

# Newsletter

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## What's in a name?

Welcome to the newly branded Physical Activity and Cancer (PAC) Lab. Many of you are already familiar with ACCESS (Activating Cancer Communities for an Exercise Strategy), however as our research and exercise

programming continues to grow, we have rebranded our lab name to better reflect our short and long-term goals.

## What is the PAC Lab?

Under the direction of NSHA Affiliated Scientists, Drs. Melanie Keats and Scott Grandy (Dalhousie University), the Physical Activity and Cancer Lab is dedicated to improving the lives of those living with and impacted by a cancer diagnosis through movement-based interventions. The PAC Lab is the result of 13+ years of planning, research and collaborations with research scientists, cancer care clinicians, and the Nova Scotia Health Cancer Care Program.

## Our Goals

To develop, implement, and evaluate the impact of exercise and physical activity programming for persons living with and affected by a cancer diagnosis. Our ultimate goal is to implement physical activity and exercise programming as a standard of care for all those diagnosed with and impacted by a cancer diagnosis.

## Meet the PAC Team

Over the next few months we will be profiling members of our research team and several of our Exercise Champions.



In launching our inaugural issue, we want to introduce you to **Ms. Joy Chiekwe**. Joy is a **Clinical Exercise Physiologist** who has been developing and directing individualized exercise programming for persons with a chronic disease for 5 years. Joy joined our team 2½ years ago and has recently returned to Dalhousie to complete her masters degree in Kinesiology.

## Monthly Newsletter

Stay tuned for our monthly newsletters and details on our ongoing programs of research and opportunities for those living with and affected by a cancer diagnosis to become a PAC Champion. Although COVID has changed how we are currently delivering our exercise programs, we have made the necessary adjustments to ensure that our programs are still available.

For more information on any of our research or ongoing studies within the PAC Lab please contact Dr. Melanie Keats at [melanie.keats@dal.ca](mailto:melanie.keats@dal.ca) or Dr. Scott Grandy at [grandy@dal.ca](mailto:grandy@dal.ca).