



The Al & Malka Green Artists' Health Centre



UHN Canada's
Hospital

ANNOUNCEMENTS

Workshops are Back!

Two workshops are back by popular demand. Check out the details in this newsletter!

Staffing Updates

Thank you for your service Vicki Hawkins! We are wishing you a pleasant retirement!

Dr. Rebecca Shalansky is returning on September 28th.

Follow us on social media!



@ARTISTSHEALTHCENTRE

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WORKSHOPS IN SEPTEMBER!

**Who's Liable?
Q&A with a
Lawyer for Artists
Hosting Public
Events**

**Facilitator: Lewis Waring
Lawyer**

 **September 24th, 2026
12:00 - 1:00 PM EDT**

 **Virtual via Zoom**

**Get practical tips to
protect yourself, your
space, and your work!**



**Transforming
Tension with the
Alexander
Technique**

Facilitator: Tanya Bénard

 **September 22nd,
2026
1:30-3:30 PM**

 **In-person at AHC**

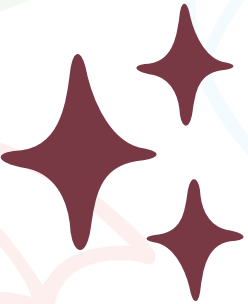
**Discover how the
Alexander Technique can
reduce tension, prevent
injury, and enhance ease
in performance!**



Join us for our workshops tailored to artists' needs. In collaboration with ALAS, we are happy to announce our upcoming free virtual Q&A session centered on managing liability risks when hosting public events. Back by popular demand, Tanya Bénard is hosting an Alexander Technique session! Registration is closed, but keep an eye out for her future workshops!

Spaces remain for the virtual Q&A: [CLICK HERE >](#)



RETIREMENT CELEBRATION

Vicki Hawkins



Vicki completed her Physiotherapy degree at the University of Toronto. She is a member of PAMA (Performing Arts Medicine Association) and IADMS (International Association of Dance Medicine & Science). She was a Clinical Instructor with the University of Toronto, Department of Physiotherapy from 2003 to 2020, and held a Status-only Appointment from 2009 to 2015. Vicki's interest in becoming a therapist for artists began as a student in the Professional Training Program at The School for Toronto Dance Theatre, and at the University of Calgary's Dance Program.



A message from Vicki

It is with mixed emotions that I will be retiring from my physiotherapy practice on Sept 14, 2026. In the last 15 years, I have truly valued your trust and confidence in allowing me to support your healthcare needs. I want to thank you for trusting me with your care and for your dedication to your self-care. It has been incredibly rewarding to witness.

I feel very blessed that I have worked with the amazing creative and performing artists who come to the clinic, as well as the highly specialized practitioners who work at the clinic. Quite simply, I have loved coming to work with all of you.

Thank you for the honour of being your physiotherapist. I wish you all the best in your continued health and wellness. Keep taking good care of you.



Global Ideas, Practical Action: The Artists' Health Centre at New York City!

The Artists' Health Centre was very active at the 44th Annual Performing Arts Medicine Association International Symposium! Our Scientist and Director of Research & Community Engagement, Dr. Shelly-Anne Li, presented two research studies and led an interactive workshop, showcasing the Centre's leadership in artist-centred healthcare and knowledge translation.

In "Advancing Musicians' Healthcare through Core Competencies and Institutional Responsibilities: A Modified Delphi Study," **Dr. Li presented the inaugural global consensus of 10 core competencies for healthcare professionals and five institutional responsibilities for musicians' healthcare. Developed with 112 experts across five continents**, this offers a foundation for strengthening education, clinical practice, credentialing, and institutional accountability for musicians' healthcare!

She also presented "Charting the Hero's Journey," **a co-designed board game that uses storytelling and reflection to help performing artists** with overcoming obstacles and defining their identities ([article link](#)).



From Left: Dr. Emily Gee, Richard Zhang, and Dr. Shelly-Anne Li at the in-person workshop at PAMA Symposium, New York City.

Dr. Li led "Advancing Performer Wellness: A Hands-On Knowledge Translation Workshop for Your Setting". **Participants applied research findings to their higher-education environments using the Knowledge-to-Action framework.** They identified implementation barriers and facilitators, and developed strategies for advancing performer wellness.

These contributions reflect our Centre's growing international leadership in shaping healthcare standards and translating research into meaningful action!



Stay tuned for the fall issue where Dr. Li will be sharing about her time at PAMA in a Q&A!



Knowledge Translation Series

Health Promotion in Tertiary Music Institutions

Paper: R. Matei, B. Ackermann, J. Allen, et al. (2026): Health promotion in tertiary music institutions: A position paper, *Arts Education Policy Review*, DOI: 10.1080/10632913.2026.2720853

What is a position paper?

A position paper typically represents an international, multidisciplinary consensus informed by research, professional practice, and lived experience. In this paper, >122 musicians' health experts weighed in on this topic!



