

Artists' Health Centre Foundation | Update | April 2010

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Let us know what you think...

A quick reminder that you will receive a short online questionnaire three months after each AHCF clinic or workshop you attend. After having had time to reflect, this is an opportunity to let us know if the information you received has been implemented and useful. This feedback is crucial as it increases the relevance of future presentations, and helps to secure stable funding to continue this initiative. Keep visiting our website at www.ahcf.ca for updates about all AHCF events and Artists' Health Centre programs!

Gentle lower body care workshop (*NEW!*)

On **Sunday May 2**, Guild Certified Feldenkrais Practitioners Karen Bowes-Sewell and Susan Free will present a full day workshop in partnership with the National Ballet of Canada. ***A Whole Body Approach to Effortless Movement: Gentle hip and lower back care*** is a new workshop to improve self-awareness and develop healthy movement habits to release unnecessary tension in the lower body. This practical workshop is an introductory level suitable for all disciplines, and will focus on lower back and hip release, gentle self-care movement, and strategies for injury prevention and recovery.

Karen Bowes-Sewell is an associate professor in Dance at York University, and former principal dancer with the National Ballet of Canada. Her research focuses on teaching and learning, with an emphasis on non-traditional methods of learning.

Susan Free has taught somatic movement classes in post-secondary settings since 1990, including 12 years in the Faculty of Physical Education and Health at the University of Toronto. She works with a wide range of people, including actors, dancers, musicians, writers, and athletes.

Location: National Ballet of Canada, 470 Queens Quay West (at Spadina)

Workshop time: 10:30 a.m. - 4:30 p.m. | **Workshop fee:** \$40 / **Students & Seniors:** \$30

Pre-registration is required, as space is limited.

To register: **Phone:** 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009

Or print off a registration form http://ahcf.ca/whole_body.html to fax or send by mail.

Shifting Perceptions for Positive Change (NEW!)

Drawing from the principles of Cognitive Behavioural Theory, on **Monday May 3** participants will join psychologists **Dr. Douglas Misener** and **Dr. Diana Brecher** for a new clinic called ***Shifting Perceptions for Positive Change: Exploring the impact of thoughts and emotions***. This interactive session will examine tools and exercises to help support motivation, self-confidence and stress management. **This clinic is a participatory learning experience, not a therapeutic group-session.*

Dr. Douglas B. Misener is a Rehabilitation Psychologist with a doctoral degree from the University of Toronto. As a psychologist and kinesiologist he believes the integration of body and mind are the keys to good health and personal fulfillment.

Dr. Diana Brecher is a Cognitive Behavioural Therapist who has a particular interest in working with clients who are experiencing anxiety and depression, and clinical coordinator of the Centre for Student Development and Counselling (CSDC) at Ryerson University.

Location: Artists' Health Centre Foundation (#500 -250 The Esplanade)

Clinic Time: 6:30 p.m. - 9:00 p.m. | **Clinic fee:** \$15 / **Students & Seniors:** \$12

Pre-registration is required, as space is limited.

To register: Phone: 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009

Or print off a registration form <http://ahcf.ca/shifting.html> to fax or send by mail.

Bike safety reminder – safe cycling tips!

Last summer, practitioners at the Artists' Health Centre noticed many bicycle mishaps causing a variety of injuries to several artists. No one wants an accident that leaves you unable to work to your full capacity!

Remember, the first step in collision prevention is to scan the road for potential hazards. Learn to anticipate errors by motorists, pedestrians and other cyclists. Don't *assume* they see you. Remember those hand signals? Don't forget - the "rules of the road" apply to motorists *and* cyclists alike! These and many other valuable safety tips and instructions are in the Ministry of Transportation's booklet called "**Cycling Skills**", and are available at Ontario Service Centres.

Even if you're a long time cyclist, it's a great idea to review these important tips:

- Make sure your helmet is a proper fit, and wear it at all times
- Wear bright clothing (yellow and white stand out at night) and use reflectors
- Make sure your bell or horn is functioning
- Let people know you're there – be SEEN and HEARD!

We want to encourage everyone using a bicycle to be savvy about road rules, defensive cycling, and self-responsibility. Keep it up - cycling is eco-friendly, inexpensive, great exercise, and a natural antidepressant!

Visit: www.mto.gov.on.ca/english/pubs/cycling-guide/index.shtml for more information.

