

## Welcome to the Transplant Wellness Program Behaviour Change Support

Your wellness behaviour change support will focus on *what you need* to support your wellness change – how to add to, improve, enhance, and address barriers – to support you in living well. The four lifestyle modifiable behaviours – sleep, stress, nutrition, and physical activity – are commonly noted as the foundation for wellness. In addition, social engagement is critical for optimizing one’s wellness.

*The Transplant Wellness Program* will focus primarily on the lifestyle behaviour of movement - physical activity or exercise. However, the role of the other behaviours for living well, and resources to support those behaviours, are addressed within the Wellness Manual.

### Your Facilitator:

Nicole Culos-Reed is a Professor in the Faculty of Kinesiology, and the Department of Oncology, Cumming School of Medicine, at the University of Calgary. She is the behaviour change lead with the Transplant Wellness Program.

Nicole has over 25 years of academic expertise and clinical application of her work supporting *exercise behaviour change* for individuals. Nicole will guide and support your work and will provide resources that may be useful in your wellness journey.

### Your Role:

Wherever you are in your transplant journey – pre- or post-transplant - your role is to work on your wellness plan with our support. We will focus together on *what you need, and will work on the lifestyle behaviours that are under your control*. There are no ‘right’ or ‘wrong’ answers in the work we will do!

### The Outcome:

The goal of the Transplant Wellness Program is to support you in living well. This includes access to the exercise intervention, to additional wellness resources, and to this behaviour change support. Together we will build your plan for wellness. We will have touchpoints to support your change, and you can reach out to any member of the Transplant Wellness Program team if you have questions or need further resources to support your wellness.

### Contacts:

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Vanessa Bahry, Clinical Exercise Physiologist – [bahryv@ucalgary.ca](mailto:bahryv@ucalgary.ca)

Dr. Nicole Culos-Reed, TWP Behaviour Change Lead – [nculosre@ucalgary.ca](mailto:nculosre@ucalgary.ca)

Visit our website for updates and information:  
(link to website will be shared later)

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## **Empowering Your Wellness Behaviour Change – Resources**

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Exercise Resources – to support you in moving more:

1. Always first check with **Vanessa, and your TWP tailored exercise program**, if you require support, have a change in health status, or have questions about your physical activity or exercise.
2. TWP Maintenance Classes
  - a. Weekly classes, held over zoom
  - b. Fee-based
3. Kidney Exercise and Education Program (KEEP)
  - a. Exercise classes held over zoom
  - b. Tuesday and Wednesday, 60 minutes
  - c. Contact: [Theresa.cowan@ahs.ca](mailto:Theresa.cowan@ahs.ca)
4. Neuro Sask
  - a. Exercise classes held over zoom
  - b. Tuesday and Thursday, 30 minute
  - c. Contact: [neurosask@usask.ca](mailto:neurosask@usask.ca)
5. Alberta Healthy Living Program
  - a. Exercise classes with online and in-person options, for chronic disease management
  - b. Various times/locations weekly
  - c. Contact: 1-844-527-1160
6. Calgary Active Living – Paperny Family JCC
  - a. Exercise classes, for chronic disease management
  - b. Contact: 403-537-8598 or [lcrane@cjcc.ca](mailto:lcrane@cjcc.ca)
7. City of Calgary – Gentle Fitness Programs
  - a. Exercise classes in-person, for all populations
  - b. Various times and locations, City of Calgary facilities
  - c. Contact: <https://www.calgary.ca/parks-rec-programs/gentle-fitness.html>
8. Keep Moving Classes, University of Calgary
  - a. Exercise classes, in-person – gentle, lower intensity classes for older adults
  - b. Contact: <https://active-living.ucalgary.ca/programs/health-and-fitness/fitness-classes>

Additional Educational Resources:

1. TWP Wellness Manual – refer to this for information around movement across your transplant journey, from pre to immediate transplant surgery recovery, to living well after your transplant.
2. Health and Wellness Lab - [www.thriveforcancersurvivors.com](http://www.thriveforcancersurvivors.com) – youtube channel with recorded videos of exercise sessions and programs, including yoga.
3. Additional behaviour change resources are available on the TWP website: (link to website will be shared later)

