

Menu

2017/2018



Starters

20 Years of Excellence

For 20 years, the Artists' Health Alliance has been helping artists of all disciplines access care & education vital to the longevity of their artistic practice and their quality of life. We have grown into Canada's leading organization for artists' health advocacy, education & research.

Beverages

All Workshops Offer

- *Content tailored to artists
- *Holistic approaches to stress
- *Practical tools participants can use immediately
- *Expert facilitators from The AI & Malka Green Artists' Health Centre
- *Q & A Period
- *Feedback Questionnaire

Main

Stress is a Part of Life

This year, our workshops focus on our most in-demand topic: stress management. Stress is a mental & physical health issue as well as an expected & necessary part of life. Workshops empower artists of all levels with the knowledge & tools necessary to practice & study their art while having a healthy relationship with stress.

Dessert

Booking a Workshop

Full details are available at artistshealth.com/aha/workshops. Fill out a Workshop Request Form, call us at (416) 351-0239 or email us at admin@artistshealth.com. The Alliance is able to subsidize a limited number of workshops for the 17/18 Season so book early to ensure a spot in this popular program.

Antidotes to Overwhelm

Facilitator: Dr. Anita Shack, Chiropractor

Feeling overwhelmed is a particular aspect of stress. In this workshop, gain perspectives, tools and techniques to help overcome this specific stress experience.

Complementary Care

Facilitator: Leisa Bellmore, Shiatsu Therapist

Come away from this workshop with a range of stress management strategies in your back pocket, including Shiatsu Therapy.
Optional Focus: Fighting Fatigue, Sleep Aid

Medicine Wheel Teachings

Facilitator: Dr. Anita Shack, Chiropractor

Medicine Wheel Teachings offer wisdoms needed to learn how to choreograph your energy to live a balanced life and transform stress.

Mind-Body Medicine

Facilitator: Dr. Chase McMurren, Psychotherapist

Cultivate a better understanding of how our body, mind and spirit are intimately connected and learn hands-on techniques to enhance your health day-to-day.

Naturopathic Medicine

Facilitator: Dr. JJ Dugoua, Naturopathic Doctor

Coming Soon! Ask us for details.

Nutrition

Facilitator: Nishta Saxena, Registered Dietitian

Learn about stress-reducing foods, identify problematic eating patterns and get easy & low-cost meal prep tips.
Optional Focus: Nourishing the Dancer

Physical Conditioning

Facilitator: Vicki Hawkins, Physiotherapist

Discover how body movement is crucial to managing stress and how to establish a safe and successful physical conditioning routine. Learn from a **GYROKINESIS®** certified trainer.
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Self-Care

Facilitator: Susannah McGeachy, Nurse Practitioner

Set a strong foundation for daily self-care with tips and techniques for diet, exercise, injury prevention and rest. Participate in a facilitated discussion on self-care challenges and triumphs.