

SHOW GUIDE

Living WELL

CANCER CARE & PREVENTION SHOW



- ▶ Receive free health assessments
- ▶ Learn the latest research
- ▶ Explore art therapy, nutrition and exercise demos
- ▶ Hear from experts on hot topics! Mammography, GMOs and environmental toxins

Enjoy musical entertainment
by

BABES  BREASTS

SUNDAY, SEPTEMBER 21, 2014
10:00 AM - 4:00 PM

RA CENTRE
2451 RIVERSIDE DRIVE, OTTAWA

EXHIBITORS, SPEAKERS & HEALTHY LIFESTYLE DEMONSTRATIONS!
PRESENTED BY

OICC
OTTAWA INTEGRATIVE
CANCER CENTRE



CCIO
CENTRE DE CANCÉROLOGIE
INTÉGRATIVE D'OTTAWA

Ottawa Woman
publishing

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EXPERT SPEAKER SERIES: LATEST RESEARCH & HOT TOPICS!

Clark Hall, Main Stage



- 10:30 – 11:00 AM** **Avoiding GMOs and Chemicals in Your Food and Daily Life**
Dr. Meg Sears, PhD, Senior Clinical Research Associate, Ottawa Hospital Research Institute
- 11:15 – 11:45 AM** **Obstacles to Health: Protecting Yourself from Environmental Toxins**
Nelson Narciso, DNM, Director of Education, Progressive Nutritional Therapies & Body Plus
- 1:00 – 1:45 PM** **Integrative Medicine in the 21st Century for Cancer Care & Prevention**
John Kelly, Chair of Community Advisory Board, Ottawa Integrative Cancer Centre (OICC)
Dr. Dugald Seely, ND, FABNO, Founder & Executive Director, OICC
Dr. Craig Herrington, ND, Clinic Standards Officer, OICC
- 2:00 – 2:30 PM** **Why Screening Mammography Makes a Difference!**
Dr. Jean M. Seely, MD, FRCPC, Head of Breast Imaging, The Ottawa Hospital,
Department of Diagnostic Imaging
- 2:45 – 3:15 PM** **Cancer Care for the Whole Person: Ensuring Psychological, Social & Rehabilitation Needs Are Met**
Diane Manii, MSW, RSW, Clinical Manager & Regional Lead,
Psychosocial Oncology Program, The Ottawa Hospital Cancer Centre
- 3:30 – 3:45 PM** **From Pesticides to Organics: The Story of The Green Beaver Company**
Alain Menard, CEO & Co-Founder, The Green Beaver Company

SPECIAL GUESTS *Clark Hall, Main Stage*



- 12:00 – 12:30 PM** **What it Means to be an Aboriginal Elder and the Teachings of the Medicine Wheel**
Annie (Kishkwanakwad) Smith St-Georges,
Algonquin Elder

- 12:30 – 1:00 PM** **Babes4Breasts Musical Entertainment**
Lynne Hanson and Jill Zmud

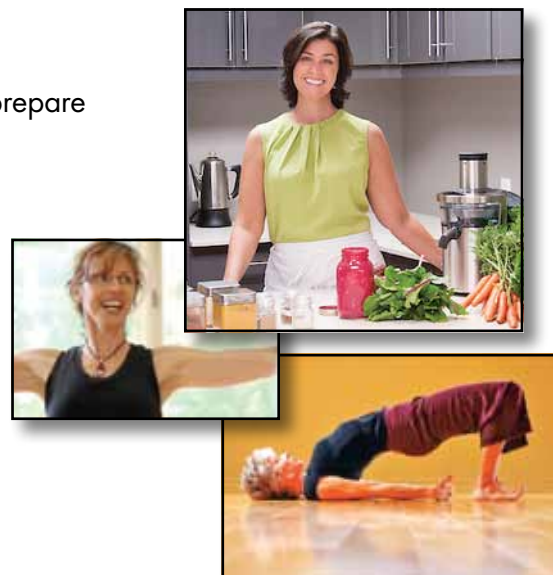


BABES  BREASTS

HEALTHY LIFESTYLE DEMONSTRATIONS

Canada Hall, Main Stage

- 11:00 - 11:30 AM Nutrition with Kylie Delfino, OICC Registered Holistic Nutritionist**
Learn about anti-cancer foods and how to easily prepare healthy meals.
- 12:30 - 1:00 PM Exercise with Guylaine Perreault, OICC Exercise Therapist**
Feel good with a short exercise demo to release tension, gain flexibility and enhance cardio.
- 1:30 - 2:00 PM Yoga with Anne Pitman, OICC Yoga Therapist**
Relax and let go!
- 2:30 - 3:00 PM Nutrition with Kylie Delfino, OICC Registered Holistic Nutritionist**
Learn about anti-cancer foods and how to easily prepare healthy meals.



