



Joanna Deanna Peter

Contact StoryTeller Project
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*Movement & Music*TM *for Life*

A life enhancing program
for adults in cancer treatment
and on into survivorship

Integrated Team Approach

Deanna Anderson, RSMTE is our movement specialist. She is a Registered Somatic Movement Therapist and Educator, dancer and performing artist. She has over 30 years experience serving clients with health issues and special needs. Deanna is also a senior educator and program designer with the Health Improvement Program at Stanford University.

Joanna Losito, APNP, is an Oncology Nurse Practitioner with over 25 years of experience. She created the *Exercise for Energy* program to bring the positive effects of movement and music to her patients at the Palo Alto Medical Foundation, Cancer Center.

“When these women come here it’s energizing, it’s uplifting,” reports Losito, “It’s a celebration of life.”

Peter Giordano provides the live multi-instrumental music, collaborates on program design, and facilitates the guided imagery relaxation sessions. He is also one of the first staff musician for the Healing Arts Program at El Camino Hospital. Deanna and Peter come to the program under the auspices of *StoryTeller Project*, an arts and education nonprofit founded by Peter in 1999.



Movement & Music for Life is a unique multidimensional exercise program for adults undergoing cancer treatment

The program integrates the key elements of supportive community, expert program facilitation, practitioner presence, live music accompaniment, therapeutic movement, creative movement, and guided imagery rest and relaxation

A Program Designed Especially for You

If you're in treatment and you feel fatigued, weak, or just uncomfortable, did you know that exercise and music can help? *The Movement and Music for Life* program is designed to support adults undergoing chemotherapy, radiation therapy, or other treatments for cancer.

Join us anytime, as our group includes adults at all phases of treatment and all levels of ability. You decide how much of each activity you feel up to doing that day, because we know that your physical condition may change over time.

Integrated Programming Covers All the Bases

StoryTeller Project's *Music & Movement for life* program is unique in that it offers you a safe, comfortable environment that integrates a unique set of effective practices, including: practitioner input and consultation, peer group support, along with cardio and resistance exercise, therapeutic and creative movement, all energize by the sound of original live multi-instrumental music. And when the work is done, you're treated to a session of guided imagery for deep, quiet, healing rest, supported with gentle flowing music.

A Complete and Balanced Experience

Varied exercises and activities provide balanced routines that are safe, satisfying, and leave you feeling great. Joanna and Deanna guide you through gentle warm ups with deep breathing, resistance exercises, and therapeutic movement that improves your coordination and balance.

You'll do creative brain-engaging routines that are both fun and mentally stimulating. You will be encouraged to go at your own pace so you always feel safe and comfortable.



Movement and Music for Life Is Good Medicine

There is solid research that supports the positive outcomes of exercise, music, creativity, and the camaraderie of group activity for adults in cancer treatment.

A Supportive Community Environment

Sharing positive experiences is a powerful component of the program. Wellness-promoting attitudes and behavior help restore a sense of control and normalcy in your life. Share camaraderie with participants, or ask the leaders questions. This resource can be invaluable during a stressful and confusing time. And the leaders and participants keep the process fun, uplifting, and confidential.

You're Invited!

So please feel welcome and come discover how *Movement & Music for Life* is good medicine!

Currently at the Palo Alto Medical Foundation

Where: Third Floor, Conference Rooms C & D
701 E. El Camino Real
Mountain View, CA

When: Women – most Saturdays, 9:30 to 11 AM
Men – Alternating Tues, and Wed, 4:30 to 5:30 PM

Criteria: Participants must have the consent of their Oncologist or NP to join the group. Consent forms are available from Camino's Cancer Care Center, first floor.

Contact StoryTeller Project for more information