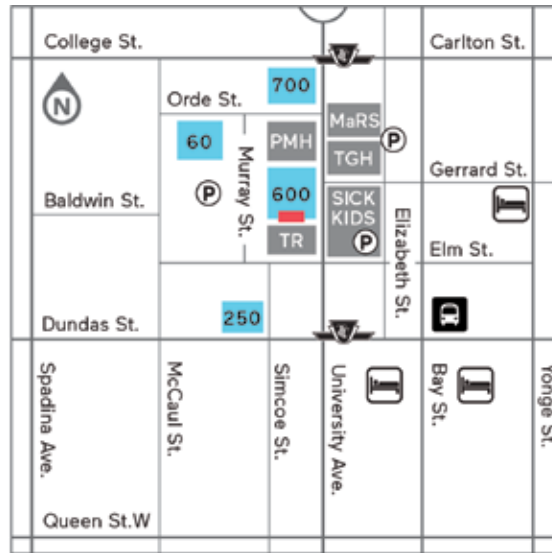




The Hospital is located on the University Subway line and is easily accessible from Queen's Park Station or St. Patrick Station.

Parking

Parking garages are located at the rear of the Hospital on Murray Street.



- TTC subway/streetcar access
- Elizabeth Street Bus Terminal
GO Transit and other carriers;
Union Station is on Front Street
- Parking
- Hotel
- Emergency Department Entrance

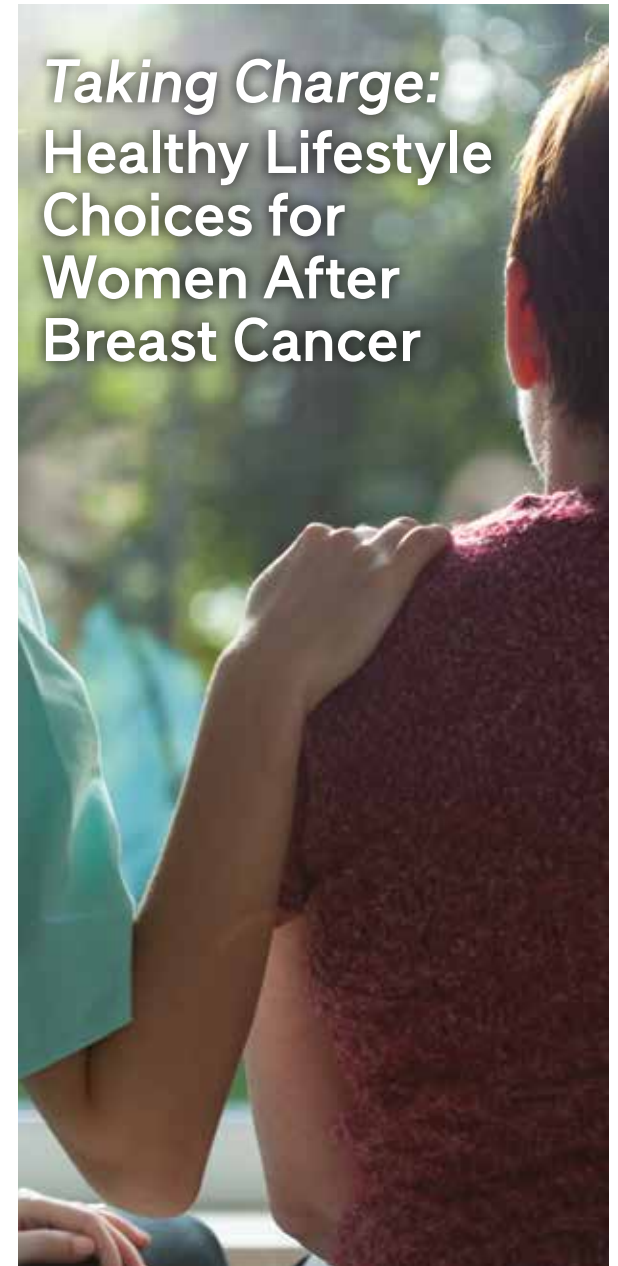
Sinai Health System
Mount Sinai Hospital, Joseph & Wolf Lebovic Health Complex

