

Artists' Health Centre Foundation | Update | September 2009

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Nutritional support for performers

Achieving Peak Performance: *Eating for energy*
with Ana Alexandre, Registered Holistic Nutritionist

Monday September 21, 2009

Artists' Health Centre Foundation
250 The Esplanade, Suite 500

This clinic will focus on how food affects mood, energy and performance. Emphasis will be placed on how to eat during long rehearsal schedules, while traveling, and how to maintain energy while working as a performer holding several jobs. Participants will discover small changes that can lead to big results including: how to stock a healthy kitchen, choosing nutrient dense foods, and pre and post performance meal choices.

Ana Alexandre RHN, RNCP, is a holistic nutritionist, certified personal trainer and performer. She is a graduate of the Canadian School of Natural Nutrition and a member of the International Organization of Nutritional Consultants and the Canadian Association of Fitness Professionals. She is an enthusiastic speaker and has developed unique programs combining nutrition and fitness for a holistic approach to health and wellness.

To register Phone: 416.351.0239 | **Email:** info@ahcf.ca
Or visit our website to print off and mail in a registration form at: **www.ahcf.ca**
Clinic time: 6:30 p.m. - 9:00 p.m. | **Clinic fee:** \$15

Pre-registration is required, as space is limited.

For your comfort, this is a scent-free clinic. Please refrain from wearing any perfume, cologne, aftershave or scented products. Thank you.

The Artists' Health Centre Foundation gratefully acknowledges the support of the Ontario Trillium Foundation. The Ontario Trillium Foundation is an agency of the Government of Ontario.

Desire and creativity symposium

The Body of Desire: Psychoanalysis, Subjectivity, and the Arts

An interdisciplinary symposium on the complexities of the human body and its relation to desire, presented by the Graduate Centre for Study of Drama, University of Toronto, in collaboration with the Speaking of Lacan Psychoanalytic Group and the Artists' Health Centre Foundation.

November 6 -7, 2009 at Robert Gill Theatre, 214 College Street

Across the full range of arts, works converge around the desire of a body, be it that of the artist, that of the audience, or that of the artistic process/work itself. At this unique colloquium, leading artists from the fields of music, dance, visual arts and the written and spoken word, along with distinguished Lacanian psychoanalysts, will explore the relationship between desire and creativity.

Participants will consider such questions as: What is the relationship between an artist as subject and an artist's performing body? How do psychoanalysis and the creative arts understand the desire of the physical or metaphorical body? This two-day program will consist of three panel discussions, each with four panelists devoted to a particular theme.

For more information and access to the registration form visit:

www.graddrama.utoronto.ca/newsEvents_desire.html

Celebrating TAC's all Focus on the Arts

AHCF, in partnership with Arts for Children & Youth (**AFCY**), Canadian Artists' Representation/le Front des artistes canadiens (**CARFAC Ontario**) and Ontario Crafts Council (**OCC**) will help celebrate Toronto Arts Council's (**TAC**) 35th anniversary by participating in their *Fall Focus on the Arts* with our upcoming professional development day for visual artists called **Creating a Healthy Practice**. TAC is an arm's length body of the City of Toronto that supports the development, accessibility and excellence of the arts in Toronto, and offers grants programs to the city's arts organizations and professional artists.

Tamara Steinberg, TAC Community Arts Officer, will kick off the day on **Saturday, September 26** by introducing the partnering organizations and sharing a few words about the occasion. Our involvement in this celebration will help TAC let everyone know that arts, and arts funding are essential to Toronto!

This event is intended for visual arts professionals, educators, craft artists and health care practitioners with an interest in the subject.

Date: Saturday September 26

Time: 10:00 a.m. - 5:00 p.m.

Fee: \$40 / **Students & Seniors:** \$30

To register phone: 416.351.0239

Email: info@ahcf.ca

Pre-registration is required, as space is limited.

Visit our website at www.ahcf.ca to read more about the presenters and partnering organizations.

AHCF fundraising concerts at Steam Whistle Brewery

Steam Whistle Brewing presents **UNSIGNED**, the eleventh edition in an ongoing series of Indie music concerts taking place at the Roundhouse on **Friday, September 18th**. The concert will feature the Canadian independent bands Machetes, Foxfire and Little Foot Long Foot, plus a special guest DJ.

