



Alberta Lawyers' Assistance Society

Walk for Wellness

Assist is a charity whose goal is to keep lawyers in Alberta happy and healthy. Please join us in our 4th Annual Walk for Wellness as we encourage all of Edmonton to nurture their physical and mental health.

The walk is FREE! Participants are only asked to pledge one of the following:

Participants can pledge to enjoy more:

- ◆ family time
- ◆ active time
- ◆ quiet time
- ◆ reflective time
- ◆ fun time

When

Thursday, September 17, 2015 at Noon

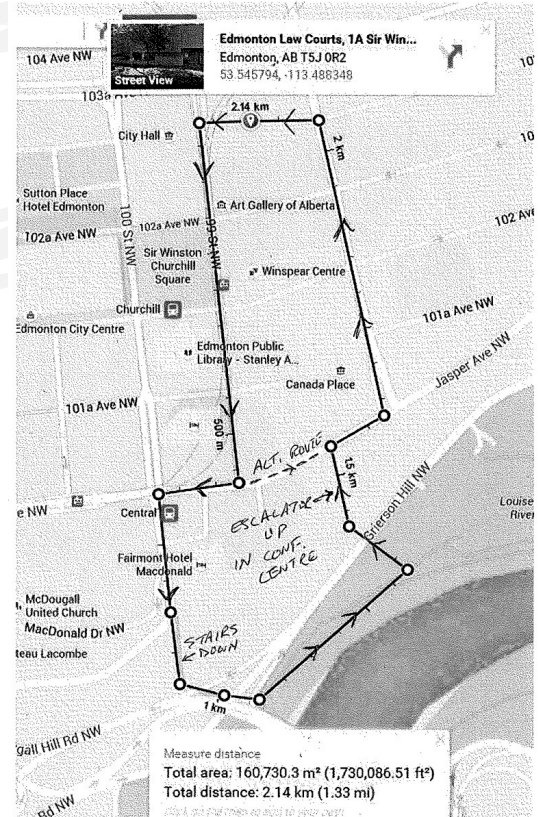
Where

Meet at Edmonton Court House
South Plaza

Why

To promote health and wellness within the greater Edmonton community, to raise awareness of Assist's services, and to have fun!

**Please join Assist and your colleagues and friends for a fun, brief walk downtown!
Celebrate wellness in your life!**



For questions, please contact: 1 877 737 5508