

Young Adult Programs

For people living with cancer who are 18-39-ish

YA Bootcamp (*Par-Q+ required*)

Tuesdays, Jan 9 - Apr 17 7:15 - 8:00pm @ Fountain Court



YA Yin Yoga

Thursdays, Jan 11 - Feb 22 7:15 - 8:15 pm @ Carma House

YA Rollerblading at Lloyds

Saturday, Jan 13 7:00 - 9:00 pm, meet @ Lloyds (7520 Macleod Tr SE)



YA Comedy for Introverts

Saturdays, Jan 20 - Feb 24 2:00 - 4:00 pm @ Carma House

YA Game Night

Fridays, Jan 26, Feb 23, Mar 23, Apr 20 6:45-9:15 pm @ Carma House



YA Food and Nutrition: Super Healthy Foods

Thursday, Mar 1, 6:00 - 8:00 pm @ Carma House

& Thursday, Mar 8, 6:00 - 9:00 pm @ Cookbook Co. (722 11 Ave SW)

YA Ski Day: Mt. Norquay (*Par-Q+ required*)

Sunday, Mar 18 Full Day, meet at Carma at 7:15 am



YA Yoga flow

Thursdays, Mar 1 - Apr 19 7:15 - 8:15 pm @ Carma House

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

Carma House
1404 Home Rd NW
403-521-5292

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