Artists' Perception of Self Worth workshop

On **Saturday May 15** we are pleased to offer an encore presentation of the **Artists' Perception of Self Worth** workshop, with Dr. Anita Shack and nurse practitioner Ruth Bittorf. This day long session was developed from the feedback we got from last year's clinic series focusing on confidence and self-esteem. Participants requested more time to address this topic and an opportunity to explore these and similar issues in more detail. Through discussions and interactive exercises to help define, develop and maintain healthy self-image, artists will examine core beliefs and tools to shift attitudes and perceptions. Emphasis will be placed on developing self-awareness, quieting the inner critic, and assessing events and emotions. Participation in past sessions is not required.

Dr. Anita Shack uses an integrated approach in her work at the Artists' Health Centre. She combines chiropractic, craniosacral therapy, and acupuncture, customizing care to the individual artist's needs and goals. Fascinated with the body/mind/spirit connection she is concerned not only with the relief of symptoms, but also with getting at the cause to facilitate change and healing. She has extensive experience working with artists from many disciplines, including: dance, theatre, film, visual arts, music, and writing. Dr. Shack performed as an independent modern dancer/choreographer from 1974-1986 in Canada and the United States and was a member of the Dance Music Orchestra.

Ruth Bittorf RN is a primary health care nurse practitioner with over 30 years of nursing experience throughout Canada. She has been a valued member of many multi/interdisciplinary teams, most recently in Stratford as an integral part of a Family Health Team, and currently at the Artists' Health Centre. She is committed to providing holistic client centered health care in collaboration with a team of health care providers. Ruth feels a stable work-life balance is critical to good health, and considers all aspects of wholeness to balance the physical, emotional, mental, social and spiritual needs we experience as individuals.

Location: Artists' Health Centre (Toronto Western Hospital 399 Bathurst Street, 3rd Floor West Wing)
Workshop Time: 10:00 p.m. - 4:00 p.m. | **Workshop fee:** \$40 /**Students & Seniors:** \$30

Pre-registration is required, as space is limited.

To register: Phone: 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009
Or print off a registration form www.ahcf.ca to fax or send by mail.

Get online for AHCF event announcements

A quick reminder - for notices delivered straight to your email inbox, sign up to receive our newsletters electronically. Contact us at info@ahcf.ca with SUBSCRIBE in the subject line, or visit our website at <http://ahcf.ca/newsletter.html> to add yourself to the list. This is the best way to learn about our sessions as soon as they are announced, while helping us protect the environment at the same time (please be sure to indicate that you would like to be switched over from the snail mail list).

As AHCF clinics are limited to 12 participants with accessible registration fees, it takes only about a week for these sessions to fill up. With an event happening every second Monday, if you still prefer to receive our notices by snail mail, be sure to check our website at www.ahcf.ca regularly to make sure you don't miss a session that could make a difference in your life and artistic practice!

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. Anita Shack

CHIROPRACTOR, CRANIOSACRAL THERAPIST, ACUPUNCTURIST

Dr. Anita Shack is a chiropractor who uses an integrated approach in her work at the Artists' Health Centre. She combines chiropractic, craniosacral therapy, and acupuncture, customizing care to the individual artist's needs and goals. Fascinated with the relationship of physical structure to biomechanical, neurophysiologic and psycho emotional function, (body/mind/spirit connection),

Dr. Shack is concerned not only with the relief of symptoms but with getting at the cause to facilitate change and healing, with the maintenance of good health. Dr. Shack has extensive experience working with artists from many disciplines, including: dance, theatre, film, visual arts, music, and writing. She performed as an independent dancer from 1974-1986 in Canada and the United States, and is sensitive to the specific stresses, and sensibilities of artists.

Dr. Shack was an original representative of the Health Care Practitioners meetings at the inception of the Artists' Health Centre. Very happy to be working with her colleagues at Artists' Health Centre, Dr. Shack is no stranger to collaborative care. She was founding director of Health Focus, an integrated multidisciplinary alternative health care center in downtown Toronto from 1992-2005. She remains committed to this kind of care to ensure a holistic approach to treatment. In her experience over the last 22 years she has seen how modalities enhance each other, maximizing the benefits of care and the achievement of wellness.

To book an appointment with Dr. Shack call the Artists' Health Centre at 416.603.5263

Contact



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Phone: 416.351.0239
Fax: 416.595.0009
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

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.