



**The Al & Malka Green
Artists' Health Centre**



UHN Canada's
Hospital

ANNOUNCEMENTS

Online Booking Available for Shiatsu Therapy!

Leisa Bellmore, our licensed shiatsu therapist, is now accepting online booking for her services!!

 **BOOK NOW!**

New Physiotherapist

Linnea Thacker has joined The Artists' Health Centre, and she is offering physiotherapy on Tuesdays between 9 AM and 4 PM!

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This Issue's Contributors:

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UPCOMING WORKSHOP - STAY TUNED!



Finding Safe Sanctuary

Participants will be introduced to the meditation practice of Yoga Nidra, which also involves breathwork practice followed by an arts based activity.

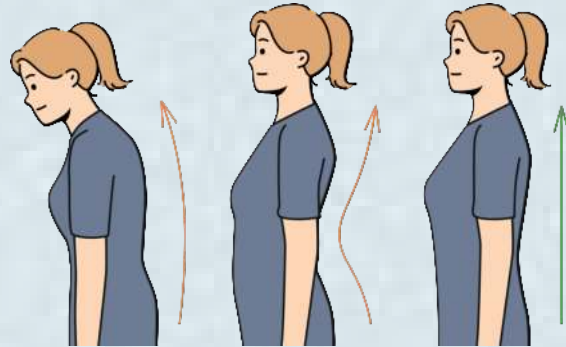
Meet our Facilitators!

Steven Hughes, M.Ed., worked at the Centre for Addiction and Mental Health (CAMH) in Toronto as an Education Specialist for over 35 years. Steven has interests in delivering programs pertaining to the creation of psychologically safer and trauma-informed environments that are characterized by optimal individual and team learning, resilience, and well-being.

Ruth Luginbuehl, MD, DTATI, is an art therapist and artist, with a background in medicine. Her passion is to combine the healing powers of Mindful Meditation and reflective expressive arts and offers art classes and workshops to all ages in schools, other institutions and in her private studio.

- **WHEN?** Thursday, October 16, 2025, 1-4 PM ET
- **WHERE?** Artists' Health Centre

UPCOMING WORKSHOP - REGISTER NOW!



Transforming Tension with the Alexander Technique

Artists turn to the Alexander Technique to ease tension, prevent injury, and support performance and well-being. This workshop offers a fresh look at posture and stress through stories, visuals, and guided exploration.

[SIGN UP HERE](#)

Meet our Facilitator!

Tanya Benard is our ATC-Certified Alexander Technique Teacher at The AHC! She has extensive experience helping people with excess tension, injuries of all kinds, back and neck pain, and stress

- **WHEN?** Wednesday, September 10, 2025, 1:30-3:30 PM ET
- **WHERE?** Artists' Health Centre

MEET OUR NEW PHYSIOTHERAPIST

Linnea Thacker is a physiotherapist who holds a MSc in Physical Therapy and Doctorate in Musical Arts (violin performance). Her therapeutic approach is informed by her training in yoga therapy, and is focused on offering mindful, compassionate, and whole-person care. She has training in pain science, myofascial release (John F. Barnes approach), performing arts healthcare, and in pelvic physiotherapy. **She is seeing patients on Tuesdays from 9 AM to 4 PM!**





Transforming Musicians' Healthcare: A Global Standard.

The Artists' Health Centre is thrilled to partner with Johns Hopkins University to lead a groundbreaking international project to raise the standard of care for musicians! This expert consensus study brings together over 100 leading specialists in musicians' health worldwide to define the essential knowledge, skills and attitudes healthcare professionals need to provide care to musicians. **For the first time, a standardized set of healthcare professional competencies will be established—reshaping how care is delivered to musicians across healthcare settings.** Meet the co-leads of this project (below)!

On July 9, 2025 at the inaugural Global Summit on Occupational Health in Music at Johns Hopkins University (Washington, DC), Drs. Li and Bastepe-Gray, together with other steering committee members, discussed the **10 core competencies and 5 institutional responsibilities** identified through a Delphi Expert Study. These recommendations aim to transform the standard of care for musicians. The Summit emphasized occupational health as a vital area of knowledge and competency for both musicians and the healthcare professionals who care for them.



DR. SERAP BASTEPE-GRAY
Co-founder of Johns
Hopkins Center for Music
and Medicine



DR. SHELLY-ANNE LI
Scientist and Director,
Research & Community
Engagement, Artists'
Health Centre



Presenters of the Summit held at Johns Hopkins University, Washington DC.

A Healthier World

UHN

KITE
Research
Institute

UHN EVENTS & PROGRAMS FOR ARTISTS

CALLING ALL CREATIVES!

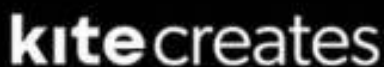
Are you a creative interested in working with cutting-edge healthcare solutions? The Creators Circle program gathers creatives, designers and technologists together with researchers and early-stage healthcare ventures to advance healthcare! Start your profile today for ongoing co-creation opportunities.

The logo for Creators Circle, featuring the text "creators circle" in a white, lowercase, sans-serif font on a blue background.

Where the spotlight is on you.

ARTIST ARE INVITED!

Join Dr. Syed Naveed-Rizvi, a textile researcher with over a decade of experience in textiles, wearable materials, and PPE! His talk explores the expanding role of textiles across industries and disciplines. From medical fabrics that support healing and safety, to smart e-textiles and materials made from mushrooms, textiles are evolving into tools for innovation and impact.

The logo for Kite Creates, featuring the text "kitecreates" in a white, lowercase, sans-serif font on a dark background.

presents

More than Clothing: Textiles at the Frontier of Innovation

Smart, Sustainable, and Designed for Impact

with Dr. Syed Naveed-Rizvi

September 10th, 11am-12:30pm

RESOURCES FOR ARTISTS

Ontario Creates: Ontario Music Investment Fund (OMIF) - Live Music 2025-26



[MORE HERE](#)

The OMIF Music Creation stream supports the development of competitive, sustainable music companies in Ontario that take risks discovering and developing talent and bringing it to market. Funding is provided in the form of direct grants towards the costs of eligible activities.

Application Deadline: Thursday, September 11th, 2025, 5:00PM ET

International Women's Film Festival Scholarships



[APPLY NOW](#)

St. John's International Women's Film Festival on October 21-25, 2025 is an exciting opportunity for emerging to mid-career professionals to make connections, attend panels and build their community!

Your Scholarship includes: An Industry Pass to the 2025 St. John's Women's International Film Festival, \$2,000 to help towards all travel expenses, and opportunities to attend all panels and selected events.

Application Deadline: Friday, September 12, 2025 @ 11:59 pm

WELLNESS TIPS FOR ARTISTS

Nutrition and Healthy Eating for Artists

- Staying hydrated prevents fatigue and issues with concentration, which allows for more creative thinking
- Consume nutrients for brain health and creativity: magnesium, antioxidants, and omega-3 fatty acids
- To maintain energy levels when working on art late, eat healthy snacks such as Greek yogurt with berries
- Find out more on this [link](#)



Tips to Stay Motivated as an Artist

- Work in short, creative bursts using techniques like the [Pomodoro Technique](#)
- Find a group of artists with a similar mindset to yours and work together
- Document your work on Instagram or a blog to track your progress
- Find out more on this [link](#)

