

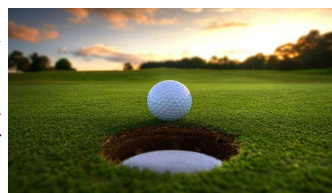
# Newsletter

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## ACCESS Charity Golf Tournament & Fundraising

Although our research funding is coming to an end, we believe that all those living with or affected by a cancer diagnosis should be provided with access and opportunities to participate in safe and effective research-based exercise programming. Our lab is planning our inaugural ACCESS charity golf tournament in Halifax in the fall. All proceeds will be used to maintain the ACCESS program at zero cost for participants. As we continue to plan for this tournament, the Principal



Investigator, Dr. Melanie Keats, has set up a fundraising page through the QE2 Foundation. She openly shares how physical activity has played a significant role in her own cancer journey.

You can read Dr. Keats' story and access our fundraising page here: [ACCESS QE2 Fundraising Page](#). Stay tuned for the official date and venue of the golf tournament!

## Upcoming Programs

**YMCA JWL Partnership:** We are very excited to be collaborating with the JWL YMCA in Halifax. JWL will be hosting our ACCESS program out of their facility. This 12-week program is open to individuals living with cancer. The program cost is \$100 and includes a one-month full access membership to the YMCA at the conclusion of the 12-week program.



**RESISTance exercise for brain cancer:** Glioblastoma patients are a largely underrepresented population in the exercise literature. Our goal is to expand and explore the role of a tailored circuit-based resistance training program for glioblastoma patients on active treatment.

For more information on our exercise programs visit [www.thepaclab.com](http://www.thepaclab.com)

## Meet our Team: Olaide



Olaide is a first year MSc student in Kinesiology at Dal. Her previous research focused mainly on chemo-brain side-effect associated with Cisplatin (a cancer treatment known to have side effects of short memory and forgetfulness). Given her quest for knowledge about managing the side effects of cancer treatments, she began to focus on disease progression and prevention using physical and exercise therapy. She is driven by a passionate curiosity to understand the effects of physical exercise on patient-reported and clinical outcomes in various cancer populations. She hopes that her findings could lead to a better understanding of the mechanisms of action through which exercise may affect symptoms and outcomes. When she's not in the lab, you can find her hanging out with friends and exploring the beautiful nature of Nova Scotia.

## PAC Lab Volunteer Extraordinaire—Deborah Wright

Debbie has over 30 years' experience in health care. As a RN, Critical Care, Emergency Flight Nursing was her passion. She brought her clinical and critical thinking to management/administration roles within Nova Scotia Health's Research and Innovation. Currently she is the Research/Project Manager for Dr Jeremy Brown's research program. In 2012 as NSH's Cardiology Research Manager, she led the development of the research enterprise. In this role, she was fortunate to be part of the beginning of what is now known as the PAC LAB. Having a never-failing desire to support research in the advancement of care for patients and their families, she is proud to continue her relationship and support for the PAC LAB team.



## S.M.A.R.T Goals

Setting a goal can help you track your progress and keep you motivated as you start or maintain your activity journey. When setting goals, whether short or long-term you will want to remember the acronym S.M.A.R.T which stands for Specific, Measurable, Attainable, Relevant and Realistic, Timely and Together. A S.M.A.R.T goal for someone who wants to walk more may look like: 'I want to be walking 3 times a week for 30 minutes with my partner by the end of March'.

How can you make your goals S.M.A.R.T?