Key Takeaways:

1. Musicians should not have to sacrifice their health to succeed.
2. Music schools should make student health and well-being a priority.
3. Teachers and staff should be trained to create safe and supportive learning environments.
4. Students should learn how to care for their health and speak up for their needs.
5. Health education should be embedded in music training; not offered as an optional activity.

What is the main message?

Supporting musicians' health is not about helping students cope with an unhealthy system; it is about creating educational environments in which health, creativity, equity, and artistic excellence can develop together.

What is the position paper trying to tell its audience?

- Music institutions should listen, measure, and respond to the needs of their students.
- Career health matters too! Institutions should prepare students for the working life; financial literacy, contracts, taxes, freelancing, portfolio careers, and workplace rights should be introduced.
- Small changes can begin a larger transformation: institutions do not have to change everything at once. They can begin with small steps like reviewing workloads, training teachers, or including students in decision-making.

WORKSHOP RECAP



Pilates Session

Your Art, Your Story Youth Workshop Series

We're grateful to Vivianne Collins for facilitating Contemporary Pilates for Artists' Health and creating an inclusive space for artists to explore movement, breath, strength, and connection with their bodies. We also appreciate everyone who joined us and took part in this movement-based exploration of wellbeing and supporting artistic practice.

A special thank you to Linda Wu, founder of Thrive Together, for collaborating with us to bring the Youth Workshop Series to life, and to Jennifer Fader, RP, for representing the Artists' Health Centre and supporting the youth artists throughout. It was an energetic time! Thanks to all the youth who shared their creativity and curiosity throughout the workshops!



WELLNESS TIPS FOR ARTISTS

Artists with Neurodivergence

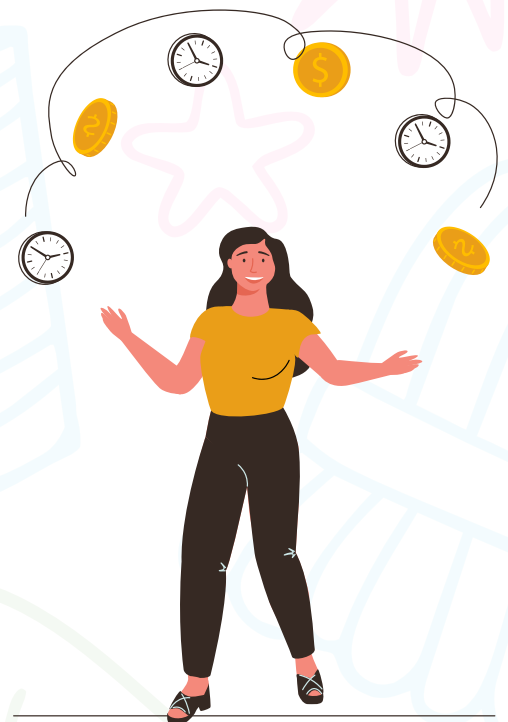
Neurodivergence refers to natural variations in how people experience, process, and interact with the world. This can include ADHD, autism, dyslexia, and other forms of neurodivergence. **Understanding how your brain works can be a useful starting point for finding approaches that support your creative practice.**

Tips for artists with neurodivergence:

- **Get information out of your head:** Use whatever works for you, whether that's a calendar, whiteboard, phone reminders, or something else, to keep important information somewhere you can easily access.
- **Work with your rhythms:** Notice where you naturally have more energy, focus or creative momentum, and if possible, schedule different kinds of work around those patterns.
- **Make starting easier:** When a task feels difficult to begin, try breaking it down into small first steps. Sometimes even committing to five or ten minutes can be enough to get things moving.
- **Create an environment that supports you:** Pay attention to the conditions that help you work and try to make them part of your creative routine (e.g. sound, movement, or location).



Interested in a resource for individuals with ADHD?



RESOURCES FOR ARTISTS

Therapeutic Art Workshop: “Let’s Art it Out!”

Attend this workshop offered by a nurse practitioner, focused on using numerous art mediums for relaxation and anxiety relief.



- **Location:** 2972 Islington Avenue, Toronto, ON
- **Price:** Free
- **When:** October 22nd 2:30 PM - 4:30 PM

[SIGN UP HERE](#)

BAO September Open Studio+

Register for this monthly open studio where you can connect with community, share your work, build your network, and participate in skill-building workshops.

Brampton Arts Organization

- **Location:** BAO Office (3rd Floor), Brampton, ON
- **Price:** Free
- **When:** September 30th 12:00 PM - 8:00 PM

[SIGN UP HERE](#)

Mandy Lowe Artist-in-Residence Program

Seeking an emerging visual artist to create an original artwork or small series connected to healthcare education and learning. Artwork will be displayed at UHN!



- **Honorarium:** \$4,000
- **Period of residency at UHN:** 1 year
- **Deadline:** September 30th, 2026

[CRITERIA & APPLICATION](#)