



Transplant Wellness Program

SPRING 2026 NEWSLETTER



Welcome to our Spring edition of the Transplant Wellness Program (TWP) newsletter! Stay connected to what's happening in the program including upcoming events, participant testimonials, and new initiatives.

A New Home for TWP

The Transplant Wellness Program is now officially located in the Maple Hub at Foothills Medical Centre. We were pleased to start seeing patients in-person as of January 2026.

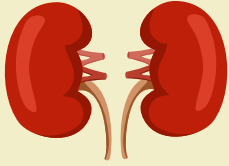
If you have an upcoming appointment with ALTRA, please let us know and we will come say hello!





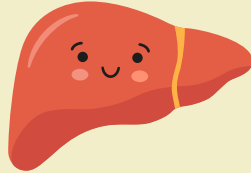
Transplant Wellness Program Updates

125 – Total participants to date!



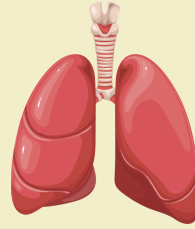
86

Participants are kidney patients



32

Participants are liver patients



7

Participants are lung patients



62

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:

- Friday, April 3 – Good Friday
- Monday, April 6 – Easter Monday
- Monday, May 18 – Victoria Day
- Wednesday, July 1 – Canada Day

We look forward to seeing you back in class following each holiday!

Transplant Wellness Program Updated YouTube Resources

Our YouTube playlist now includes three follow-along online exercise classes! These videos feature the exact same circuit-style classes we complete together each week in TWP.

You are encouraged to play your own music, move at your own pace, and take breaks as needed; just like we do in our live classes.

Access the playlist here: [TWP YouTube Playlist](#)

Be sure to keep checking the playlist as we continue to grow our library. Our goal is to offer six different class videos for you to follow along with in the near future!



Green Shirt Day April 7th

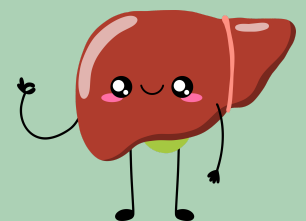
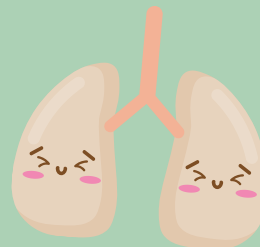
Honouring the gift of life & the power of community



Green Shirt Day is a national movement that raises awareness for organ and tissue donation, inspired by the legacy of Logan Boulet. Following the Humboldt Broncos bus crash, Logan's decision to register as an organ donor saved six lives and inspired over 100,000 Canadians to do the same—now known as the Logan Boulet Effect.

As a transplant community, this message is especially meaningful. Organ donation is the reason so many in our TWP community have been given a second chance at life.

Green Shirt Day is an opportunity to honour donors and their families, celebrate recipients, and continue raising awareness about the importance of registering and sharing your wishes.



JOIN US APRIL 7TH Green Shirt Day

TWP invites you to take part in Calgary's **Hope in Motion** Green Shirt Day Community Parade, hosted by the Kidney Foundation of Canada Southern Alberta Branch.

Tuesday, April 7, 2026

7:30 – 9:00 PM

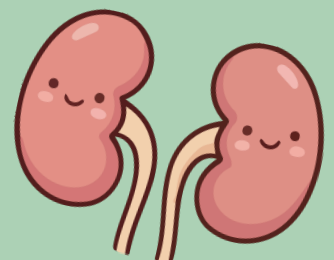
2 km community walk along the Bow River

Near Prince's Island Park

Starting at: 200-286 Memorial Dr NW Calgary

Parking Lot 59 on the north side of the Bow River Pathway Bridge at Memorial Drive near Prince's Island Park.

This evening walk brings together donor families, recipients, healthcare teams, and community members in a shared movement of hope and gratitude.



Spring Mall Walks

Meet us at **Market Mall's South Entrance Starbucks** for a walk and friendly social gathering. After the walk, we'll wrap up with a coffee together. Everyone is welcome!

Upcoming Dates:

Tuesday April 21 @ 10:00am

Monday May 11 @ 1:00pm

Please note that beginning in June, our walks will transition to an outdoor format. The updated schedule will be shared at the start of June.



TWP PARTICIPANT Testimonial



“I joined the Transplant Wellness Program about four months ago, and I’m so glad I did. The classes don’t feel like an effort - I genuinely enjoy them. Being surrounded by others who are pre- or post-transplant creates a strong sense of understanding and support. The staff make it fun and welcoming, so you just show up, do some exercise, and leave with that good, healthy kind of tired. Before my transplant, I was very ill. Now, I have my health back, and life feels good again — not just for me, but for everyone around me. I am more active than I’ve ever been.”



“TWP has helped me physically and mentally. There’s a lot of laughter, smiling faces, and encouragement. I would recommend it to anyone.”

-Ella D, 65, F,
Post-Liver Transplant

FEATURE WELLNESS CONCEPT

Self - Compassion

What is self-compassion?

- Treating yourself with kindness, patience, and understanding—especially during challenges or setbacks.

Why it matters on a health journey:

- Health and recovery often include ups and downs.
- Self-compassion helps reduce frustration and self-criticism.
- Research shows that people who practice self-compassion are more likely to stay engaged in healthy behaviours over time.
- Instead of feeling defeated by setbacks, people can acknowledge challenges, learn from them, and keep moving forward.
- Self-compassion helps turn obstacles into part of the journey, rather than the end of it.



