

WELLSPRING PROGRAMS

SPEAKER SERIES

May 2021 | Free & open to the public



TIME WITH CINDY
MAY 4 AND 18 | 10-11:30 AM MST

Reflect on your experiences and share ways to transcend the inevitable times of loss and suffering. Guided by Cindy, a transitions support coach and registered social worker, this program stimulates thought and creates a safe haven for the expression of emotions.



OPEN MIC:
KATE STEVENS
MAY 8 AND 29 | 3-5 PM MST

After a warm-up with the guest musician, Kate Stevens, you're invited to perform in a safe and relaxed space with a group of like-minded people who love to sing and play together.



**COPING WITH COVID:
MEANINGFUL MONDAYS**
WHEN THERE'S NO BACK TO NORMAL:
COVID & ADVANCED STAGE CANCER OR A
LIFE-LIMITING ILLNESS
MAY 10 | 7-8:30 PM MST

Enjoy a thought provoking evening with Heather Shantz, a retired nurse who has been living with metastatic breast cancer for the past two years and will share how she has chosen to embrace life and face the challenges of isolation, disappointment, and struggle to find meaning, while living with life-limiting illness in the time of COVID.



HOW WE HEAL:
UNDERSTANDING THE MIND-BODY
CONNECTION
MAY 13 | 7-8:30 PM MST

The mind-body connection is integral to how people heal during treatment and how they navigate the "after." Join physical therapist Susan Bocchinfuso for an interactive and engaging discussion on the science and art behind how we heal.



HOUSE MUSIC:
TIM & IVY FRASER
MAY 14 | 7-8:15 PM MST

Tim and Ivy are a father-daughter duo that have been singing together since Ivy was old enough to talk. They alternate lead vocals and harmonies, while Tim plays acoustic guitar. They perform a range of songs from old jazz standards to current artists.



**DIGITAL STORYTELLING FILM
FESTIVAL**
IN COLLABORATION WITH THE CANADIAN
CANCER SOCIETY
MAY 27 | 6-7:30 PM MST

In this series you will hear stories from cancer survivors and supporters that are intensely personal and full of wisdom about living well with, through, and beyond cancer.



CANNABIS IN CANCER CARE
LIVING YOUR BEST DURING THE PANDEMIC
WITH ADVANCED, METASTATIC, CHRONIC
OR NON-CURABLE CANCER
SPEAKER: DR. MARC KERBA
MAY 27 | 7-8:30 PM MST

Many healthcare providers are uncomfortable prescribing medical cannabis. There is a knowledge gap and lack of formal training regarding cannabinoids as medicine. This presentation will review the background of cannabis and contextualize the clinical integration of cannabis for patients with cancer. A snapshot of ongoing trials in medical cannabis research in Alberta will also be discussed. In collaboration with Cancer Care Alberta and Wellspring Edmonton.



HOUSE MUSIC:
NOBUO KAWAGUCHI AND CATHY CHECORA
MAY 28 | 7-8:15 PM MST

Performer Nobuo Kawaguchi teams up with cellist Cathy Checora to present their distinctive renditions of some of your favourite folk and pop tunes. Their performance features vocal harmonies accompanied by ukulele, guitar, harmonica, upright bass, and cello.



NO ONE HAS TO FACE CANCER ALONE.

For program info or to register go to www.wellspringcalgary.ca > Public programs
or call 1-866-682-3135