

WELLSPRING CALGARY

SPEAKER SERIES

January 2022 | Free & open to the public



TIME WITH CINDY

HOST: CINDY LANG
JANUARY 4 | 10-11:30 AM MST

Reflect on your experiences and share ways to transcend the times of loss and suffering. This program is designed to stimulate thought and create a safe haven for the expression of emotions.



BRAIN FOG:

AWARENESS AND PROGRAM
SPEAKER: MAUREEN HALL
JANUARY 5 | 7-8 PM MST

In this event Maureen Hall 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.



RETURNING TO WORK:

AWARENESS AND PROGRAM OVERVIEW
SPEAKERS: CATHY MCCLOSKEY & JUDY WALTON
JANUARY 11 | 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.



DIGITAL STORYTELLING FILM FESTIVAL

HOST: MIKE LANG
JANUARY 19 | 6-7:30 PM MST

In this series you will hear stories intensely personal stories from cancer survivors and supporters that are full of wisdom about living well with, through, and beyond cancer. The screening and discussions will be hosted by cancer-survivor, researcher, and award-winning filmmaker, Mike Lang.



LIVING WELL IN 2022

SPEAKER: DR. NICOLE CULOS-REED
JANUARY 20 | 6-7:30 PM MST

Dr. Nicole Culos-Reed will speak to the role of modifiable lifestyle factors – stress, sleep, nutrition, and exercise – as key components to living well. With a focus on exercise oncology specific resources, you'll learn about what you can control, and how you are able to use movement to enhance your quality of life.



HOUSE MUSIC:

MAGNOLIA BUCKSKIN
JANUARY 21 | 7-8:15 PM MST

Magnolia Buckskin bring their years of friendship, humour and love of music to the stage. Kathy Cook, Natasha Sayer and Corry Ulan deliver a blend of indie bluegrass, folk, and acoustic pop music on guitar, banjo, mandolin, accordion and bass.



OPEN MIC:

JEFF STOCKTON
GUEST HOST: JARRED ALBRIGHT
JANUARY 28 | 2-4 PM MST

After a warm-up with the guest musician, Jeff Stockton, perform in a safe and relaxed space with a group of people who love to sing and play together.



CAREGIVER: THE INVISIBLE PATIENT

SPEAKERS: JIM & TRACEY BUTTON WITH GUEST DAVE KELLY
JANUARY 26 | 6-7:30 PM MST

Join Jim and his wife, Tracey Button, as Tracey shares from a deep well of experience, what it is to be the 'invisible patient,' caring for your life mate who has chronic cancer. Also joining the conversation is Dave Kelly, celebrated Calgary show host and close friend. In this candid conversation, there will be plenty of personal reflection with some sage advice and some humour sprinkled in.



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