

# MARCH PUBLIC PROGRAMS

Free & open to the public

MAR  
3

**FOOD & NUTRITION:  
CANCER RECOVERY FOR PEOPLE WITH  
EATING CHALLENGES**  
Speaker: Jennifer Black  
Info session: Mar 3 | 10am-noon | Randy O'Dell House  
Cooking demo: Mar 10 | 10am-noon | Randy O'Dell House

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by cancer treatment? Learn tips to help.

MAR  
25

**SMUDGING & MEDICINE WHEEL  
TEACHINGS:  
INDIGENOUS LEARNING**  
Speaker: Chantal Chagnon  
Mar 25 | 12:30-2pm | Randy O'Dell House

Learn the importance of protocol and how to harvest medicine sustainably, the significance of the Smudge, why we do it, and the story behind it as we Smudge together.

MAR  
15

**MEDICAL ASSISTANCE IN DYING (MAID)**  
Speaker: Dr. Jackson Wu  
Mar 15 | 6:30-8pm MST | Online

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.

MAR  
27

**ADVANCEMENTS IN CANCER RESEARCH:  
IMMUNOTHERAPY, PRECISION ONCOLOGY,  
AND RADIATION THERAPY**  
Speakers: Drs. Jose Monzon, Steven Yip & Corinne Doll  
Mar 27 | 6:30-8pm MST | Online

Don't miss this incredible opportunity to hear from three University of Calgary researchers on cancer treatment advancements they are aware of and involved with.

MAR  
17

**CANCER CONNECT: LETHBRIDGE**  
Host: Maureen Hall  
Mar 17 | 10-11:30am | Lethbridge Senior Citizens  
Organization

These sessions offer a safe space to connect with others on a similar path and learn strategies for supporting the mind, body and spirit.

MAR  
30

**REWILDING OUR GARDENS**  
Speaker: Janet Melrose  
Mar 30 | 6-7:30pm MST | Online

This workshop will look at the down to earth design and cultural practices to use to make our gardens a refuge for pollinators, other beneficial insects, birds and other life.

MAR  
21

**CANCER CONNECT: RED DEER**  
Host: Tara Simpson  
Mar 21 | 5-6:30pm | Red Deer Public Library

These sessions offer a safe space to connect with others on a similar path and learn strategies for supporting the mind, body and spirit.

MAR  
23

**LIFE IS PRECIOUS AND SHORT:  
WE MUST DO WHAT IS IN OUR HEARTS**  
Speaker: Sarah McDonald  
Mar 23 | 6-7:30pm MST | Online

Through stories, both heart-wrenching and (at times) funny, Sarah shares her career and fertility journeys – both interrupted by two shocking cancer diagnoses made within months of one another in the same year.

## OTHER PROGRAMS:

### CHOIR

Mar 1, 8, 15, 22, & 29 | 1-3pm | Edmonton House

### CAMPFIRE CLASSICS

Mar 3, 10, 17, 24 & 31 | 12:30-2pm | Carma House or Randy O'Dell House

### TIME WITH CINDY

Mar 9 | 10-11:30am | Carma House  
Mar 23 | 10-11:30am | Randy O'Dell House

### LEGAL & EMPLOYMENT MATTERS

Mar 9 | 7-8:30pm MST | Online

### DIGITAL STORYTELLING: FILM FESTIVAL

Mar 22 | 7:8:30pm MST | Online