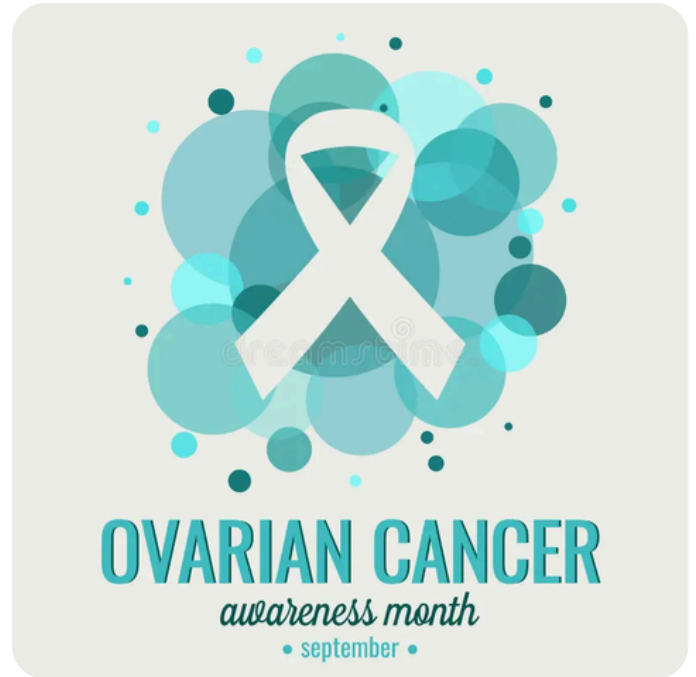




# Adolescent and Young Adult Program

## AYA Newsletter



## PROMO CODE



**Use Code: AYA15 to get 15% off your  
next GuessWhere Trip**

# CALENDAR



Adolescent and  
Young Adult Program

# SEPTEMBER 2024



TUESDAY 10

AYA CANCER  
MEET UP



THURSDAY 12

AYA YOGA



WEDNESDAY 18

AYA BOOK CLUB



THURSDAY 19

AYA ART  
THERAPY



FRIDAY 20

NUTRITION & CANCER  
WEBINAR



THURSDAY 26

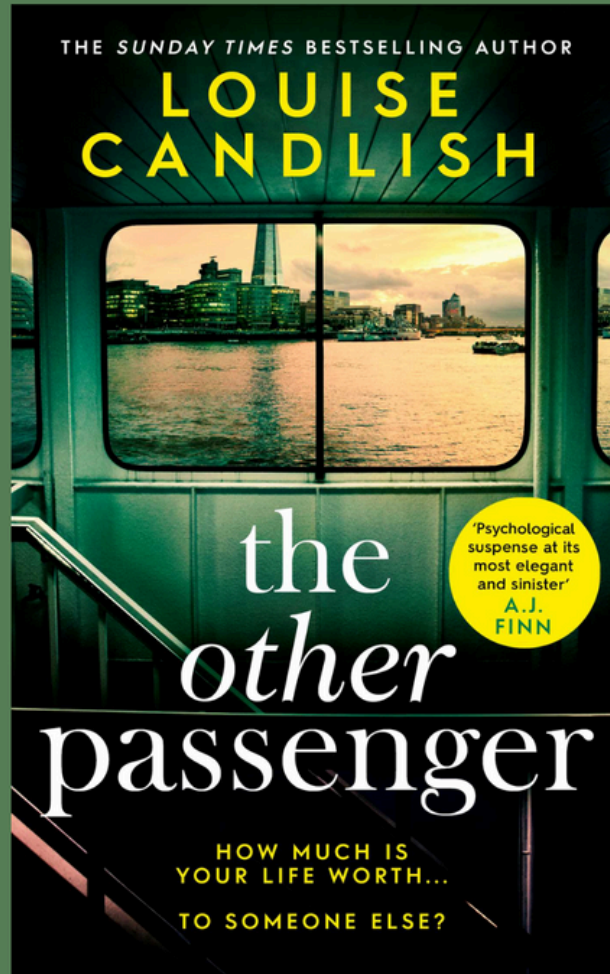
AYA CANCER  
MEET UP



# BOOK CLUB

AYA BOOK CLUB READ

September



SUCKER-  
PUNCH  
TWIST

TWISTY THRILLER

MUST READ

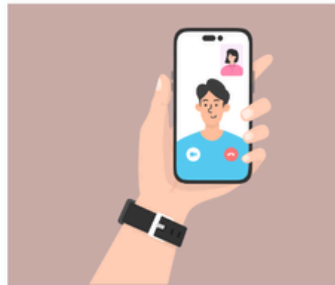
DATE: SEPTEMBER 18TH @ 6PM

# Monthly Meet-Up



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP



TUESDAY SEPTEMBER 10TH 6-7:30PM  
THURSDAY SEPTEMBER 26TH 6-7:30PM

MICROSOFT TEAMS

# EXCEL: Exercise for Cancer to Enhance Living Well (online and in person, FREE)

## What is EXCEL?

EXCEL is a Canada-wide research study that offers FREE, 12-week exercise classes. Classes are 2x per week for one hour, online through a secure video-conferencing platform, and where possible, in-person. An IN-PERSON class can run in any location pending enough interest.

