



Sault College News Release

For immediate release

Sault College Reaches Out to Cancer Survivors

(Sault Ste. Marie, ON September 28, 2010) Sault College will be holding free exercise classes for cancer survivors beginning Wednesday September 29 from 6:30-7:30pm. This will be the second year of the program and it combines the expertise of two diploma programs at the College – Fitness and Health Promotion and Occupational Therapist/Physiotherapist Assistant Program. In the past, the program has targeted Breast Cancer Survivors but this year the program is open to all cancer survivors.

“During the course of the program, participants report that they dramatically improve their quality of life and have increased energy levels,” states Tania Hazlett, Coordinator of the Fitness and Health Promotion program at the College. “Participants attend the classes once a week but this appears to motivate them to get active at other times during the week as well. When we do program measurements at the end of the eight week program, we see improvements in strength, girth measurements and quality of life surveys,” states Hazlett.

Sault College’s commitment to a cancer rehabilitation program gives the College a chance to give back to the community and assist in improving underfunded health services for citizens. Students will be provided with necessary field work placements required to achieve learning outcomes of their programs.

“Evidence shows that exercise will reduce stress levels, enhance abilities to perform activities of daily living and potentially boost the immune system,” states Joanna MacDougall, Coordinator

of the Occupational Therapist/Physiotherapist Assistant program whose students are also involved in the initiative. “Students gain practical experience assisting with intake procedures, leading exercise and education sessions and the collection and management of data.”

The exercise component of the program consists of weekly group sessions and in addition, participants are advised on an individual exercise program. For more information, contact Tania Hazlett at 759-2554 ext.2442.

-30-

About Sault College

Sault College reaches students through post secondary, continuing education, apprenticeship training and third party contract training. Sault College offers a full range of programs: Certificates, Diplomas, Advanced Diplomas, Post Graduate Certificates, Degrees, and Apprenticeship programs. Key Performance Indicator (KPI) surveys demonstrate that almost 90% of Sault College students are employed within six months of graduation and student satisfaction is among the highest in the province. Sault College, located in Sault Ste. Marie, Ontario is one of 24 community colleges in Ontario. Visit our website at www.saultcollege.ca for more information.

Please contact:

Tessa Pino, Communications Officer

Sault College

705.759.2554 ext. 2830

www.saultcollege.ca