



A Journey of Wellness...

LIVING YOUR BEST LIFE with Cancer and Beyond

WORKSHOP SERIES



Camrose PCN will be offering one workshop every two months from
November 2012 to November 2013

Workshops

All sessions are held in
the Edgeworth Centre
Community Rooms

These workshops
are for all people
living with cancer,
family members and
significant caregivers

Saturday, December 1st, 2012, 9:30am - 12:30pm – Creative Journaling – Expressive Arts

Facilitated by **Kathie MacDuff**: Artist in Residence (Sorrento) Artist / Marketing Manager

Saturday, January 12th, 2013, 1-4pm – Healing Journey: Core Network Programs

Facilitated by **Cindi Reopell, RN** and **Don Watt** Master of Divinity (ordained minister), leadership and stewardship. Created by Dr. Alistair Cunningham.

Saturday, March 23rd, 2013, 1-4pm – Food for Care and Comfort

Facilitator TBA

Saturday, May 25th, 2013, 1-4pm – Healthy Steps™: Movement / Exercise Programs

Facilitated by **Barb Cummings-Versaavel**: Co-Founder Wellspring Calgary, Creator of Moves in Rhythm, former professional dancer

Saturday, September 21st, 2013, 1-4pm – Tai Chi Movement and Exercise

Facilitated by **Jane Sponiar**: BSc: Kinesiology, Tai Chi / Yoga

Saturday, November 16th 2013, 1-4pm – Everyone Has a Story to Tell: Storytelling

Facilitated by **Jeff Stockton**: B.Ed, Storyteller in Residence: Calgary Board of Ed, Shaman

Special
workshop for
Caregivers
only

Date to come – For Caregivers Only

Facilitated by **Shelley Asserson** and **Dr. Helen MacRae**

Shelley Asserson: Wellspring Calgary volunteer librarian, caregiver. **Dr. Helen MacRae**: PhD in Counselling Psychology from the University of Calgary with a special interest in individual and family life-span developmental and transitional issues

Registration

Cost to attend is **FREE**, but space is limited.

For information or to register for any or all of the workshops, please call
780.608.4927, email info@camrosepcn.com or visit www.camrosepcn.com.



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Calgary
A Lifeline to Cancer Support