## Who is EXCEL for?

EXCEL is for anyone with a cancer diagnosis without access to an exercise program. Participants can be pre-treatment, on treatment, or post-treatment. Instructors are specifically trained to work with individuals with cancer.

A new round of exercise classes will begin the week of September 16, 2024. Registration is now open! We have morning and afternoon classes.

For more information, or to register, please contact [excel.ontario@utoronto.ca](mailto:excel.ontario@utoronto.ca) or visit <https://kinesiology.ucalgary.ca/labs/health-and-wellness/research/research-studies/exercise-cancer-enhance-living-well-excel>.

## What is EXCEL?

In this video, learn what the EXCEL program is all about. Watch now!



## Participants

### About the program:

The EXCEL Study provides a free 8-12-week exercise program, for people undergoing or recovering from cancer treatment, living in rural and remote regions across Canada. This evidence-based program is taught by fitness professionals trained in exercise oncology.

Classes are delivered online through a secure video-conferencing platform. Where possible, the programs are in-person. These group classes run for 60 minutes, twice a week for 8-12 weeks. They are offered three times a year: January, April, and September.

The programs focus on:

- cardiovascular
- resistance training
- balance
- stretching

In addition to the exercise program, instructors review education topics on behaviour change and provide you with tools to continue staying active, even after the classes end.

# CARE & CONNECT

## A Patient Navigation Program

(formerly Healing Beyond the Body)

### Care & Connect Volunteers provide:



#### Support

We listen to your questions, concerns, and anything you want to talk about



#### Information

We help you access reliable information and answers to practical problems



#### Navigation

We can connect you to a range of hospital resources and help you prepare for appointments

1:1 phone & video connections with trained volunteers

Offered in 20+ languages, up to 6 months

Available to all patients and their circle of support

### Connect with a Volunteer!



416-946-2000 ext 3311



[care.connect@uhn.ca](mailto:care.connect@uhn.ca)

Phone/email us your full name, MRN (medical record number), and phone number





# TEDDY BEAR

EMPOWER KIDS THROUGH  
MEDICAL PLAY AND EDUCATION

# CLINIC



**SUN SEPT 15**

**10 AM - 1 PM**

**SUNNYBROOK**

**WELLSPRING WESTERKIRK HOUSE**

**RSVP BY FRI SEPT 6**

**GIVE YOUR FAVOURITE PLUSH FRIEND\* FOR A  
MEDICAL CHECK UP**

\*TEDDY BEAR DONATED IF CHILD DOES NOT HAVE ONE  
SEE LINK FOR ACTIVITIES

• **FOR BREAST CANCER PATIENTS AND THEIR YOUNG CHILDREN**

CHILDREN LEARN, AND EXPRESS THEMSELVES THROUGH PLAY, SO PLAYING DOCTOR IS A POWERFUL TOOL TO NORMALIZE A MEDICAL EXPERIENCE AND HELP THEM PRACTICE THE COPING SKILLS THEY NEED DURING MOM'S CANCER TREATMENT.

**RECOMMENDED  
AGE 2-12 YEARS**  
PARENTS / GUARDIANS MUST  
BE PRESENT  
REFRESHMENTS PROVIDED  
PARKING VOUCHER  
AVAILABLE





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### *Amplifying Survivorship: Your Mixtape for Connection and Community*

Registration for our 5th annual YA Cancer Gabfest will be opening on August 19th! Trust us when we say that you won't want to miss this year!

Beginning on December 9th, we invite you to a [week of interactive survivorship crash courses](#) for facing cancer, to share, explore, and learn as we interact together around the common paths of young adult cancer.

YA Cancer Gabfest is open to:

- young adult cancer patients
- survivors
- caregivers
- co-survivors
- family members and loved ones
- healthcare providers
- nonprofit professionals
- and more!

If you're affected by or work in the field of young adult cancer, this event is for you!



# GETAWAY EXPEDITION



For youth living with cancer or recently in remission



4 DAYS OF  
VOYAGEUR CANOE

POISSON BLANC  
LAKE

OUTAOUAIS, QC

SEPTEMBER 19 TO 22 2024

FOR 30-39 YEARS OLD

OCTOBER 5 TO 8 2024

FOR 14-18 YEARS OLD

PRESENTED BY



*" This expedition was life changing and improved my mental health and my outlook on my life/diagnosis. It brought me a bigger appreciation for life and the wilderness. It also brought me a feeling of accomplishment: I realized I was able to experience something a lot of other people in my situation haven't experienced. I'm glad I was able to come before my treatment. Even if it doesn't work out, I went on the trip of a lifetime. "*

- Mohamad E.A., Getaway 2023

TO [WWW.TIPOFTOES.COM](http://WWW.TIPOFTOES.COM)  
APPLY [OU.INFO@TIPOFTOES.COM](mailto:OU.INFO@TIPOFTOES.COM)

