



Alberta Lawyers'
Assistance Society

Walks for Wellness

Assist is a non-profit whose goal is to keep Alberta lawyers, law students, and their families happy and healthy. Please join us for our free annual Walks for Wellness as we encourage these communities to nurture their health.

Participants can pledge to enjoy more:

◇ *Family Time* ◇ *Active Time* ◇ *Quiet Time* ◇ *Reflective Time* ◇ *Fun Time*

WHEN

Red Deer: Tuesday, September 4, 2018 at Noon

Fort McMurray: Thursday, September 6, 2018 at Noon

Medicine Hat: Tuesday, September 11, 2018 at Noon

Calgary: Thursday, September 20, 2018 at Noon

Lethbridge: Tuesday, September 25, 2018 at Noon

Edmonton: Wednesday, September 26, 2018 at Noon

WHERE

Red Deer: Courthouse (back), 4909 48 Ave

Fort McMurray: Courthouse (front), 9700 Franklin Ave

Medicine Hat: Courthouse, 460 1 St. SE

Calgary: Courthouse Park, 5th St. and 6th Ave SW

Lethbridge: Courthouse, 320 4 St. SW

Edmonton: Boyle Street Plaza, 9538 103A Ave

WHY

To promote health and community, raise awareness of Assist's services, and have fun!

www.albertalawyersassist.ca

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