



EVENING AND WEEKEND

PROGRAMS March & April 2019

Register online, by phone or in person.

www.wellspringcalgary.ca / Carma House: 403.521.5292

Calgary North-West: CARMA HOUSE: 1404 Home Rd. NW

Mondays

Exercise and Educate (PAR-Q+ required) 6:30 - 7:30 pm Mar. 4 - Apr. 15
Healing Journey 3: Spirituality (Mon & Wed*) 6:30 - 8:30pm Apr. 15 - May 13 (no class Apr. 22)
**see below*

Tuesdays

Exercise and Educate (SIRvivor) (PAR-Q+ required) 6:30 - 7:30 pm Mar. 5 - Apr. 23
Yoga: For Well-Being 5:30 - 7:00 pm Mar. 5 - Apr. 16
Speaker: Managing Cancer and Living Meaningfully 7:00 - 9:00 pm Mar. 19
Meetup: Living with a cancer that may never go away? 6:30-8:30pm Apr. 23

Wednesdays

Exercise and Educate (PAR-Q+ required) 6:30 - 7:30 pm Mar. 6 - Apr. 24
Speaker: How Thoughts Impact Our Motivation... 7:00 - 9:00 pm Mar. 13
Speaker: Transitioning Through Different Phases... 7:00 - 9:00 pm Mar. 27
Men's Group: 7:00 - 9:00 pm Mar. 27, Apr. 24
Healing Journey 3: Spirituality (Mon & Wed*) 6:30 - 8:30pm Apr. 15 - May 13
**see above*

Thursdays

YA Yoga Flow: 8:00 - 9:00 pm Mar. 7 - Apr. 18

Fridays

House Music: Jeremy Gignoux Ensemble (kid-friendly) 7:00 - 9:00 pm Mar. 29

Saturdays

Yoga for Families (kid-friendly workshop) 1:00 - 2:15 pm Mar. 9
Drumming (kid-friendly) 2:30 - 4:30 pm Mar. 9 - Apr. 13
Exercise and Educate (PAR-Q+ required) 9:00 - 10:00 am Mar. 9 - Apr. 13
Creative Journaling: Intro for 'Newbies' 10:00 am - 12:00 pm Mar. 23 - Apr. 13
Easter Meet & Treat Open House 12:30 - 3:30 pm Apr. 6

Sundays

YA Ski Day Mount Norquay (meet at Carma House) 7:15 am Mar. 24

@wellspringyyc

[facebook.com/WellspringCalgary](https://www.facebook.com/WellspringCalgary)



EVENING AND WEEKEND

PROGRAMS March & April 2019

Register online, by phone or in person.

www.wellspringcalgary.ca / Fountain Court: 587.747.0260

Calgary South-East: FOUNTAIN COURT: 120, 704 – 64 Ave SE

Mondays

Speaker: Merging Our Changed Reality 7:00 - 9:00 pm Apr. 8

Tuesdays

Exercise and Educate (*PAR-Q+ required*) 6:00 - 7:00 pm Mar. 5 - Apr. 23

Yoga: For Harmony 7:15 - 8:15 pm Mar. 5 - Apr. 23

Meetup: Living with a cancer that may never go away? 6:30 - 8:30pm Mar. 26

Caregiver Support: Finding Sanctuary 7:00 - 9:00 pm Apr. 9

Wednesdays

YA Bootcamp (*PAR-Q+ required*) 7:15 - 8:00 pm Mar. 6 - Apr. 17

Thursdays

Chi Journey: Qigong/Tai Chi Blend 6:00 - 7:00 pm Mar. 7 - Apr. 11

Men's Group 7:00 - 9:00 pm Mar. 7 - Apr. 18

Speaker: Relaxing Through Movement and Sound 7:15 - 8:15 pm Mar. 21

Speaker: Clinical Trials 7:00 - 9:00 pm Mar. 28

Fridays

Speaker: Ikigai, Joy and Purpose of Living 7:00 - 9:00 pm Apr. 26

Saturdays

YA Game Night 6:00 - 10:00 pm Mar. 9, Apr. 13

Laugh Until it Helps (*kid-friendly workshop*) 10:00 am - 12:00 pm Mar. 16

Adventures in Art: Power Words (*kid-friendly*) 1:00 - 3:00 pm Mar. 16

Therapeutic Touch Workshop 1:00 - 4:00 pm Mar. 30

Yoga for Families (*kid-friendly workshop*) 10:00 - 11:15 am Apr. 13

Living Well with Cancer Retreat (*Sat & Sun**) 10:00 am - 3:00 pm Apr. 27

**see below*

Sundays

Living Well with Cancer Retreat (*Sat & Sun**) 10:00 am - 3:00 pm Apr. 28

**see above*

@wellspringyyc

facebook.com/WellspringCalgary