



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 7<sup>th</sup> Annual Walk for Wellness as we encourage all Calgarians 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 14 at Noon

## Where

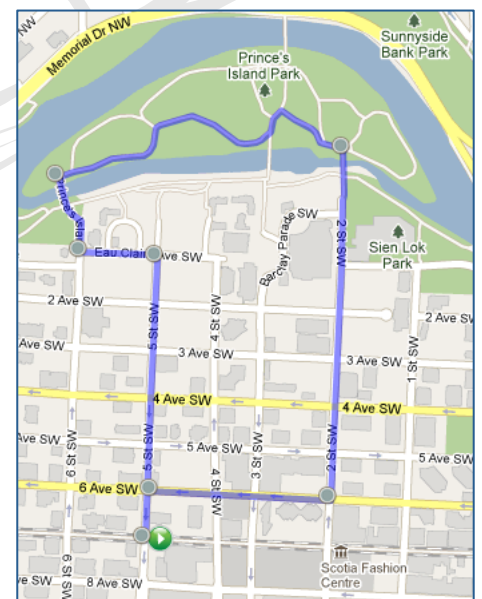
Meet at the Calgary Courthouse Park –  
5<sup>th</sup> St. and 6<sup>th</sup> Ave. SW

## Why

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

**Please join Assist and your colleagues and friends for a fun, brief walk from the Courthouse**

**There will be prizes!**



For questions, please contact: 403 537 5508