



MEDICINE THROUGH MOVEMENT CONFERENCE



**HOW PHYSICAL ACTIVITY IS
CHANGING HEALTH CARE**



April 6, 2019

Delta Ottawa



About the conference

The World Physical Activity Day is celebrated every year on April 6 – come join us in Ottawa as CASEM presents this inaugural, evidence based, full-day symposium on the health benefits of physical activity across a spectrum of chronic diseases.

Our goal, with the help of our specialty medical colleagues, will be to profile through a purely evidence based lens the role exercise/physical activity/movement could play in the prevention, treatment and management of a number of chronic diseases.

For this first conference we are looking at some relatively new areas of research in prescribing activity in oncology, dementia, and mental health, as well as the growing evidence of physical activity benefits in pediatric obesity, OA and cardiac rehab. We will subsequently be developing tools and infographics that physicians can then use to educate their patients.

The development faculty include Dr. Tatiana Jevremovic, Dr. Elisabeth Hobden, Dr. Laura Cruz, and Dr. Jane Thornton. This CASEM conference will be a first of its kind in Canada and we are excited at the opportunity of starting the dialogue as to how physicians can prescribe physical activity as one of the major treatment modalities.

Course Objectives

This course will provide, through an evidence based lens, the rationale for the use of activity and movement as medicine, practical guidance on how to implement and monitor appropriate exercise modalities in clinical practice and what clinical outcomes can be expected when these evidence based, safe and healthy techniques are employed.

Who would benefit from attending this course?

The target audience is the physician, regardless of specialty, who work with patients with chronic diseases – the course will also be of interest to the health care field including Physiotherapists, Sport Chiropractors, Sport Massage Therapists, Occupational Therapists, nurses, psychologists and social workers.

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LOCATION

MTM FACULTY



**TATIANA
JEVREMOVIC**



**LAURA
CRUZ**



**ELISABETH
HOBDEN**



**JANE
THORNTON**

SPEAKERS

The Medicine Through Movement Conference is bringing together a number of speakers to share their work and their personal experience in how physical activity can improve health.



SINDY HOOPER

GUEST SPEAKER
PATIENT ADVOCATE

Sindy Hooper was diagnosed with pancreatic cancer in 2013 but has defied the odds and has continued on to complete a number of triathlons and marathons.



I really like to challenge myself, to push myself, and with everything I've been through, I think it's just a great miracle, first of all, that I'm still alive, and second of all, that I'm healthy enough to be able to do that.

