



## **Wellspring Calgary Young Adult (18 to 39-ish)**

### **Programs and Events: WINTER 2017**

For YA Program info email: [youngadult@wellspringcalgary.ca](mailto:youngadult@wellspringcalgary.ca)  
or contact Young Adult Cancer Canada at:  
[localifecalgary@youngadultcancer.ca](mailto:localifecalgary@youngadultcancer.ca) or  
[www.youngadultcancer.ca](http://www.youngadultcancer.ca)

#### **Young Adult Yoga**

Thursdays, Jan. 12 - Feb. 23  
from 5:30 - 6:45 pm at **Fountain Court SE**

#### **Young Adult Board Game Night (Drop In)**

*Family/youth welcome with youth authorization form – see website*

Fridays, Jan. 13, Feb. 10, Mar. 10, Apr. 7  
from 7:00 - 8:30 pm at **Fountain Court SE**

#### **Young Adult Bootcamp (PAR-Q+ required)**

Tuesdays, Jan. 17 – Mar. 28  
from 7:15 - 8:00 pm at **Carma House NW**

#### **Young Adult Creative Journaling**

Wednesdays, Jan. 18, Feb. 1, 15, Mar. 1  
from 6:30 - 8:30 pm at **Carma House NW**

#### **Young Adult Ski Day: Banff Norquay / YACC**

*(PAR-Q+ required)*

Ski for fun. Ski Buddy, equipment rental  
and transportation provided.

Sun., Mar. 26 (full day) - meet at **Carma House NW**

#### **Young Adult Food & Nutrition: Herbs & Spices**

Lecture: Wednesday, Apr. 12 from 5:30 - 7:30 pm at **Carma House NW**  
Hands On: Wed., Apr. 19 from 5:30 - 8:30 pm at **Cookbook Co. (722-11 Ave SW)**