



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 6th 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 21, 2017

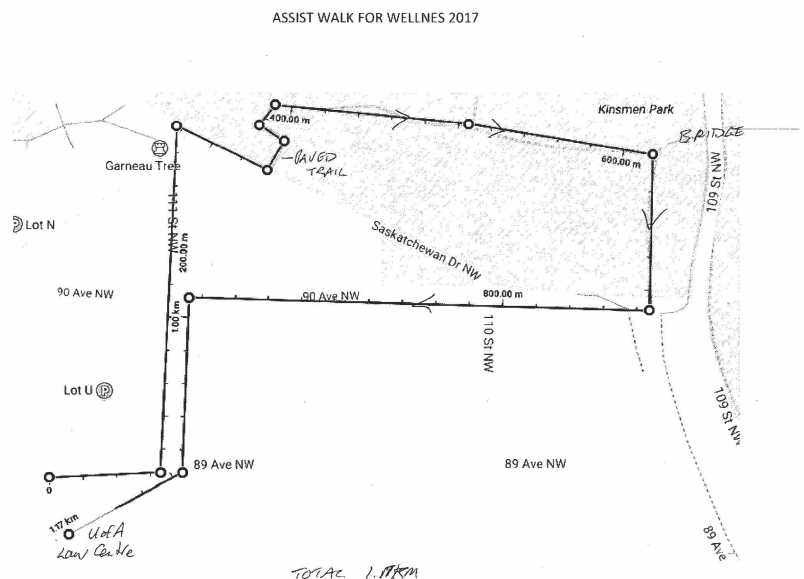
12:00 PM

Where

Meet at Faculty of Law,
University of Alberta

Why

To promote health and wellness within the Edmonton community, raise awareness of Assist's services, and 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