

# Young Adult (YA)

For Young Adults 18-39ish.

Email: [youngadult@wellspringcalgary.ca](mailto:youngadult@wellspringcalgary.ca)

Facebook: [YA Wellspring Calgary](#)

Also check out Young Adult Cancer Canada

Email: [localifecalgary@youngadultcancer.ca](mailto:localifecalgary@youngadultcancer.ca)

and Survive & Thrive

Email: [danielle@survivethrive.org](mailto:danielle@survivethrive.org)

## Carma House (1404 Home Rd NW)

### YA Food & Nutrition: Herbs and Spices

Info Session & Demo: Sunday, Oct. 21

2:00 - 4:00 pm at Carma House NW

Hands-on Cooking: Sunday, Oct. 28

2:00 - 5:00 pm at Cookbook Co. (722-11 Ave SW)

### YA Holiday Party

Saturday, Dec. 15

6:00 - 10:00 pm at Carma House NW

### YA Holiday Signs

Saturday, Nov. 24

1:00 - 5:00 pm at Carma House NW

### YA Wood Burning

Mondays, Oct 29 - Nov. 26 (no class Nov. 12)

6:30 - 8:30 pm at Carma House NW

### YA Yoga (sign up for one or both sessions)

#### YA Yin Yoga (Drop In)

Thursdays, Sept. 13 - Oct. 18 Also see pg. 4.

7:15 - 8:15 pm at Carma House NW

#### YA Yoga Flow (Drop In)

Thursdays, Oct. 25 - Nov. 29 Also see pg. 4.

7:15 - 8:15 pm at Carma House NW

## Fountain Court (#120, 703 - 64 Ave SE)

### YA Bootcamp (Drop In) (PAR-Q+ required)

Wednesdays, Sept. 12 - Nov. 28

7:15 - 8:00 pm at Fountain Court SE

### YA Corn Maze

Saturday, Oct. 13 from 5:45 - 9:00 pm

Meet at Fountain Court then carpool to the Maze.

### YA Game Night (Drop In)

Saturdays, Sept. 29, Oct. 27, Nov. 24

7:00 - 10:00 pm at Fountain Court SE

## Cookbook Co. (#722 - 11 Ave SW)

### YA Holiday Treat Exchange

Sunday, Nov. 18

1:00 - 4:00 pm at Cookbook Co.