



# TRANSPLANT WELLNESS PROGRAM

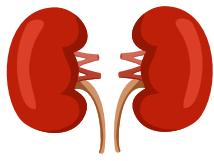
**Annual Report  
2025**



The Transplant Wellness Program (TWP) at the University of Calgary has successfully completed its second year of participant recruitment. Over the past year, the program has continued to make remarkable strides in promoting physical health, providing wellness resources, and offering tailored programming. Our exercise classes continue to have great attendance! As of November 2025, we have 16 participants attending as part of the maintenance classes and 9 participants attending as part of their 12 week program. In 2025, the program had two significant milestones, enrolling our 100<sup>th</sup> participant to the program and also welcoming post-lung transplant patients. Additionally, we gathered all participants at our “Together in Wellness” event in June, celebrating the contributions and participation of everyone in the program.

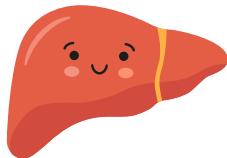
**Moving ahead to 2026**, we continue to be committed to growing the program's reach and enhancing the lives of transplant patients in Southern Alberta.

# Enrollment Update



**79**

participants are kidney patients



**28**

participants are liver patients



**7**

participants are lung patients



**53**

participants have completed the TWP exercise intervention



**27**

TWP graduates continue to attend TWP maintenance classes



# Group Wellness Behaviour Sessions 2025

These sessions are educational opportunities for transplant patients to attend to support their wellness journey. They cover key behaviour change and nutrition topics on beneficial topics for transplant patients.

Date	Title	TWP participants in attendance
April 17	Fatigue and Stress in Transplantation	10
July 7	<u>Nutrition</u> - Savour the Savings: Healthy Eating Resources for Your Wallet	11
August 12	Physical Activity as a Tool for Stress Management	11
September 22	<u>Nutrition</u> - From Cart to Kitchen: Making Healthy Grocery Choices	13
October 28	Tracking your progress	7
November 25	<u>Nutrition</u> - Tips for Eating Out	9

Thank you to the Transplant dietitian team as well as Jenna Sim, Vanessa Bahry and Katie Bakgaard for teaching these topics. Your expertise is invaluable for helping our patients succeed!

# Knowledge Translation 2025

PKD  
FOUNDATION  
OF CANADA



FONDATION  
CANADIENNE  
DE LA MPR

**PKD Summit - Nov 2025**  
Roundtable presentation



SOCIETY OF  
BEHAVIORAL  
MEDICINE

**46<sup>th</sup> annual meeting - Mar 2025**  
Abstract presentation

 **Nephrology**  
**City Wide Renal Rounds - Nov 2025**  
Annual presentation

**A big thank you to our presenters Jenna Sim, Katie Bakgaard, Kathryn Wytsma-Fisher, Kim Holowatiuk and Stefan Mustata**

# NEW STAFF UPDATE

In 2025, we were excited to welcome two new staff members to the team! Katie is the Exercise Specialist running the exercise classes and is the face of the program. Kathryn stepped into the role of the Research Lead replacing Maneka who moved on to a position with the University of Calgary's Graduate programs office. Read their bios below.



**Katie Bakgaard** is the Kinesiologist/Certified Exercise Physiologist for the Transplant Wellness Program. She brings extensive experience supporting patients through complex health conditions, blending clinical expertise with compassionate, patient-centered care.

In her role, Katie focuses on teaching and supporting patients throughout their wellness journey, with a particular emphasis on exercise. She is passionate about helping individuals build confidence, develop sustainable movement routines, and cultivate life-long wellness habits.

Outside of work, Katie enjoys spending time with her family and staying active outdoors, especially waterskiing in the summer months.

You can reach Katie at her new phone number 403-944-2224.



**Kathryn Wytisma-Fisher** is a Clinical Exercise Physiologist/Kinesiologist who recently stepped into the role as the Research Lead with the Transplant Wellness program. Previously, she supported the program as a casual CEP and exercise class instructor. Kathryn has a passion for bringing physical activity to all individuals and loves being involved with projects and programs that support this. She enjoys spending her spare time with her husband, son and dog Bella as well as being active outdoors hiking and camping.

You can reach Kathryn at her new phone number 403-944-2227.

# TWP participant testimonials



Click on the link to watch the video: <https://youtu.be/9AilRnn9Qjg>

Click [here](#) or scan the QR code below to visit our website



Contact us at [twp@ucalgary.ca](mailto:twp@ucalgary.ca)

Thank you for your invaluable support! We wish you a peaceful, prosperous New Year.

**HAPPY  
NEW YEAR**

Warm regards,  
The TWP Team



Transplant Wellness



UNIVERSITY OF  
CALGARY