

Artists' Health Centre Foundation | Update | December 2009

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A look at what's in store for 2010

Our seminar events calendar is well underway for next year with exciting new topics including ***Artists' Work and Well-Being: Make your day job work for you*** with Career Counselor and Transition Coach Anne Carbert, and ***Meal Planning On the Go: Informed decisions and healthy choices*** with Registered Holistic Nutritionist Ana Alexandre. We will also be offering a more advanced, and in depth look at past presentations such as ***Upper Body Care for Artists*** with Ginette Hamel and Dr. Jean-Jacques Dugoua and ***Managing Stress for Health and Wellness*** with Dr. Anita Shack. Registration for these sessions will begin after the holidays. Please check our website after January 3rd for pre-registration dates and details.

We wish everyone a happy and healthy break, and look forward to seeing you in the New Year!!

Conditioning for dancers and musicians with Ginette Hamel

January 8, 22, February 5, 19, March 5, 2010 in the studio space at the Artists Health Centre (399 Bathurst Street, Toronto Western Hospital).

For dancers and dance teachers - This 5 session program will cover: Deep core exercises for lower back, stretching for lower legs and hips, self massage for lower body, balance exercises and basic anatomy. This program will also include technique correction: Standing on one leg and plié, increased turnout, relevé, foot pointing, extension and overall review.

Time: 10:00am to 11:30am

For musicians, artists and arts educators - This 5 session program will cover: Deep core exercises for lower back and neck, stretches for back, hips and upper body, self massage for upper body, strengthening for upper body, basic anatomy, work position awareness, instruments and tools holding correction, planning for busy and not so busy working time, and review of techniques.

Time: 12:00pm to 1:30pm

As space is limited, pre-registration is required for these sessions. For fee and registration information please contact Rita at the Artists' Health Centre at 416.603.5263

Visit www.ahcf.ca/staff.html for more information about Ginette.

Coping with stress and anxiety as an artist

Mindfulness Based Stress Reduction (MBSR) for artists is an 8-week program for coping with stress and anxiety. In addition to the stressors of every day life, an artist may face some very unique pressures. The external demands of promoting one's work, facing critique, auditioning, and financial pressures are sources of stress and worry. Aging, injury and illness may decrease or limit an artist's ability to work, and you may begin to doubt your worth or the value of your creative work. Anxiety, depression, and addictive behaviour can be end products of chronic stress, or may add to the difficulties the artist is facing. This program runs on a regular basis 2-3 times a year at The AI and Malka Green Artists' Health Centre at the Toronto Western Hospital. If you are interested please call the Artists' Health Centre at **416.603.5263** to be put on the waiting list, or visit our website at www.ahcf.ca/mindful.html for more information.

Toronto's oldest charity supports AHCF

Toronto's St. George's Society, founded in 1834, has been a supporter of the Artists' Health Centre Foundation's Education and Outreach Program for the past two years, donating a total of \$7,500 in funding to help us provide resources to the artists' community. Since 1996, the Society's annual Red Rose Ball has raised funds for a variety of charitable organizations in the Toronto area, and the AHCF is delighted to be one of the current beneficiaries of the society's generosity. Our thanks and appreciation goes to the Society, their members and supporters! To learn more about the St. George's Society and their activities, visit their web site at www.stgeorges.to

The Doctor is in! *Introducing...*



Ginette Hamel (*BSc PT, Diploma in Sports Physiotherapy, Certified Mat Stott® Pilates Instructor*) is a physiotherapist with more than 23 years experience who has treated dancers, actors and musicians of all types in the clinic setting, backstage, and on movie sets. She has been working with the Artists' Health Centre since it opened in 2002. For the past nine years, she has been one of the few physiotherapists worldwide working almost exclusively with ballet dancers and over the past five years has also developed a specialty in the treatment of musicians. To book an appointment with Ginette call the Artists' Health Centre at **416.603.5263**

Contact



Artists' Health Centre Foundation
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.