Steam Whistle UNSIGNED is an ongoing concert series that exhibits Canada's musical talent, while also developing its future. Each edition of UNSIGNED features three Canadian artists and a DJ, with **100% of ticket sales from each show going to the Artists' Health Centre Foundation**. These events have featured over 30 independent Canadian acts and raised over \$10,000 for local artists to date! Tickets are \$5 at the door. Doors open at 8pm. For more information, visit Steam Whistle's website at www.steamwhistle.ca or UNSIGNED's facebook group.

Support Group for Artists – last chance to register for fall session

Find support in a therapeutic environment where you can discuss, explore, and learn to deal with some of the difficult challenges you are facing in your career and in your life.

Some frequently explored subjects have included: Creating and performing my art; fear, envy and competition; acceptance and rejection (self worth); physical and emotional difficulties Interpersonal relationships; age, gender, orientation, diversity and living in the non-artist world.

This session will run for 24 weeks to ensure ample time to explore and experience a supportive interpersonal group dynamic. There will be time to interact with other artists around both common and individual situations in which you might feel stuck or off track.

For more information visit <http://www.ahcf.ca/support.shtml> or please phone AHC reception at **416.603.5263** to schedule a 30-minute intake appointment with the group's facilitator.

Interactive clinic focusing on self-image

Building Confidence & Self-Esteem: *Creative tools for self-care*
with Dr. Anita Shack and Ruth Bittorf N.P.

Monday October 5, 2009

Artists' Health Centre Foundation
250 The Esplanade, Suite 500

This interactive clinic will discuss the importance of self-esteem, and participants will explore exercises to help define, develop and maintain a healthy self-image. Factors contributing to the artists' perception of self worth will be considered with emphasis placed on examining core beliefs, quieting the inner critic, and tools to shift attitudes and perceptions.

Due to an overwhelming response to the session announced last June, this is a repeat clinic. Please note that registration for this session will fill quickly. Spots may not be available when you call, but be sure to get in touch to be placed on a wait list, which will offer you the first opportunity to register for the next scheduled session before it is announced to the public.

Clinic time: 6:30 p.m. - 9:00 p.m. | **Clinic fee:** \$15

For more information or to register phone: 416.351.0239 or **email:** info@ahcf.ca

Get online for instant seminar updates!

The upcoming fall schedule is in place, and the groundwork for spring 2010 has been laid. Visit our home page at www.ahcf.ca for a list of upcoming events! Your feedback has contributed to the selection of these topics, so we hope you come across a workshop or clinic that speaks to your needs - but your involvement does not have to end there...

Check out our new **blog** at ahcf.typepad.com/ahcf-blog, which was designed specifically to give you an opportunity to help shape the content of the seminars you want to attend!

For notices delivered straight to your inbox, sign up to receive our E-newsletters by emailing info@ahcf.ca with SUBSCRIBE in the subject line, or visit our website at www.ahcf.ca/contact.shtml to add yourself to the list. This is the best way to learn about our sessions as soon as they are announced (please be sure to indicate that you would like to be switched over from the snail mail list).

The AHCF does not share your information with other organizations. E-newsletters are mailed out once or twice a month to keep you in the loop about our upcoming events.

The Doctor is in! *Introducing...*



Dr. Jeff Bloom MD, CCFP, FCFP
AHC MEDICAL CONSULTANT

Dr. Jeff Bloom, who is Boston-born and New York raised, is a graduate of the University of Toronto and did graduate work in health administration for two years. After working in the hospital and academic sector, he was heading towards a career in photojournalism when he was accepted into the Faculty of Medicine at the University of Calgary. Upon completion from medical school, Dr. Bloom returned to New York to undertake his residency in Family Medicine. He joined the University Health Network at the Toronto General site in 1986. His clinical practice encompasses the complete spectrum of family medicine from care for those with HIV to complete maternity care to end-of-life care for his patients. Dr. Bloom has a life long interest in the arts and in 2000 he assumed the role of staff physician for the Toronto Symphony Orchestra. In this role he has traveled with the Symphony to Europe, Ottawa and Quebec as well as attending to the medical needs of visiting artists and members of the orchestra. Dr. Bloom is currently the Family Physician-in Chief at the University Health Network and a medical consultant to the AI and Malka Green Artists' Health Centre.

Contact



Artists' Health Centre Foundation
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info@ahcf.ca | www.ahcf.ca

"Through its activities and services, and its support of the Artists' Health Centre, the AHCF is committed to ensuring that Toronto's professional artists are able to work and create at their best."

If you do not wish to continue receiving updates, please leave a voice mail message at 416.351.0239. If you are interested in receiving the AHCF update via e-mail, please contact us at info@ahcf.ca