REFLEXOLOGY & CHAIR MASSAGE THERAPY

Booth #34, Canada Hall

Drop by for complimentary sessions with OICC's Kymberli Ker, Registered Canadian Reflexology Therapist and Janet Penny, Registered Massage Therapist.

ART THERAPY WORKSHOPS FOR ADULTS & KIDS

Booth #21, Canada Hall



Be guided by Jennifer's Flying Colours through the creation of a unique and beautiful 5x7 watercolour greeting card. Experience self-expression in a relaxed and positive atmosphere and connect with others. No previous watercolour experience is needed!

Workshops at 10:30 & 11:30AM, 12:30, 1:30 & 2:30 PM

Jennifer facilitates the "Smiling Siblings Watercolour Workshop", a local support group for brothers and sisters of children with cancer. The children call it the "ooo la la class."

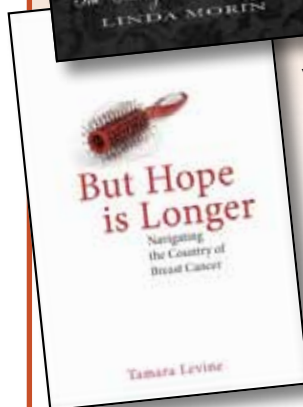
LOCAL AUTHORS' BOOK SIGNINGS

Booth #39, Front Lobby



Linda Morin author of *The Courage to Look Beyond*
Learn how a woman can accept herself with or without breasts.

Tamara Levine author of *But Hope is Longer*
A survivor's account of how she straddled the worlds of mainstream and complementary medicine, and the team that helped her.



Book Signings:

Linda 10:30 - 11:00 AM,
2:00 - 3:00 PM
Tamara 11:00 AM - 12:00 PM,
1:00 - 2:00 PM

EXHIBITOR BOOTHS

Clark Hall

1. Babes4Breasts
2. Breast Cancer Action / Be the Choice
3. Kelly's Boutique Inc.
4. Bruyère Continuing Care
5. Rainbow Foods
6. Watson's Pharmacy & Compounding Centre
7. Bayshore Home Health Care
8. Ottawa Regional Cancer Foundation
9. Rethink Breast Cancer
10. OICC – Mini Health Assessments
11. Canadian Breast Cancer Network
12. Young Adult Cancer Canada / LSGO
13. Advanced Orthomolecular Research (AOR)
14. Champlain Regional Cancer Program
15. Nurse on Board
16. Psychosocial Oncology Program of The Ottawa Hospital Cancer Centre
17. Ovarian Cancer Canada
18. Canadian Cancer Society

Canada Hall

19. SaunaRay
20. Bee Real Products
21. Art Therapy Workshops with Jennifer's Flying Colours
22. Natural Food Pantry
23. CertiCare Medical Garments Inc.
24. Comfort Keepers
25. Progressive Nutritional Therapies & Body Plus
26. Look Beyond Mastectomy Boutique & Wellness Centre
27. Pure Heart Shiatsu
28. Hospice Care Ottawa (Maycourt)
29. Prevent Cancer Now / Dr. John Molot
30. Haley Rehab
31. GoodLife Fitness
32. Lise St-Denis Pharmacy & Wellness Centre
33. Ottawa and Area Reflexology Association
34. Reflexology and Chair Massage Therapy
35. The Green Beaver Company

Front Lobby

36. Canadian College of Naturopathic Medicine
37. Ottawa Woman Publishing
38. Ottawa Integrative Cancer Centre (OICC)
39. Authors' Book Signings
40. Music Therapy/Birthingwing

FREE MINI HEALTH ASSESSMENTS

Booth #10, Clark Hall

Visit the Ottawa Integrative Cancer Centre (OICC) booth in Clark Hall for a complimentary health assessment from OICC health care professionals. Complete a mini health questionnaire, including on-the-spot measurements. Receive guidance on how to reduce stress, eat well, implement exercise and change habits.



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www.oicc.ca

\$10 TICKETS!
At the door or at
oicc.ca/tickets