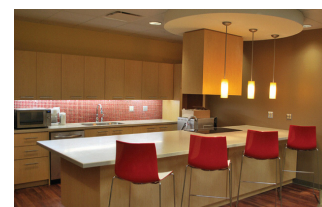
Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

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



Bikur Cholim

416-783-7983

www.bikurcholim.ca



Bladder Cancer Canada

1-866-674-8889

www.bladdercancer.ca



Canadian Breast Cancer Foundation

1-888-778-3100

support.cbcbf.org



The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



The Canadian Amyloidosis Support Network

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

info@thecasn.org



Dr. Jay Children's Grief Centre

416-360-1111

www.drjaychildrensgriefcentre.ca



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancer.ca



Leukemia & Lymphoma Society of Canada (LLSC)

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

www.llscanada.org



Lung Cancer Canada

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

www.lungcancer.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



The Olive Branch of Hope

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

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCAPeers.com



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancer.ca



POGO

416-592-1232

www.pogo.ca



Prostate Cancer Canada

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

www.prostatecancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Rethink Breast Cancer

www.rethinkbreastcancer.com



Testicular Cancer

519-894-0134

www.testicularcancer.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancer.ca



Waldenström's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



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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

See Chris Taylor's story at www.thepmcf.ca

The Princess Margaret Cancer Foundation  UHN

Patient & Survivorship Education

Editor: Myann Marks-Aitken – Oncology Survivorship Program Coordinator | **Editorial Board:** Karen Chuk, Maureen Daniels, Daniela Fierini, Robin Forbes, Janet Papadakos | **Graphic Artist:** Adam Latuns | Please forward comments, questions or submissions to myann.marks@uhnresearch.ca
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