

Fall 2026 NEWSLETTER



Transplant Wellness Program

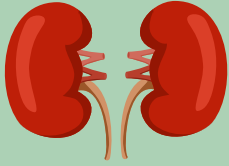
Fall is here, and there's lots happening at TWP! Catch up on program updates, see what's coming up this season, and hear from one of our participants in this issue's inspiring testimonial. Take a few minutes to see what's new and stay connected with the TWP community. 🍁





Transplant Wellness Program Updates

140 – Total participants to date!



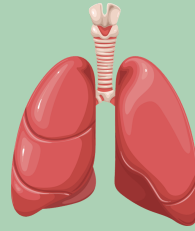
94

Participants
are kidney
patients



35

Participants
are liver
patients



11

Participants
are lung
patients



80

Participants
have completed
TWP

Upcoming TWP Holidays

Please note that there will be no online exercise classes on the following dates due to holiday closures:

- Monday, September 7 - Labour Day
- Wednesday, September 30 - Truth & Reconciliation
- Monday, October 12 - Thanksgiving
- Wednesday, November 11 - Remembrance Day
- Christmas Closure: to be announced at a later date

TWP PARTICIPANT

Testimonial

Prior to my liver transplant I had been significantly unwell over the course of a year. A couple of close calls, several hospitalizations and “taps” to drain up to 10 litres of fluid from my abdomen weekly. While still mobile in the strict sense of the word, I knew I was also experiencing the onset of frailty.

Post-transplant, in the immediate aftermath, was grueling. The biggest issue was an almost complete lack of strength: to get out of bed, lift my legs into bed and mobility without holding onto something for balance. **Not joining the TWP prior to surgery was a huge missed opportunity.**



Post op, the TWP folks described how the emphasis would be on cardio, strength training, balance and flexibility, which pretty much sums up the need. Compared to leaving myself to my own devices the TWP has been life changing in three respects:

TWP PARTICIPANT

Testimonial

1) While I don't generally lean towards group sessions of anything, the people that run it foster a sense of belonging, that you are with others in the same boat and you feel very comfortable in that setting. The instructor offers just the right pace and is fun, friendly and genuinely caring of each participant's circumstances, goals and objectives.

2) The improvement in my balance and core strength has been remarkable. Not quite there yet but the program has resulted in leaps towards my former self. Without the program to restore, my life would be sedentary at best. Harder to pin down but mental health improves.

3) The program fosters an embedded sense of health and a wellness journey. The Transplant surgeons caution against a lifestyle that contributed to illness, the TWP is an easy and willing opportunity to get and keep healthy.

It's a life changer for me.

Dale K, 68

Post-Liver Transplant



UPCOMING EVENTS

Kidney March 2026: September 11-13

Kidney March is an event aimed at raising awareness and funds for kidney disease and organ donation. The event consists of walking 100km over 3 days. The event is not just a walkathon, but a movement that unites people in support of kidney health and organ donation initiatives.

Full details here: Kidneymarch.ca

TWP at the Kidney March: Our medical director, Dr. Stefan Mustata, will be the lead physician on site this year. In addition, Katie B will participate as a leader in the opening ceremonies on Friday September 11th.

LIVERight Health Forum

Saturday September 26, 10:00am-2:00pm

This event is your opportunity to explore the latest in liver health. Learn from leading health experts about emerging research and practical ways to support your liver. Presented at the Foothills Hospital Libin Theatre.

TWP at the LIVERight Health Forum: Katie B and TWP liver patient Sheila M are presenting together at 12:40pm.

We would love to see you there! More details and the link to register are on the next page.

JOIN US FOR THE

LIVERIGHT HEALTH FORUM

OPEN TO ALL INTERESTED IN LIVER HEALTH.

LEARN FROM LEADING HEALTH EXPERTS ABOUT
EMERGING RESEARCH,
GAIN PRACTICAL WAYS TO SUPPORT YOUR LIVER, AND
CONNECT WITH COMMUNITY MEMBERS WHO SHARE
SIMILAR EXPERIENCES.



SEPTEMBER 26



10AM - 2PM



3310 HOSPITAL DRIVE NW, CALGARY

VISIT [LIVER.CA/EVENTS](https://liver.ca/events) FOR DETAILS.

QUESTIONS? PLEASE EMAIL:
[KOUELLETTE@LIVER.CA](mailto:kouellette@liver.ca)

REGISTRATION
IS FREE!

CLICK THE
LINK BELOW
TO REGISTER.

[REGISTER
TODAY!](#)



WALKING SCHEDULE

Fall 2026

**TUES
SEPT
15**

Outdoor Walk: Bow River

10:00AM - 11:30AM

Meet at: Home Road Parking Lot

**MON
OCT
19**

Mall Walk

1:00PM - 3:00pm

Market Mall South Entrance

**TUES
NOV
17**

Mall Walk

10:00 AM - 12:00PM

Market Mall South Entrance

**MON
DEC
14**

Mall Walk

1:00PM - 3:00pm

Market Mall South Entrance

Please RSVP twp@ucalgary.ca

UPCOMING EVENTS

Webinar Schedule

Join us for our upcoming webinars!

These interactive sessions provide an opportunity to explore wellness topics in greater depth, participate in guided worksheets and activities, and connect with other TWP participants through discussion.

Tuesday, September 29th at 2:15pm

Nutrition Webinar with RD Marla Richardson

Topic: Cooking with Low Energy

<https://ucalgary.zoom.us/j/93427280194?from=addon>

Wednesday, October 21th at 1:00pm

Wellness Topic with Katie: Self-Monitoring

<https://ucalgary.zoom.us/j/95700770496?from=addon>

Thursday, November 5th at 11:00am

Nutrition Webinar with RD Emily Johnston

Topic to be announced in the coming weeks!

Nutrition Resource Spotlight: Kidney Community Kitchen

Looking for practical ideas and tools to help with kidney-friendly eating? The Kidney Community Kitchen, created by the Kidney Foundation of Canada, offers a variety of resources to make managing a renal diet easier.

Explore kidney-friendly recipes, nutrition tips, cooking videos, fact sheets, and a meal planner that can help you plan meals and keep track of key nutrients such as sodium, potassium, phosphorus, and protein.

Whether you're looking for new recipe ideas or help navigating your kidney diet, this is a great resource to explore.

Visit: [Kidney Community Kitchen](#)

FEATURE WELLNESS CONCEPT

The Ripple Effect of Small Choices

Wellness does not always require big changes. **One small positive choice can create a ripple effect**, making the next healthy choice a little easier. A short walk may boost your energy, leading to more activity later. Taking a few minutes to relax may reduce stress and help you sleep better. Small choices may seem insignificant, but they add up over time.

Try it this week:

1. **Choose one small action** that supports your wellbeing: take a 10-minute walk, drink more water, prepare a healthy snack, or take a few minutes to unwind.
2. **Notice the ripple.** How does that small choice affect how you feel or what you choose to do next?
3. **Repeat** when you can. You don't need to do everything at once. Start with one small choice and let it build from there.

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Thank you for your participation and support of the Transplant Wellness Program and community. For more updates and wellness content, be sure to follow our Instagram page: [@transplantwellness](https://www.instagram.com/transplantwellness)



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