



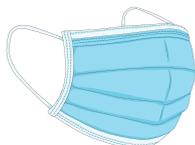
**The Al & Malka Green
Artists' Health Centre**



UHN Canada's
Hospital

ANNOUNCEMENTS

Masking Policy Changes



Masking is now optional in most patient care areas, including waiting rooms and hallways.

Love what we do?

Please be so kind to give us a [Google review](#)

Follow us on social media!

Did you know we have an Instagram and Facebook page? Follow us for updates!



@ARTISTSHEALTHCENTRE

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Knowledge Translation Series

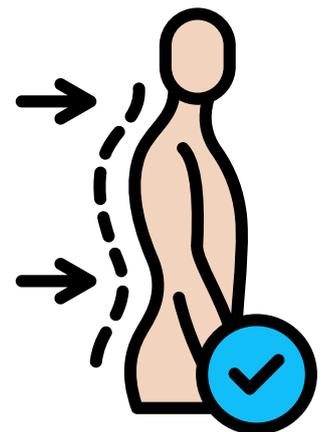
Starting this year, we are featuring a knowledge translation series to bridge the gap between research and practice! We will be extracting key takeaways in research articles that are relevant to artists' health, and sharing this in our newsletter and social media platforms!

'PAUSE, OBSERVE, INTEND' Mindfulness & the Alexander Technique

A recent research publication in the *European Journal of Integrative Medicine* gave us a better understanding of how both mindfulness and the Alexander Technique can help people manage stress.

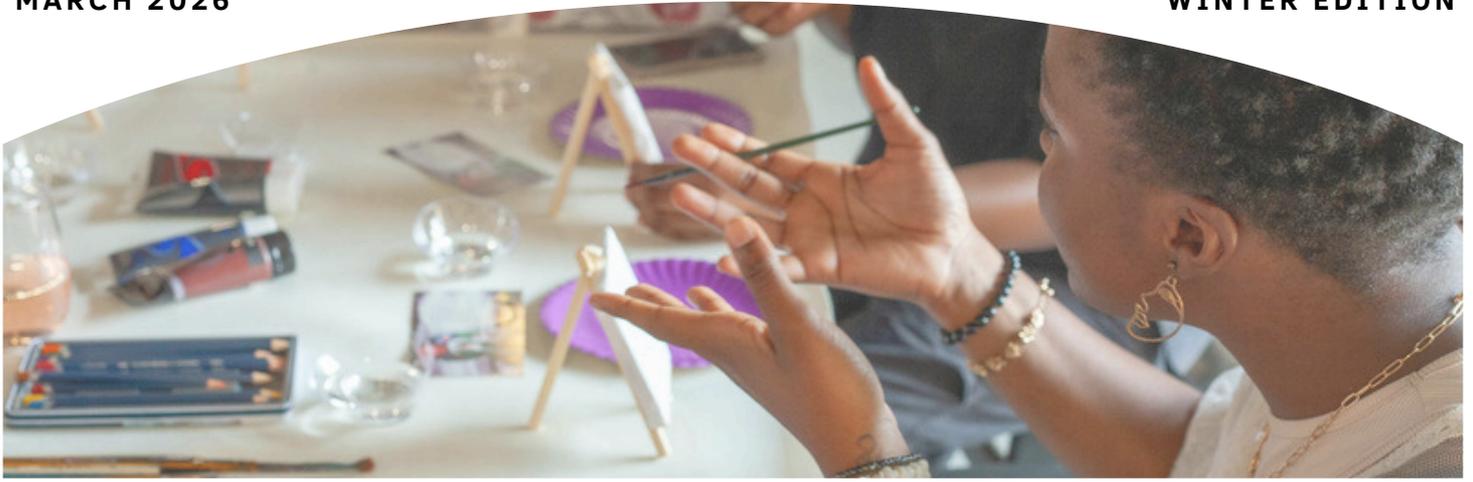
Both practices offer similar benefits. Participants reported:

- Feeling empowered to pause and notice more in the present moment
- Using specific frameworks to observe in a more skilled way
- Approaching change in a more curious, invitational way (without forcing or admonition)



The Alexander Technique is offered at the Artist's Health Centre every Wednesday! For over 100 years, it has helped people become aware of and change unhelpful habits at a mind/body level, empowering them to transform excess tension and access greater ease - both in everyday life and in their creative pursuits. To find out more, book a free 15 minute consultation with The Artists' Health Centre!





