



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 the Fort McMurray community to nurture its 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

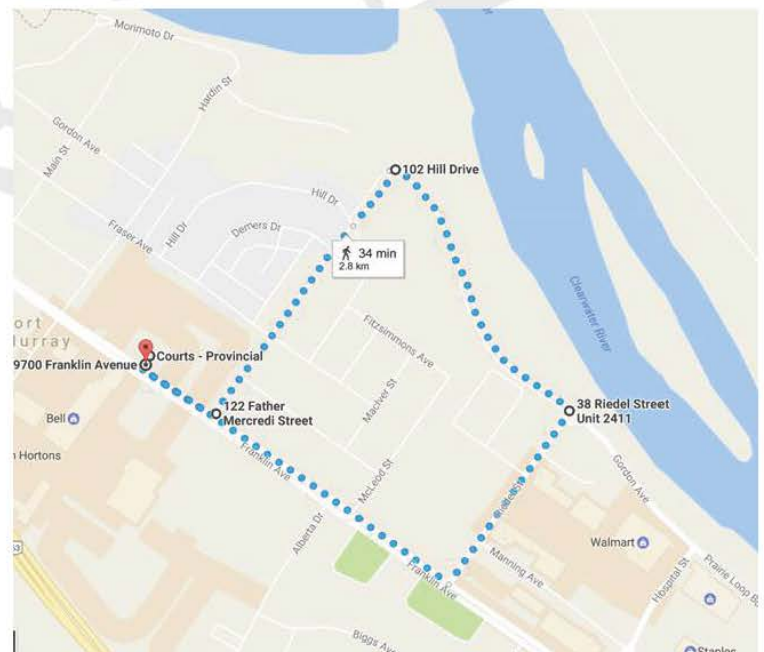
Thursday, September 7th at 12:00 PM

Where

Meet at the Fort McMurray
Courthouse (Front of building facing
Franklin Avenue)

Why

To promote health and wellness
within the Fort McMurray 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. Celebrate wellness in your life!**