

Head Start Program for Women Diagnosed with Breast Cancer



SARAH YOUNG

The Ottawa Integrative Cancer Centre (OICC) and Babes4Breasts have come together to launch the innovative Babes4Breasts Head Start Program for women recently diagnosed with breast cancer. This program will provide women with additional resources to fight breast cancer and it will be launched this fall with the proceeds from the 8th Annual

Babes4Breasts Benefit Concert.

The OICC is a nonprofit, regional centre of the Canadian College of Naturopathic Medicine, serving those with cancer or those looking to prevent cancer. The OICC provides holistic care to maintain good health and works with patients and physicians to provide therapeutic programs that promote health and healing during and after conventional treatments. Through clinical practice, research and education, the OICC strives to assess and reduce the possible causes of cancer while exploring innovative integrative treatment approaches.

Babes4Breasts (B4B) is a group of Canadian recording artists who have come together to fight breast cancer through music. Their mission is to use the power of music to raise funds and awareness for breast cancer prevention, education, and support using conventional and integrative strategies. Since 2007, B4B has donated over \$100,000 to a variety of breast cancer charities. This year, the proceeds will go towards funding the OICC's newly established Head Start Program.

THE HEAD START PROGRAM

The Babes4Breasts Head Start Program will help women with breast cancer understand the range of issues so often poorly addressed when first diagnosed. They will understand the options available for better health and help reduce the confusion and aloneness that surrounds such a diagnosis.

The Head Start Program will help participants learn what resources exist in the community, how to make the right decisions for themselves, and how to become their own best advocate. They will be given the tools to take better control of their health.

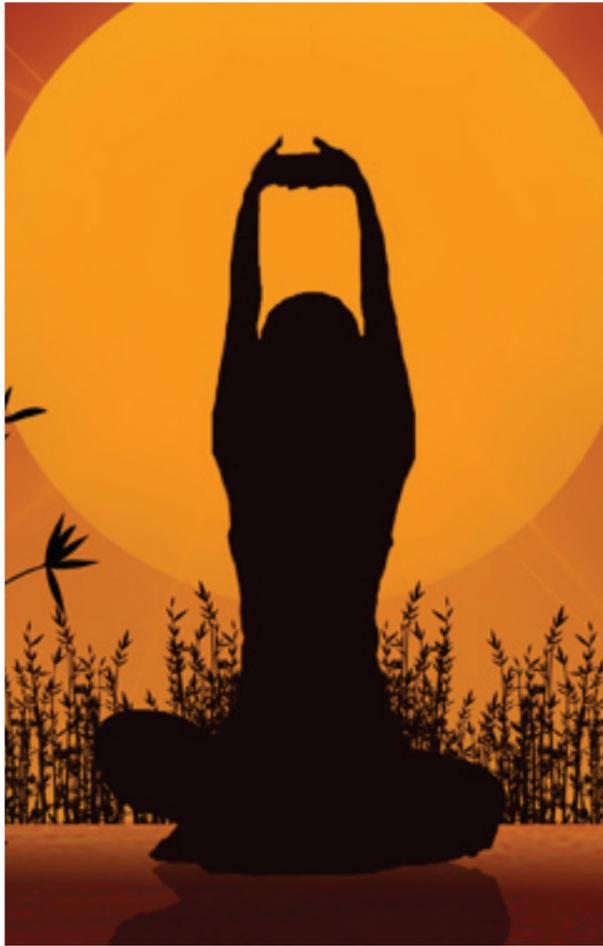
In subsequent sessions participants learn about the proactive options for health available including an in depth understanding of the role of nutrition, natural health products, exercise, mind body techniques, stress management, and lifestyle modifications in coping with and fighting breast cancer.

Mind-body work techniques such as visualization, yoga and breath work help participants develop positive health habits that will assist each woman physically, emotionally and mentally.

Important discussions around health and healing will teach participants how to cope with aspects of their life that may shift as a result of a cancer diagnosis and how they can gain additional support and care.

Each participant is referred to a lead naturopathic doctor within the OICC at the start of the program so that they can each follow a personal naturopathic treatment plan that will physically prepare them for upcoming conventional treatments such as surgery, radiation and chemotherapy.

Participants will be encouraged to drop in for group programs such as exercise, yoga, support and medication classes



held weekly at the OICC, to embrace healthy lifestyle changes and to feel the camaraderie and support from others on a similar path.

The Head Start program is led by a group of therapists skilled in the psychological and physiological effects of cancer and will enable women to achieve better outcomes as they face a new world of hospital appointments and conventional cancer treatments.

USING THE POWER OF MUSIC

The 8th Annual Babes4Breasts Benefit Concert, with the release of 2014 compilation album, will be held on Thursday, October 23rd at Southminster United Church in Ottawa. A wide range of recording artists, including Juno award winners Amanda Rheume and Ana Miura, will join together for an intimate, entertaining fun night of music.

"We are proud to fund the new Babes4Breasts Head Start Program," says Ana Miura, Babes4Breasts Founder. "Through a combination of education, empowerment, and hands-on lifestyle modifications, this program will help ensure better health outcomes in the Ottawa region for those who are diagnosed with breast cancer and facing the biggest challenge of their lifetime." 🎵

*Sarah Young, MA, Dip., ST
Programs and Outreach Coordinator
Ottawa Integrative Cancer Centre
syoung@oicc.ca
www.oicc.ca*



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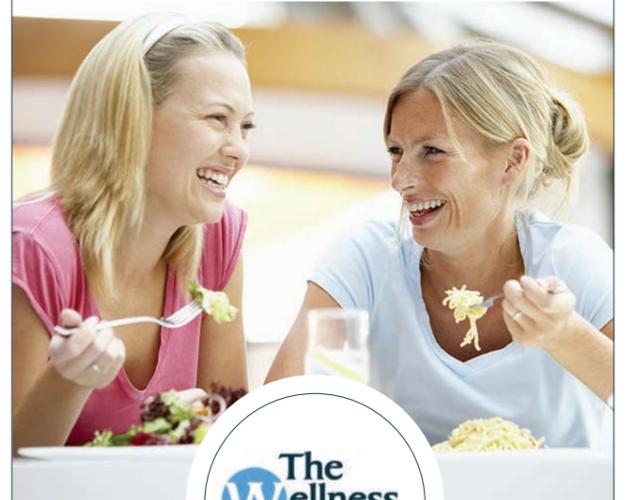
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On a beautiful spring afternoon 1 year ago 2 girlfriends met up after not seeing each other for several years.

They were both very similar.

Both had young kids and were committed to their families and at the same time managed to maintain successful careers. To each other, they seemed to be living the dream life they had always talked about...

But as they chatted the glossy picture began to crumble and both confided that they were **struggling with their health**. They sympathised with *how frustrating it can be to keep trying new things and yet not see the results they wanted*.

Although they had the best intentions to keep in touch, it was actually just last week that they caught up again, and the differences were noticeable.

While one woman was still struggling, still frustrated and still felt like she was spinning her wheels, the other had visibly changed. *She looked healthier, more energetic, more confident and damn! she looked good in that cocktail dress...*

How did she do it?

What did she do to get the healthy body that she had been dreaming about?

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