



## 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 for our 3<sup>d</sup> 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

Tuesday, September 12 at 12:00 PM

### Where

Meet at the Lethbridge Courthouse Park

### Why

To promote health and wellness in the Lethbridge community, raise awareness of Assist's services, and have fun.

There will be prizes!

**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: 1 877 737 5508