

WELLSPRING CALGARY SPEAKER SERIES: Fall 2017
Leaders in the Cancer Community: Open to the Public

Calgary North-West Speakers

CARMA HOUSE: 1404 Home Rd. NW

Caregiving: Practical Tips and Research

Colleen Cuthbert, PhD, RN, NP-Adult

Tuesday, Oct. 3 from 7:00-9:00pm

Opioids and Pain: The Right Decision For You

Lyle Galloway, Larissa Seredycz & Chris Spanswick
AHS palliative & Pain Clinic Specialists

Thursday Oct. 19 from 6:30-8:30pm

'Minding' our Health: Practice and Science of Tai Chi/Qigong Related to Cancer

Peter Wayne, Ph.D, Harvard

Thursday Oct. 26 from 7:00-9:00pm

House Music: Charlie Ewing/songwriter

Cowboys, Roots and 'The Open Road'

Friday, Nov. 3 from 7:00-9:00pm

Role of Dentistry: Head and Neck Cancer

Dr. Eduardo Kalaydjian, Section Chief,
Dentistry and Oral Health for Cancer Patients, AHS

Monday Nov. 13 from 5:30-7:00pm

Recovery from Depression: What Can You Do?

Janet de Groot, MD, FRCPC, MSc
Associate Professor in Psychiatry and Oncology

Wednesday Nov. 22 from 6:30-8:00pm

Living Well: Ikigai, Joy and Purpose of Living (Slideshow and music)

Trudy Boyle: Meaningful Life Educator

Thursday Nov. 30 from 7:00-9:00pm

ZZZs Please: Understand How to Improve the Quality of Your Sleep

Michael Speca, Psy. D., R. Psych.

Monday Dec. 4 from 7:00-9:00pm

Advanced Cancer Speaker Series

Bert Enns and Cancer Community Leaders

- **Talking with Your Health Care Team about Treatments, Priorities and Decision-Making as Disease Advances.** Tuesday Sept. 12 from 7:00-9:00pm

- **Medical Assistance in Dying (MAID): A Personal, Medical, Legal Panel Discussion**

Tuesday Nov. 7 from 7:00-9:00pm

(additional 2 speakers on advanced cancer at Fountain Court – see reverse side)

WELLSPRING CALGARY SPEAKER SERIES: Fall 2017
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Calgary South-East and Southern Alberta

FOUNTAIN COURT: #120, 703-64 Ave. SE

Legal and Employment Matters

Christin Elawny & Silvia Henning

Monday Sept. 18 from 7:00-9:00pm

Digital Film Screening: Wellspring Member-made Stories of Resilience

Mike Lang, Film Producer, Ph.D Student

Tuesday Sept. 26 from 7:00-9:00pm

Medical Marijuana: Is There Evidence That It Works, and For What Symptoms?

Alison Murray, MD,

Thursday Sept. 28 from 7:00-9:00pm

Palliative care Department of Oncology & Fiona Dunne: Internal Medicine

House Music: Calgary Mandolin Quartet (classical)

Friday Oct. 13 from 7:00-9:00pm

Reflections on Suffering: Wilson Miranda

- Lamenting: a Spiritual Act Towards Authenticity
- Seeing New Beginnings Amidst Broken-ness

Tuesday Oct. 17 from 7:00-8:30pm

Friday Dec. 15 from 7:00-8:30pm

Budgeting 101: 6 Easy Steps to Manage Your Money and Gain Peace of Mind

Credit Counselling Society (CCS)

Tuesday Oct. 24 from 6:30-8:30pm

Advanced Cancer Speaker Series

Bert Enns and Cancer Community Leaders

- Reframing Hope: Communicating with Family and Friends as Cancer Advances

Tuesday Oct. 10 7:00-9:00pm

- Legacy: Conversations and Intentional Acts of Love with Family and Friends

Tuesday Nov. 28 7:00-9:00pm

(additional 2 speakers on advanced cancer at Carma House – see reverse side)

SOUTH HEALTH CAMPUS WELLNESS CENTRE: 4448 Front St SE

Food & Nutrition: Cancer Treatment Recovery/People with Eating Challenges

Speaker: Jennifer Black, RD & Melanie Ksienski, RD

Lecture: Thus. Sept.21 from 5:30-7:30pm

Cooking: Thurs. Sept 28 from 5:30 - 7:30pm

Fight, Flight or Freeze: Conflict Strategies

Deborah Sword, LLB, MES, PhD.

Thursday, Nov. 30 from 1:00-3:00pm

HIGH RIVER UNITED CHURCH: 145 Macleod Tr SW)

Medical Marijuana: Is There Evidence That It Works, and For What Symptoms?

Alison Murray, MD, & Fiona Dunne

Date and Time TBA – Call for info&

Fight, Flight or Freeze: Conflict Strategies

Deborah Sword, LLB, MES, PhD.

Monday, Oct. 23 from 1:00-3:00pm

Living Well: Ikigai, Joy and Purpose of Living

Trudy Boyle: Meaningful Life Educator

Wednesday, Nov. 29 from 6:00-8:00pm

Register online: www.wellspringcalgary.ca
or by phone: 403.521.5292 / 587.747.0260