

Speakers (Open to the public - no charge)

Carma House (1404 Home Rd NW)

The Best Intentions: the Words, the Actions, the Results

L. Deborah Sword, PhD
Friday, Jan. 18 from 1:30 - 3:30 pm

Screening & Panel Discussion of Falling Through the Cracks: Greg's Story (gregswings.ca)

Thursday, Jan. 31 from 7:00 - 9:00 pm

Grief in the Background

Cindy J. Lang, RSW, Wellspring's
New Transitions Support Coach (South)
Monday, Feb. 11 from 7:00 - 9:00 pm

Wills & Estates

Danica Doucette-Preville, LLP
Wednesday, Feb. 27 from 7:00 - 9:00 pm

How Our Thoughts and What We Say Impact Our Motivation and Health Behaviour

Dr. Nicole Culos-Reed
Wednesday, Mar. 13 from 7:00 - 9:00 pm

Managing Cancer & Living Meaningfully (CALM)

Dr. Janet deGroot
Tuesday, Mar. 19 from 7:00 - 9:00 pm

House Music: Jeremy Gignoux Acoustic Ensemble

J. Gignoux, W. P. Garrett, N. M. Godfrey
Friday, Mar. 29 from 7:00 - 9:00 pm
Kid Friendly. Also see pg. 10.

Highwood Memorial Centre (128 - 5 Ave W, High River)

Screening of Falling Through the Cracks: Greg's Story (gregswings.ca)

Dinner, film and panel discussion to follow.
Wednesday, Feb. 6 from 5:30 - 8:30 pm

Managing Cancer & Living Meaningfully (CALM)

Dr. Janet deGroot. Dinner, then speaker to follow.
Wednesday, Apr. 17 from 5:30 - 8:30 pm

Tom Baker Cancer Centre (1331 - 29 St NW)

Living Your Best with Advanced, Metastatic, Chronic or Non-curable Cancer

Thursday, Apr. 11 from 1:00 - 4:00 pm
Register online after February 1 at:
<http://bit.ly/book-cancerpatiented>. For info:
1.855.258.9963 or cancerpatienteducation@ahs.ca

Speakers (Open to the public - no charge)

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

Legal & Employment Matters

Christin Elawny and Silvia Henning
Wednesday, Jan. 16 from 7:00 - 9:00 pm

Palliative Care: Another Layer of Support

For People Living with Advanced, Metastatic,
Non-Curable or Chronic Cancer.
Lisa Shirt, RN, Clinical Nurse Specialist
Thursday, Feb. 21 from 7:00 - 9:00 pm

House Music: Horizon Ridge

H. & S. Goodchild, P. May, D. Quinton
Friday, Mar. 1 from 7:00 - 9:00 pm
Kid Friendly. Also see pg. 10.

Relaxing Through Movement and Sound

Diane Smith, Sound and Qigong Enthusiast
Thursday, Mar. 21 from 7:15 - 8:15 pm

Clinical Trials

Rosemarie Farrell, Dr. Danny Heng, Kelsey Meyer
Thursday, Mar. 28 from 7:00 - 9:00 pm

Merging our Changed Reality

Cindy J. Lang, RSW, Wellspring's
New Transitions Support Coach (South)
Monday, Apr. 8 from 7:00 - 9:00 pm

Living Well: Ikigai, Joy and Purpose of Living

Trudy Boyle, Meaningful Life Educator
Friday, Apr. 26 from 7:00 - 9:00 pm
Also see Living Well with Cancer Retreat pg. 23.

South Health Campus Wellness Centre (4448 Front St SE)

Food and Nutrition: For Cancer Treatment Recovery and People with Eating Challenges

Jennifer Black, RD & Kristyn Hall, RD
Info Session: Thurs., Mar. 7 from 1:00 - 3:00 pm
Cooking Demo: Thurs., Mar. 14 at 1:00 - 3:00 pm

MAID: Medical Assistance in Dying:

Personal, Medical, Legal and Ethics Panel

Dr. Jackson Wu, Salimah Walji-Shivji, LLB, RSW,
Evie Wallace and Gary Lepine
Monday, Mar. 11 from 6:00 - 8:00 pm

Sage Centre (1245 - 70 Ave SE)

Talking With Your Family About Cancer

Rebca Zawde, MSW, RSW
Thursday, Jan. 24 from 7:00 - 9:00 pm