RENATA FRANKOVICH

BECOMING ACTIVE

KUSH JOSHI

MOVING MEDICINE UK

KATHRYN SCHMITZ

ONCOLOGY

SAMIR SINHA

GERIATRICS

**ANDREW PIPE /
JENNIFER REED**

CARDIAC

LAURA CRUZ

OSTEOARTHRITIS

CLAIRE LEBLANC

PEDIATRICS

JANE THORNTON

PATIENT PAMPHLETS

CHRIS RAYNOR

FUNCTIONAL STRENGTH TRAINING

KAREN FLEMING

PREGNANCY

ERIKA PERSSON

BARRE

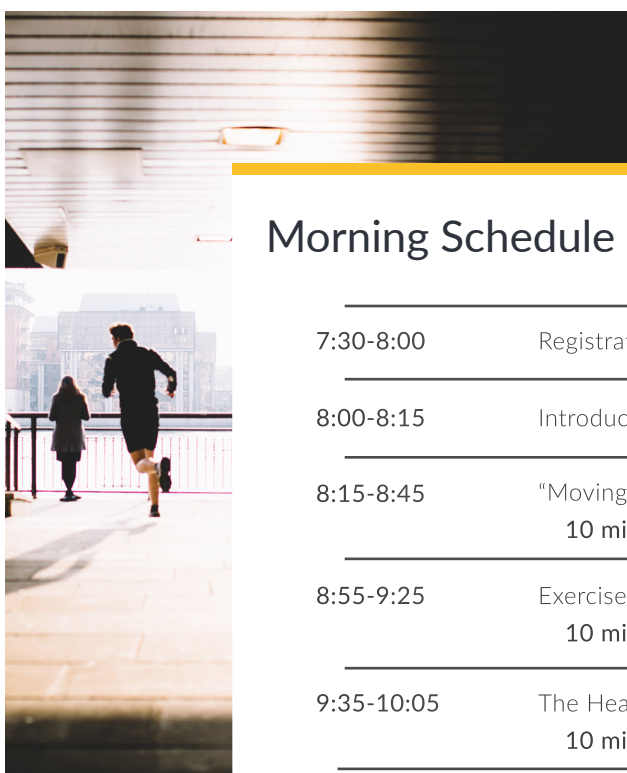
**CAROLINE
GERIN-LAJOIE**

PHYSICIAN WELLNESS

SCHEDULE

Saturday, April 6, 2019 - Ottawa

Delta Ottawa



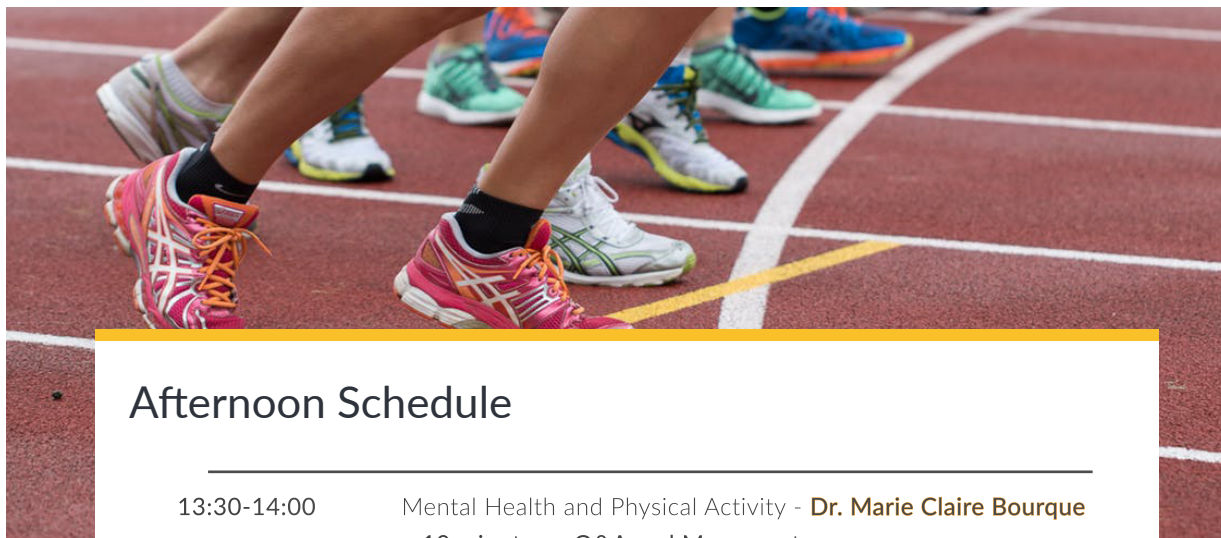
Morning Schedule

7:30-8:00	Registration
8:00-8:15	Introduction and Welcome - Dr. Paul Watson & Dr. Gigi Osler
8:15-8:45	"Moving Medicine" – A UK Model - Dr. Kush Joshi 10 minutes – Q&A and Movement
8:55-9:25	Exercise Guidance after a Cancer Diagnosis - Dr. Kathryn Schmitz 10 minutes – Q&A and Movement
9:35-10:05	The Health Benefits of Staying Active in Old Age - Dr. Samir Sinha 10 minutes – Q&A and Movement
10:15-10:35	Health Break and Poster Presentations
10:35-11:05	"Can I Play? Playing it Safe and Making it Fun"- Dr. Claire Leblanc 10 minutes – Q&A and Movement
11:15-11:50/ 11:55-12:30	Morning Workshops - Two Timeslots / Three Options W1) How to Prescribe Exercise for Patients with Cardiac Issue - - Dr. Andrew Pipe / Jennifer Reed W2) How to Prescribe Exercise for Patients with OA - Dr. Laura Cruz W3) How to Prescribe Exercise for Pregnant Patients - Dr. Karen Fleming
	Lunch and Guest Speaker - Ms. Sindy Hooper Poster Presentations

SCHEDULE CONTINUED

Saturday, April 6, 2019 - Ottawa

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Afternoon Schedule

13:30-14:00	Mental Health and Physical Activity - Dr. Marie Claire Bourque 10 minutes – Q&A and Movement
14:10-14:40	Physician Health and Wellness Dr. Caroline Gérin-Lajoie
14:40-15:00	Health Break and Poster Presentation
15:00-15:25	Afternoon Workshops - Physician Health and Well-Being
15:30-15:55/ 16:00-16:25/	W1) Barre for Beginners - Dr. Erika Persson W2) Functional Strength Training - Dr. Chris Raynor W3) How to Start Getting Active - Dr. Renata Frankovich
16:30-17:00	The power of peer-to-peer healthcare and patient resource co-design - Dr. Jane Thornton
17:00	Closing Remarks

[Register Here!](#)



DELTA OTTAWA



*Join CASEM in the
heart of Canada's
Capital*

Join us at the Delta Hotels by Marriott Ottawa City Centre.

**101 Lyon Street North
Ottawa, Ontario
K1R 5T9 Canada**

[Delta Ottawa Hotel Website](#)

Reservations can be made by calling Marriott reservations directly at 1 (888) 236-2427. Callers must identify themselves as being with Canadian Academy of Sport & Exercise Medicine in order to qualify for the group rate. Conference rate will be honored until March 7.

CONFERENCE ROOM RATE: \$189.00 plus taxes

Deadline for room reservations:
Thursday, March 7, 2019



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