



## **Wellspring Calgary Speaker Series: FALL 2016 (Please note varying locations)**

### **WELLSPRING CARMA HOUSE : (1404 Home Rd NW)**

**Estate Planning – Wills, Power of Attorney and Personal Directives: Patrick Rea, JD LLB**

Thursday, Sept. 15 from 6:30 - 8:30 pm

**Naturopathy - Cancer Related Research: Jessa Landmann, ND, BPsych**

Monday, Sept. 19 from 6:00 - 7:30 pm

**Happiness Basics: Candice Menzies (South Health Wellness Centre coordinator)**

Monday, Sept. 26 from 6:30 - 8:30 pm

**Understanding Genetics and Cancer: Dr. Renee Perrier**

Monday, Oct. 24 from 6:30 - 8:30 pm

**House Music: Nathan M. Godfrey** Old-time music from cowboy songs to vintage tango, played on resonator guitar, mandolin and banjo.

Friday, Dec. 2 from 7:00 - 9:00 pm

### **PARKDALE UNITED CHURCH: (2919 - 8 Ave NW)**

**Mindfulness-Based Cancer Recovery (MBCR): Dr. Linda Carlson and Dr. Michael Speca**

Wednesday, Sept. 21 from 6:30 - 8:30 pm

**Integrative Health Panel: Side Effects: Dr. Craighead (Director of Radiation Oncology at TBCC), MB ChB FFRad(T) FRCPC, Cindy Railton (nurse practitioner), RN, MN, ACNP, CON(C), Tracy Smith (physical therapist at Holy Cross) and Trudy Boyle** Side-effects of cancer treatment; quality of life, treatment decisions, symptoms, life-long expectations, choices, change and management strategies.  
Saturday, Nov. 5 from 1:00 – 3:30 pm

### **WELLSPRING FOUNTAIN COURT: (#120, 703-64 Ave SE)**

**Reclaim Your Vitality Beyond Cancer: Rebecca Garland (two-week series)**

Oct. 3: Live Beyond Fear: Build skills and personal power to live with courage and joy.

Oct. 24: A Story of Love: See your body in a new light, and restore the healing power of love.

Mondays, Oct. 3 & 24 from 1:00 – 3:00 pm

**House Music: Magnolia Buckskin** : Kathy Cook, Natasha Platt, Emily Triggs and Corry Ulan, on guitar, mandolin, banjo, bass and accordion.

Friday, Oct. 14 from 7:00 – 9:00 pm

**Living Well with Cancer:** Trudy Boyle

It is possible to live fully and wholeheartedly while living with cancer. Discover 'Ikigai', a Japanese concept meaning "a reason for being". This sense of purpose and joy of living is the essence of this slideshow and discussion.

Friday, Nov. 11 from 7:00 – 9:00 pm

**Legal and Employment Matters: Christin Elawny and Silvia Henning**

Legal and HR specialists outline the impact an absence from work can have on employment relationships and clarify your legal rights.

Wednesday, Nov. 16 from 6:30 - 8:30 pm

### **SOUTH HEALTH CAMPUS WELLNESS CENTRE: (4448 Front St SE)**

**Depression as a Human Condition: Dr. John Toews MD, FRCPC**

Interactive discussion welcome from professional, personal and spiritual perspectives.

Thursday, Sept. 29 from 6:30 - 8:00 pm

**Conflict and Resolution Lessons from Goldilocks and the Three Bears: Deborah Sword, PhD**

Thursday, Oct. 6 from 6:30 – 8:30 pm

**Food & Nutrition: For Cancer Treatment Recovery & People with Eating Challenges Jennifer Black, RD and Vincci Tsui, RD**

**Lecture:** Saturday, Nov. 19 from 2:00 - 4:00 pm

**Cooking:** Saturday, Nov. 26 from 2:00 - 4:00 pm