



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 1st Annual Walk for Wellness as we encourage all of Lethbridge 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

Wednesday, September 23 at Noon

Where

Meet at the Lethbridge Courthouse Park

Why

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

Please join Assist and your colleagues and friends for a fun, brief walk from the Courthouse. Celebrate wellness in your life!



For questions, please contact: 403 537 5508