Workshops in March!

We are so excited to be bringing back our previous facilitators for in-person workshops to kick off the spring season! Details and registration links below. Stayed tuned for more workshops in the coming months! They're all free!

Transforming Tension with the Alexander Technique

Facilitator: Tanya Bénard

 Wednesday, March 11, 2026
1:30-3:30 PM

 In-person at AHC

Learn about how the Alexander Technique can reduce tension, prevent injury, and support performance!




The AI & Malka Green Artists' Health Centre  **UHN** Canada's Hospital

Register here:
<https://www.artistshealthcentre.ca/displayPage.php?event=43>

Building a Resilient Artistic Identity: From Critique to Process

Facilitator: Jennifer Fader

 Tuesday, March 24, 2026
10:30-12:30 PM

 In-person at AHC

Perfect for artists who want to stay connected to their creative selves during challenging periods!




The AI & Malka Green Artists' Health Centre  **UHN** Canada's Hospital

Register here:
<https://www.artistshealthcentre.ca/displayPage.php?event=59>



WELLNESS TIPS FOR ARTISTS

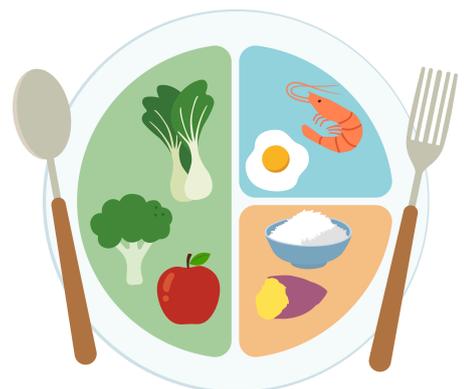
Nutrition for Energy Maintenance:

- Ensure you are meeting caloric demands by preparing meals in advance.
- Combine protein, vegetables, fruits, and fat for well-balanced meals.
- Eat meals at least 3 hours prior to rehearsals or performances
- [Nutrition Tips for Performers to Prevent Fatigue and Injury | Spotlight](#)



Canada's Food Guide:

- The percentage on food labels tell you the nutrient content of certain foods. If you see 15% of daily value, that is a lot. 5% or lower is a little.
- If you are choosing between food items, choose the one with less sugar, salt, and saturated fats
- [How to use food labels to make healthier choices - Canada's Food Guide](#)



Self Care - Make Time for Yourself:

- Build a routine that includes designated time for yourself
- Making time for yourself is essential to avoid burnout
- In your free time, read, go out for coffee, talk to a friend over the phone, exercise, or try a new activity
- Keep track of daily time for yourself to build it as a habit
- <https://www.intune.prsmembersfund.com/making-time-for-you/>



RESOURCES FOR ARTISTS

Toronto Art Dept Evening

Attend this networking night for individuals in the Canadian Film industry!



- **Location:** OEB Breakfast Co. Toronto Street
- **Price:** free with complimentary drink and snacks
- **When:** March 20th 7:30 PM - 11:30 PM

[SIGN UP HERE](#)

Ontario Resources for Artists

- This webpage by the provincial government connects artists to organizations and other resources.
- This includes general arts, Indigenous arts, media arts, visual arts, dance, music, theatre, writing, union, and municipal art council.



[LEARN MORE](#)

Wellbeing Series for Actors and Stage Management Professionals

- BAPAM is hosting a series of six FREE expert-led workshops to support actors and stage management professionals in building skills for improved mental health and sustainable creative practice.
- Each session works as a one-off or you can join all six!



[SIGN UP HERE](#)