

## VILLE MARIE LAUNCHES ITS NEW ON-SITE

# Women's Fitness & Wellness Center



The new **Ville Marie Fitness & Wellness Center**, situated on the 8th floor, will be managed by a multi-disciplinary team of experts in fitness and lifestyle programming, including yoga, nutrition, physiotherapy and massage therapy. They will train, instruct and advise women

regarding various health-related techniques and protocols that they may consider incorporating into their everyday routine. Participants of the Center will be motivated to embrace an optimally active and fulfilling lifestyle that could alleviate various women's health-related disorders or limitations.

The physical benefits of exercise include: improved physical fitness and muscular strength, improved physical functioning, weight management and physical appearance, as well as possibly enhanced immune system function.

Physical activity programs improve emotional health, including: self-esteem enhancement, quality of life and tasks of daily living improvements, enhanced mood states, improved body image, the development of perceptions of physical competence, regulatory strategies for coping with stress and positive psychological growth.

Exercise, psychology expertise and some alternative therapies have been



**Ville Marie Fitness & Wellness Center staff:** (from Left to right): **Robert Kilgour**, Dept. of Exercise Science, Concordia University; **John Keyserlingk**, surgical oncologist, Ville Marie Breast Center (VMBC); **Alain Comtois**, Dept de kinanthropologie, University du Québec à Montréal; **Justine Keyserlingk**, Phys Ed., VMBC; **Ben Driss**, CFO, VMBC; **Catherine Sabiston**, Dept of kinesiology, McGill University; **Janice Labelle**, Director of clinical activities, VMBC; **Barbara Laurent**, Oncology Nurse, Ville Marie Oncology Center; **David Jones**, Dept. Exercise Science, Concordia University & Director of the Ville Marie Health and Fitness Center. Missing: **Ingrid Kalacis**, physiotherapy, VMBC; **Karen Lachapelle**, psychologist, VMBC; **Susan Randal**, yoga instructor, VMBC; **Melanie Olivier**, Nutritionist; **Damien Orfanoudakis**, Massage therapist; **Elise Busilacchi**, Manager; **Gabriella Abbu**, Research Assistant.

identified as ways to help manage anxiety and distress associated with breast cancer.

The Ville Marie Multi-disciplinary team will provide participants and patients with convenient on-site access to it's numerous services, including fitness evaluation, personal training programs, yoga, nutrition and massage therapy.

The Ville Marie Fitness and Wellness Center also has an important research mandate. The effectiveness of some of the proactive protocols, including those proposing to prevent, reduce recurrence and help manage breast cancer, will be jointly and prospectively evaluated by research staff from **Concordia**, **McGill**, **UQAM** and **Ville Marie**, and could lead to the development of many new and improved health strategies.

## Ville Marie recognizes the essential contribution of its multidisciplinary team of physicians and support staff, including:

**Dr. Reda Farag**, Gynecologist and Director of the Ville Marie Gynecology and Menopause Service; **Dr. Paul Ahlgren**, Medical Oncologist and Director of the Ville Marie Oncology Service; **Dr. Richard Dalfen**, Medical Oncologist; **Dr. Ronald Zelt**, Plastic surgeon and Director of the Ville Marie Onco-plastic Service; **Janice Labelle**, Director of Clinical Activities; **Tanja Onedamdy**, Chief technologist, Ville Marie Radiology and MRI Centers; **Barbara Laurent**, Oncology nurse and manager of the Ville Marie Oncology Center; **Ingrid Kalacis**, Physiotherapist, Ville Marie Fitness and Wellness Center.



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