

## Artists' Health Centre Foundation | Update | February 2010

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### A new year...a new look!

We are pleased to announce the unveiling of our new website. Designed to help you navigate our services faster and more efficiently, this new layout offers an events calendar on every page for a quick peak at what's ahead for both the Foundation and the Artists' Health Centre. A complete summary of events, and a list of the names and contact information for all current and past guest speakers is now available for you to access in one place. Also - make sure to check out our resources page for links to other arts service organizations. Please visit [www.ahcf.ca](http://www.ahcf.ca) and enjoy!

### Repeat clinic addressing upper body care

Back by popular demand! On **Monday March 8, 2010** Physiotherapist Ginette Hamel and Naturopathic Doctor Jean-Jacques Dugoua will present ***Upper Body Care for Artists***. Registration is now open for this session focusing on repetitive strain, arthritis, frozen shoulder, carpal tunnel and the relationship between the neck and upper body injuries. A small group format encourages participants to discuss specific injuries and participate in stretches and exercises while learning about treatment options and managing ongoing issues.

**Dr. Jean-Jacques Dugoua** is a licensed naturopathic doctor and the first ND to practice at the Toronto Western Hospital as well as the Artists' Health Centre, where he practices naturopathic medicine, clinical nutrition, homeopathy, acupuncture and herbal medicine.

**Ginette Hamel** 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.

**Location:** Artists' Health Centre Foundation (250 The Esplanade, Suite 500)

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

**Pre-registration is required, as space is limited.**

**To register:** **Phone:** 416.351.0239 | **Email:** [info@ahcf.ca](mailto:info@ahcf.ca) | **Fax:** 416.595.0009

Or visit <http://ahcf.ca/upperbody.html> to print off and mail or fax in a registration form.

**Pre-registration is required, as space is limited.**

## Psychology of Performance is back

Madeleine Hallé, performance and sports psychologist with Cirque de Soleil, returns to Toronto in March to present the **Psychology of Performance**. With two dates to choose from, this workshop focuses on the psychological aspects of performance preparation through the use of techniques such as visualization, emotional control and concentration. Participants will take part in exercises and detailed discussions of the many different aspects of these techniques and tools.

**Madeleine Hallé** has twenty years of experience in her field. With extensive graduate training in psychology and kinetics including a doctorate in sports psychology, she is uniquely qualified to discuss and illuminate the psychological aspects of performance. Her work is based on the premise that “performance cannot be reached without a real commitment and specific psychological skills. Those skills must be considered specifically at the beginning and integrated in the real performance as soon as possible in the process of the pursuit of excellence”.

**Dates:** Saturday March 13 **or** Sunday March 14, 2010

**Location:** Artists' Health Centre (Toronto Western Hospital, 399 Bathurst Street)

**Workshop Time:** 10:00 a.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 visit <http://ahcf.ca/psychology.html> to print off and mail or fax in a registration form.

**Pre-registration is required, as space is limited.**

## A healthy approach to meeting deadlines (NEW!)

Discover a healthier way to tackle last minute projects and looming deadlines! On **Monday March 22, 2010** participants will create a personal checklist to use when faced with late nights and long hours. Ergonomic Specialist Jennifer McGillis and Holistic Nutritionist Ana Alexandre will address workstation and environmental challenges, and how to choose nutrient dense snacks to maintain concentration and stamina. This interactive clinic will focus on ergonomic assessments, break schedules and stretches, and natural energy sources.

**Ana Alexandre** is a holistic nutritionist, certified personal trainer and performer. She is a graduate of the Canadian School of Natural Nutrition, 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 that combine nutrition and fitness for a holistic approach to health and wellness.

**Jennifer McGillis** has experience performing physical demands assessments, ergonomic risk identification and re-designing work environments. She has developed effective teaching techniques as a professor of Lifestyle Management at Georgian College, and as a result is a dynamic speaker who specializes in providing informative and interactive ergonomic training sessions.

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

**Pre-registration is required, as space is limited.**

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

Or visit <http://ahcf.ca/allnighter.html> to print off and mail or fax in a registration form.

**Pre-registration is required, as space is limited.**

## Preparing the voice for performance

Speech-Language Pathologist and Voice Coach Lori Holmes will offer an encore presentation of ***Building a Vocal Warm-Up***. This hands-on clinic will run on **Monday April 19** to help performers develop an individual warm-up program. Participants will explore ways to prepare the voice for performance, and through experience, determine the exercises that best suit their needs. Emphasis will be placed on tension release and body awareness, breath, vocal range and sound, and resonance and articulation.

**Lori Holmes** has over 20 years of experience, integrating a solid background in science with practical experience in training the voice. Since 2001 she has had the joy of combining her love of theatre with her love of voice at the Stratford Shakespeare Festival and has since become an integral part of the coaching team. In London, her private practice, WellSpoken, provides expertise in communication and speaking skill enhancement, accent reduction and rehabilitation for injured voices. A dynamic speaker, she provides workshops in voice care and training for various professionals throughout Ontario.

**Location:** Artists' Health Centre Foundation (250 The Esplanade, Suite 500)

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

**Pre-registration is required, as space is limited.**

**To register: Phone:** 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.000

**Pre-registration is required, as space is limited.**

## New dates: Conditioning classes for dancers and musicians

**April 9, 23, May 7, 21, June 4, 2010** in the studio space at the Artists Health Centre (399 Bathurst Street, Toronto Western Hospital).

*For dancers and dance teachers:*

- **Time: 10:00am to 11:30am**

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.

*For musicians, artists and arts educators:*

- **Time: 12:00pm to 1:30pm**

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.

**Fee:** \$125 for 5 sessions, \$35 per drop in. In order to reserve a place in the group, artists must pay for the full series in advance.

To register please contact Rita at the Artists' Health Centre at **416.603.5263** or visit [http://ahcf.ca/conditioning\\_dance.html](http://ahcf.ca/conditioning_dance.html) or [http://ahcf.ca/conditioning\\_music.html](http://ahcf.ca/conditioning_music.html) for more information.

## The Doctor is in! *Introducing...*



### **Nancy Occhipinti, Dip.P.T. MCPA AFCI** PHYSIOTHERAPY

Nancy Occhipinti is a registered Physiotherapist with over 30 years of experience as a professional practice clinician in the Healthcare industry. In 2005, Ms. Occhipinti joined the practitioners at the AHC, bringing her strong clinical reasoning skills to help identify the rehabilitation needs of Performing Artists.

Utilizing treatment techniques such as Manual therapy, Acupuncture, Electrotherapy, biofeedback and therapeutic taping, Ms. Occhipinti is proud to assist Artists in designing individualized treatment plans. Artists' values are incorporated into their treatment programs by integrating creative activities and movement therapies like yoga and Pilates into unique exercise prescriptions.

Committed to life long learning, Ms. Occhipinti has worked in a Paediatric Burn Unit, developed an integrated Hand Program at Toronto East General Hospital and worked in a variety of Rehabilitation and Sport Medicine clinics. Ms. Occhipinti has worked with members of the TSO, COC, National Ballet Orchestra, students and Faculty from U of T, Humber College, OCAD and York Fine Arts programs. Also, her clients have included many members of Independent Music and Dance groups. In addition to the AHC, Ms. Occhipinti works at a Sports Medicine and General injury clinic in downtown Toronto, has previous dance training and is married to a musician.

**To book an appointment with Nancy 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."*

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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

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