- 600** 600 University Avenue
Emergency Department Entrance 24-hour Access
- 700** 700 University Avenue
- 60** 60 Murray Street
- 250** Centre for Fertility & Reproductive Health
250 Dundas Street West
(Parking available underground)

Marvelle Koffler Breast Centre

Mount Sinai Hospital
Joseph & Wolf Lebovic Health Complex
600 University Avenue, 12th Floor
Toronto, Ontario M5G 1X5
T 416-586-4800 x 5190
F 416-586-8659
mountsinai.ca

Taking Charge: Healthy Lifestyle Choices for Women After Breast Cancer



For more information or to register, please call Linda Muraca, Nurse Clinician, Taking Charge Program at 416-586-4800 x 5190 (Press four to hear dates and times of the next five sessions program and to register) or visit us online at www.mountsinai.ca/mkbc. Click on Programs and Services.

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Mount Sinai Hospital

Sinai Health System
Joseph & Wolf Lebovic Health Complex

MARVELLE KOFFLER BREAST CENTRE



Are you interested in learning how to make lifestyle choices that can have a positive influence on your overall health?

Once you have finished active treatment (surgery, chemotherapy and/or radiation) please call to sign up for the Taking Charge Program in the Marvelle Koffler Breast Centre (MKBC – Room 1285 D).

The Taking Charge Program is given in a group setting of 7 to 10 women who have been diagnosed with breast cancer. The goal is to assist you with making the best choices for your lifestyle.

Program Overview

Five sessions, each two hours long. The program is given over a 10-week period. There is no charge for this program.

Session 1

- Introduction to group
- Personal lifestyle goals shared
- Moving beyond treatment
- How to cope with the transition after treatment
- What is the current research
- Diet record homework for one week
- Track activity for three days

Session 2

- Collect diet and activity records
- How to safely get the most out of power walking
- A power walking expert demonstrates and takes group outdoors
- Instructional DVD given, plus two walking workouts on a CD that can be downloaded
- Activity record homework for one week

Session 3

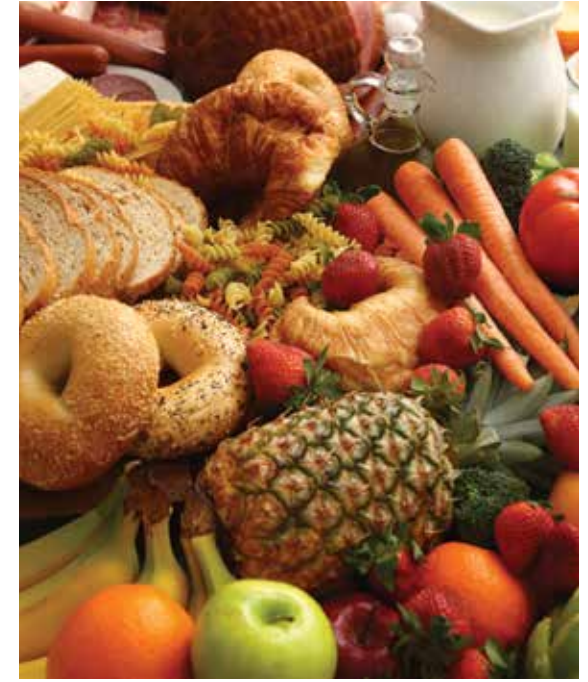
- Collect activity records
- Taking Charge of Nutrition Part I
- Diet records reviewed with suggestions
- Taking Charge of Exercise Part I – Strength exercises with a stretchy band you can keep
- Take home exercise handouts

Session 4

- Taking Charge of Nutrition Part II
- Taking Charge Exercise Part II – Adding in stretching
- Review activity and diet logs
- Individualized suggestions reviewed by dietitian

Session 5

- Individual Taking Charge workout prescription given and reviewed
- Follow up with dietary changes
- Re-visiting initial goals
- Learning to incorporate healthy ways to cook everyday with Chef Jeremy
- Evaluation of program



Commonly asked questions and concerns:

“I have decided to make my health a priority now. Where do I start?”

“What lifestyle choices are important after a diagnosis of breast cancer?”

Comments by women who have taken the program:

“The sessions were informative and useful.”

“I enjoyed sharing with other women and discussing practical topics.”

“There is a lot to learn after breast cancer treatment. It’s not over when it’s over.”

“It provides a great support after treatment is over. Good practical advice.”