



The Healthy-Steps Program

Community Connections at ELLICSR

Meet the Community Connections Supportive Care Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

The Healthy-Steps Program

By Barbara Jenkins, CPTN-CPT, CLM, Lebed Healthy-Steps instructor



Lebed Healthy-Steps is an international therapeutic exercise and movement program developed in 1980 by breast cancer survivor and former professional dancer, Sherry Lebed Davis. It is a fun, rejuvenating program of stretches and dance moves set to classical, 60's, 70's and contemporary music.

Healthy-Steps is suitable for anyone with cancer, lymphedema, arthritis or other chronic illnesses. Benefits of the program include increased range of motion, reduced fatigue, improved balance, strength and self-esteem, as well as helping with emotional recovery.

The class begins with a 10 minute warm-up designed to stimulate the lymphatic system. The remainder of the class is divided into five parts each one using active movements to exercise the upper and lower body, focussing on improving range of motion, core strength, energy and co-ordination. Chairs are used for balance, support and rest. Two water breaks are taken through the class and provide an opportunity for social interaction. The class ends with an energising dance routine, followed by gentle stretching as cool down.

Healthy Steps is co-led by Occupational Therapist, Stephanie Phan and myself and is held at the ELLICSR: Health, Wellness and Cancer Survivorship Centre located in

The best post-cancer exercise program in Toronto. Since discovering the Healthy-Steps program, I have been a much changed person – fitter, happier and easier to get along with. I would not hesitate to recommend this program for anyone coming out of the battle with cancer—particularly after surgery

– by Judy

Being part of this exercise program has improved my life physically and emotionally. Music plays a big part in the class and I love to sing and dance

– by Magaly

the basement of Toronto General Hospital. Right now, there is plenty of space to welcome new participants on Wednesdays from 12:00 to 1:00 p.m for 10 weeks. We welcome the opportunity to share our enthusiasm for music, dance and movement with any new participants.

For more information contact: Barbara at 416-505-5578. Registration packages can be picked up at ELLICSR reception, or at the main floor Patient and Family Library in the Princess Margaret.

We always have the perfect music for each exercise and we have a great time dancing to a wonderful selection of songs-oldies and new ones. Sing if you want to!! We all leave each session happier and with smiles on our faces

– Happy Healthy Stepper

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 November 17, 2016

9:30 am – 3:30 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 9:30 – 12:30 pm.

10:30 am –
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. The demonstrations led by Jeremy Capone, Wellness Chef, will focus on cooking and culinary expertise. Nutrition information and/or nutrition advice, specific to your healthcare needs, will not be provided. Cooking samples always provided!

2:30 pm –
3:30 pm

Getting Back on Track

Join a social worker to discuss what to expect after your treatment is over and you are being seen for follow-up care. This 1 hour class is free and available to all Princess Margaret patients.

The next Community Connections is: **Thursday December 15, 2016, 9:30 am – 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.bladdercancerCanada.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.kidneycancerCanada.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.lungcancerCanada.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.pancreaticcancerCanada.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.testicularcancerCanada.ca



Thyroid Cancer Canada
416-487-8267
www.thyroidcancerCanada.org



Wellspring Cancer Support Network
416-961-1928
www.wellspring.ca



Willow Breast Cancer Support Canada
416-778-5000
www.willow.org



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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

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