



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 2nd Annual Walk for Wellness as we encourage the Red Deer community to nurture its physical & mental health.

The walk is FREE and there will be prizes!

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

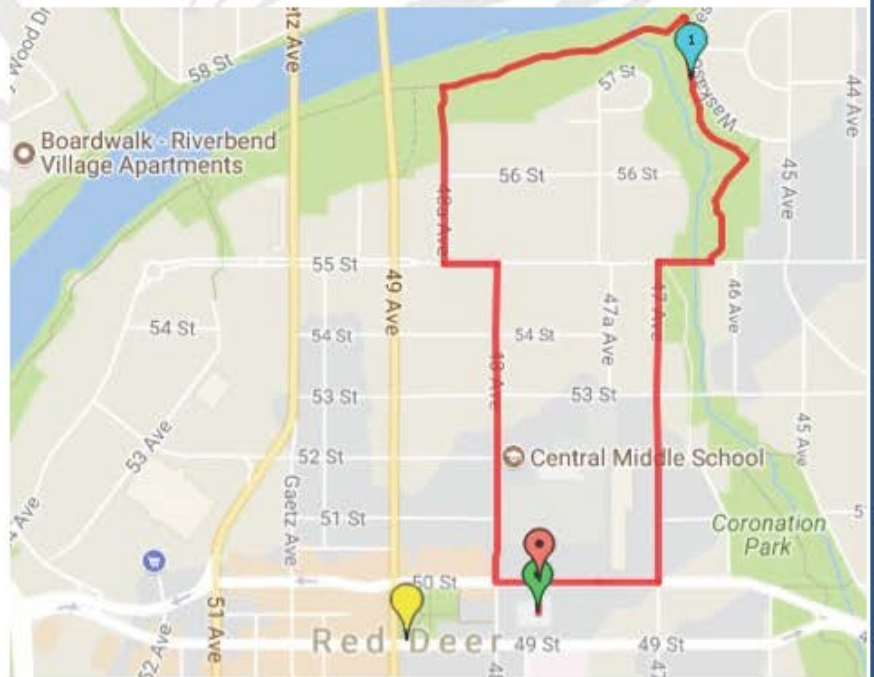
Wednesday, September 20
12:00 PM

Where

Red Deer Provincial Courthouse
(Remand Centre, East Side)

Why

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



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