

HEALTH & WELLNESS LAB

Exercise Oncology Education Week - Schedule

MONDAY, APRIL 26, 2021

Exercise Oncology: Welcome to our "Exercise Oncology Education Week" – 2:30-2:45 PM MST | *S. Nicole Culos-Reed, PhD*

Exercise Oncology Guidelines: From Prescription to Practice – 3:00-3:30 PM MST | *Julia Daun, BKin, MSc, CSEP-CEP*

Yoga for Cancer Survivors and Their Support Persons – 3:30-4:00 PM MST | *Heather Molina, BSc, 1000hrs RYT, Yoga Thrive Certified*

TUESDAY, APRIL 27, 2021

Addressing the Needs of Adolescents and Young Adults Affected by Cancer through Physical Activity – 2:00-2:30 PM MST | *Amanda Wurz, PhD, ACSM-CPT, 200-hr CYT*

Screening, Triage, and Exercise Prescription Considerations for Safe and Effective Cancer Rehabilitation – 3:00-3:30 PM MST | *Lauren Capozzi, MD, PhD, CSEP-CEP*

Exercise Considerations and Modifications with Cancer Treatments – 5:00-6:00 PM MST | *Tanya Williamson, BKin, CSEP-CEP*

WEDNESDAY, APRIL 28, 2021

Building Your Movement Habits: Strategies for Behaviour Change – 2:00-2:30 PM MST | *Manuel (Manny) Ester, PhD Student*

Health Coaching - Building a Positive Motivational Climate – 3:30-4:00 PM MST | *S. Nicole Culos-Reed, PhD and Nicole Struthers, MKin, CSEP-CEP*

Self-Compassion: Living Well with Cancer – 4:00-4:30 PM MST | *Justine Dowd, PhD*

THURSDAY, APRIL 29, 2021

Exercising at Home: Tips and Tricks – 2:00-2:30 PM MST | *Kelsey Ellis, BSc HKIN, MSc Candidate and Delaney Duchek, BAsC, MSc Candidate*

Moving to Online: How to Adapt Exercise Programming to Online Delivery – 3:00-3:30 PM MST | *Nicole Struthers, MKin, CSEP-CEP*

Thrive Centre 101: Foundations, Overview, & Training – 4:00-4:30 PM MST | *Julia Daun, BKin, MSc, and CSEP-CEP, Devin Aggarwal, and Isra Al-Ahdal*

FRIDAY, APRIL 30, 2021

Pediatric Exercise Oncology: Guidelines, Recommendations, and Next Steps – 3:00-3:30 PM MST | *Emma McLaughlin, MSc Candidate, BKinH*

Making it stick – Maintaining an Active Lifestyle – 4:00-4:30 PM MST | *NMax Eisele, BSc in Exercise and Health Physiology, MSc Candidate*

SATURDAY, MAY 1, 2021

Practice: Online Exercise Class – 10:00-10:30 AM MST | *Julia Daun, BKin, MSc, CSEP-CEP and Delaney Duchek, BAsC, MSc Candidate*