

WELLSPRING PROGRAMS

SPEAKER SERIES

August 2021 | Free & open to the public



MEDICAL ASSISTANCE IN DYING (MAID)

SPEAKER: DR. JACKSON WU
AUGUST 10 | 7-8:30 PM MST

End-of-life care and medical assistance in dying are important, complex and sensitive issues for individuals and their families. We invite you to learn together in a spirit of openness, courage, trust and respect. Our speaker is Dr. Jackson Wu, Radiation Oncologist from the Tom Baker Cancer Centre, who is one of the physicians currently providing MAID services.



TIME WITH CINDY

HOST: CINDY LANG
AUGUST 10* & 24 | 10-11:30 AM MST

Gather to 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 is designed to stimulate thought and create a safe haven for the expression of emotions that suffering often brings.

*Ariel Learoyd will be subbing for Cindy Lang on August 10.



BRAIN FOG:

AWARENESS & PROGRAM OVERVIEW
SPEAKER: DR. GREG LUCIER
AUGUST 25 | 7-8:30 PM MST

Dr. Greg Lucier will discuss current thinking regarding Brain Fog, provide an overview of the Brain Fog Program and demonstrate how simple techniques taught in the program can help alleviate the stress and apprehension associated with this vexing problem.



HOUSE MUSIC:

CALLED BY THE SEA
AUGUST 27 | 7-8:15 PM MST

Whether they're singing a traditional song from the British Isles or a modern song that sounds like it could be trad, Called By the Sea brings life to all their music through energetic vocals and engaging instrumentation. Doug Baker (guitars, vocals) and Michael Pollock (mandolins, concertina, violin, vocals) have been part of the Calgary music scene for many years in a variety of groups (Twisted Roots, Tessitura, Diminished Fifth, Sunday Nite Band). They tell fascinating musical stories that will make you tap your feet, sing and laugh along.



OPEN MIC:

MARK WONNECK
AUGUST 29 | 3-5 PM MST

Mark Wonneck is a songwriter by compulsion and loves to sing the songs he makes up for anyone who would like to hear them. He is known as Larry Douglas from the Canadian folk duo, The Douglas Brothers, and has played in folk festivals, theatres, community halls, and house concerts.



RETURNING TO WORK:

AWARENESS & PROGRAM OVERVIEW
SPEAKER: CATHY MCCLOSKEY
& GAIL HUNTER
AUGUST 31 | 7-8 PM MST

This session will provide an overview of the many considerations people with cancer encounter when considering returning to work, and provide an overview of the upcoming 6-week Returning to Work program.



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