

Newsletter

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YMCA JWL Partnership

The ACCESS program is excited to announce that we have partnered with the JWL YMCA! The JWL YMCA is now providing a 12-week exercise program specifically tailored to people living with cancer in the HRM. The program runs twice a week (Wednesday & Friday) starting at 11:45am with rolling intake so you can sign up at any time! The program costs \$100 and includes a 1-month full access membership after the program! E-mail the Lab (ExCancer@nshealth.ca) for more information!

PAC Lab Research Spotlight — Caring for Caregivers

We are currently trying to connect with informal cancer caregivers in Nova Scotia to learn about their health, caregiving demand, and physical activity behaviours. We are also working to better understand their views regarding participating in exercise programs with their care recipients. If you or someone you know provides uncompensated care for a person living with a cancer diagnosis you can help us by completing a short online questionnaire.

Informal cancer caregivers have been shown to experience several physical, emotional, and social consequences leading to a reduced quality of life, an increased risk of all-cause mortality, and a reduced capacity to care for their loved ones. We would like to learn about the experience of informal cancer caregivers in Nova Scotia and find ways to support their emotional and physical well-being.

Contact Thomas.Christensen@nshealth.ca for more information or to share your experience.



For more information on any of our research or exercise programs visit our website at www.thepaclab.com or email us at: Excancer@nshealth.ca

Meet our Team — Jon



Jonathan is a part of the EXCEL group exercise classes and is in his last year of his Kinesiology Undergrad at Dalhousie where he is working on developing exercise programs for individuals undergoing cancer treatment. Originally from Calgary, he is passionate about the outdoors and taking advantage of the wide open spaces the Rockies have to offer. Jonathan has been involved with Dalhousie's Varsity swim team as an athlete, and with Dalhousie's club football team as a team trainer. He believes that exercise is for everyone and is driven to help as many people as possible find their healthy, active lifestyle.

PAC Lab Wellness Champion — Jennifer McNutt

Jennifer is the owner of StudioFit in Truro where she is running in-person EXCEL Classes

I have been a personal trainer for 14 years! I have worked with all ages; the oldest client I ever had was in his nineties. I believe age is just a number and it is all about movement. One step at a time and a little determination. I love showing people what they are capable of achieving.

Fun Facts:

- As a teenager/kid I was overweight and had little interest in fitness; my passion grew while working around some inspiring people.
- I originally went to school for fashion design/merchandising and marketing.
- I am a very creative person and I believe that helps with my career in personal training. I am always coming up with new ways to do exercises. It is never boring!
- My true passion is kickboxing and teaching others to love it as well. I have taught all ages from 4 to 90 years how to punch.



Save the Date! — Friday, September 16, 2022

The PAC Lab Charity Golf Tournament in partnership with the QEII foundation
in support of the ACCESS program

Teams of 6 - Green Fees and Lunch Included - Shotgun Start - Granite Springs Golf Club
Sponsorship and donation opportunities available — contact ExCancer@nshealth.ca