FEATURE WELLNESS CONCEPT

Self - Compassion

Practicing self-compassion with affirmations:

- An affirmation is a short, positive phrase you repeat to reinforce a supportive mindset.
- Affirmations can help shift your inner dialogue from criticism to encouragement.

Examples of affirmations:

- Progress, not perfection.
- I am doing the best I can today.
- Small steps still move me forward.
- My health journey is unique to me.
- It's okay to go at my own pace.
- Every effort I make matters.
- I choose patience with myself.
- My body deserves care and kindness.



Nutrition Resource Spotlight: PKD Canada Webinar Series

Looking for simple, reliable nutrition guidance for kidney health? The PKD Foundation of Canada offers a free online webinar series designed for people living with kidney disease. Led by registered dietitians, these short sessions cover key topics like kidney-friendly eating, plant-based nutrition, and simple recipes. They break down each topic into practical, easy-to-use strategies.

Why this resource is helpful:

- Created specifically for individuals with kidney disease
- Combines education with practical cooking tips and real-life examples

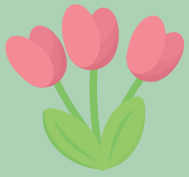
How patients can use it:

- Watch one session at a time to build your understanding of kidney-friendly nutrition
- Try the featured recipes at home to build confidence in the kitchen

Whether you're pre- or post-transplant, this series is a great way to feel more confident in your nutrition choices and learn practical ways to support your kidney health.

Watch the series here: <https://www.youtube.com/playlist?list=PLcovcT8-eq9lxrwrDgOTGM5u6Az500Z5K>

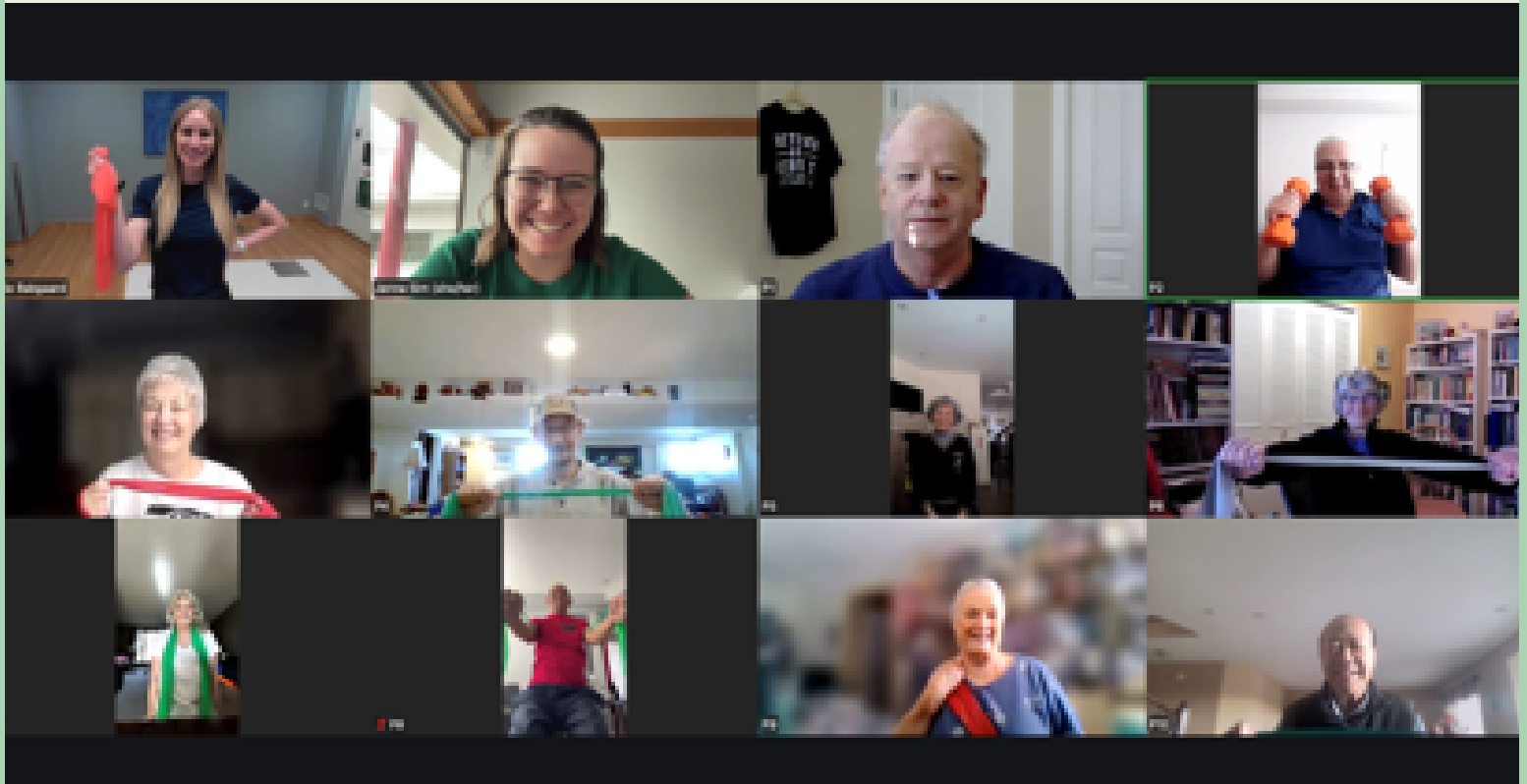
Transplant Wellness Program



Spring Newsletter



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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