


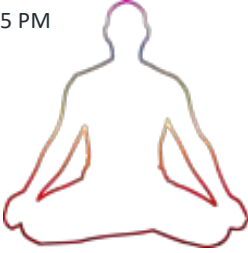



# PARTICIPANT RESOURCES

## JULY 2022

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	<p><b>Banff Upper Hot Springs</b> 10AM-8PM daily Need to unwind and relax? Purchase your hot springs tickets for \$5 from the Participant Resources office. Image credit: Parks Canada</p> 		<p><b>Banff Farmers Market</b> Every Wednesday 10AM-6PM at Central Park Shop an abundance of quality local products and produce, as well as tasty treats!</p>	<p><b>Mindfulness: Train Your Brain</b> Thursdays, FREE Explore scientifically proven ways to increase your energy, happiness, resilience, and productivity as well as help you manage the stress that comes your way. Everyone welcome, no experience necessary. E-mail <a href="mailto:Participant_Resources@banffcentre.ca">Participant_Resources@banffcentre.ca</a> for Zoom info.</p>	<p><b>1</b> <b>Interested in seeing Lake Louise or Minnewanka?</b> Roam Transit will get you there. Visit <a href="http://www.roamtransit.com">www.roamtransit.com</a> Image credit: Unsplash</p> 	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b> <b>Evolution Concert Series</b> Various dates, FREE Throughout the month be sure to catch a concert from Evolution: Classical and Quartet program. For full schedule check <a href="http://www.banffcentre.ca/events">www.banffcentre.ca/events</a></p>	<p><b>5</b></p>	<p><b>6</b> <b>Banff Farmers Market</b> 10AM-6PM at Central Park</p>	<p><b>7</b> <b>Mindfulness: Managing Negative Thoughts Pt. 2 (30 min.)*</b> 12:00-12:30 PM</p>	<p><b>8</b> <b>Visual Arts Faculty Presentation</b> 3PM, FREE Jeanne and Peter Loughheed Bldg, 204 Join two talks for the program <i>Material Transformations</i> with guest lecturer Mel Y. Chen and faculty Beatriz Cortez.</p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b></p> 	<p><b>12</b> <b>Forest Bathing</b> 1-3PM, FREE Shinrin-Yoku is used extensively in the Japanese healthcare system. Prescribed time in nature reduces stress and increases creative and overall wellness. E-mail Participant Resources to sign up. Image credit: Unsplash</p>	<p><b>13</b> <b>Visual Arts Open Studios and Exhibition Tour</b> 4-7PM, FREE Walter Phillips Gallery Explore artists' studios, engage with artists about their work, and join a tour of the current gallery exhibition.</p>	<p><b>14</b> <b>Mindfulness: Self-Kindness Meditation to Calm Negative Thoughts (15 min.)*</b> 12:00-12:15 PM</p> 	<p><b>15</b></p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b> <b>Banff Farmers Market</b> 10AM-6PM at Central Park</p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>
<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p> 	<p><b>27</b> <b>Banff Farmers Market</b> 10AM-6PM at Central Park Image credit: Town of Banff</p>	<p><b>28</b></p>	<p><b>29</b> <b>Indigenous Dance Showcase</b> 7:30 PM, FREE A dance presentation that showcases original work developed at the Banff Centre. Reserve seats at <a href="http://www.banffcentre.ca/events">www.banffcentre.ca/events</a></p>	<p><b>30</b></p>
<p><b>31</b></p>						

Sally Borden Building Main Floor | 403.762.6269 | [Participant\\_Resources@banffcentre.ca](mailto:Participant_Resources@banffcentre.ca)  
\*These services are made possible by the Post-Secondary Student Mental Health Grant through the Province of Alberta

Events are open to all Arts and Leadership participants and faculty. Banff Centre staff are welcome as space permits. To sign up for events, or if you have any questions or concerns, contact Participant Resources.

OPEN for in person hours:  
MON: 10:00am – 4:00pm  
TUE: 10:00am – 4:00pm  
THUR: 10:00am – 4:00pm  
FRI: 10:00am – 4:00pm

Hours subject to change  
CLOSED: WED, SAT, and SUN