

Young Adult Programs

For people living with cancer who are 18-40ish

Young Adult Yoga

Thursdays Sept 7-Dec 21, 6-7pm @ Fountain Court



Watercolour

Sunday Oct 1, 10:00am-4:00pm @ Carma House

Young Bootcamp (*Par-Q+ required*)

Tuesdays Sept 19-Nov 28, 7:15-8:00pm @ Fountain Court

Young Adult Corn Maze

Friday Oct 13, 5:30-9:00pm. Meet @ Fountain Court

Young Adult Board Game Night

Sept 22, Oct 20, Nov 17, Dec 15, 6:30-9:00pm @ Carma House



Food and Nutrition: Vegetarian

Wed Nov 15 5:30-7:30pm; Wed Nov 22, 5:30-8:30pm

To sign up for membership, session information or to register for programs go to
www.wellspringcalgary.ca or contact one of our Centres:

Carma House
1404 Home Rd NW
403-521-5292

Fountain Court
#120, 703 64th Ave SE
587-747-0260