



Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2025

DOG-FRIENDLY WALK FOR WELLNESS

Saturday, September 27th, 2025

10:00 A.M.

EDMONTON

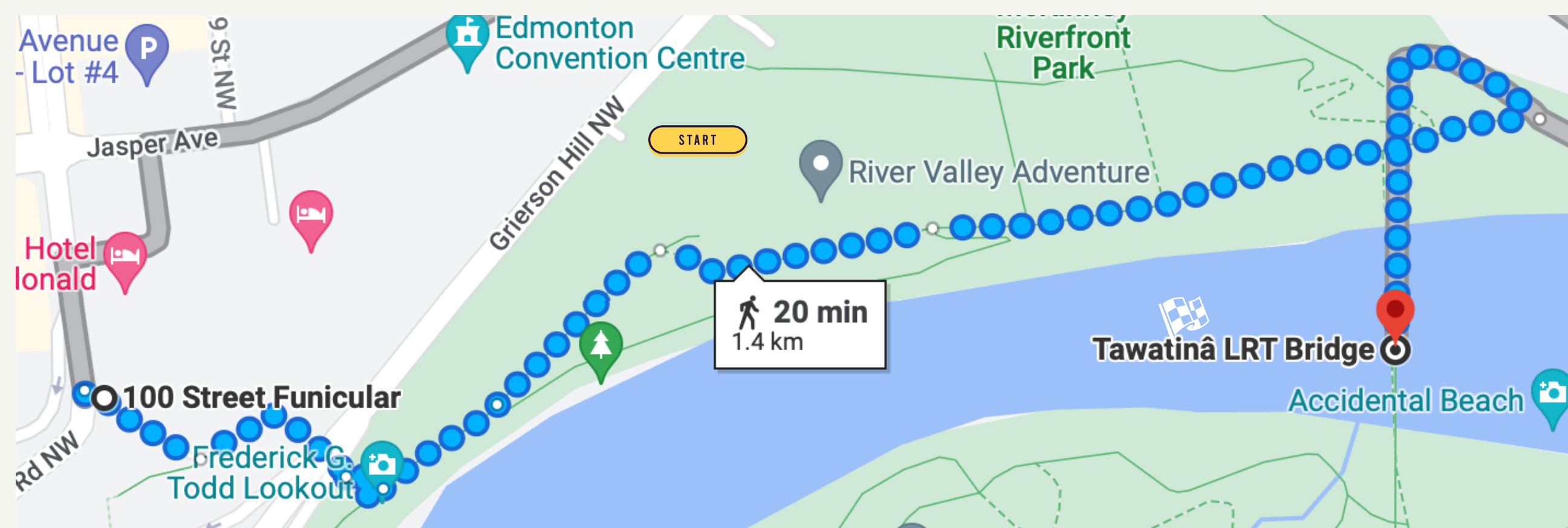
Meet: Join the group at the Muttart Conservatory end of the Tawatinâ bridge.

Walk: Across the Tawatinâ LRT Bridge, walk along the river and reach Frederick G. Todd Lookout and back. We will hear a short message about Assist and distribute swag.

Approximate Total Distance: 3 km

RSVP: coordinator@lawyersassist.ca

Event Contact - Arman Chak KC - arman@forensic.ca - (587)-937-2040



Leash up and step out! Join us for a tail-wagging break from your desk, soak up the fresh air, catch up with colleagues, and help raise awareness for lawyer well-being. It's good for you, and your four-legged friend will love it too!

Everyone in the legal community is welcome—lawyers (practicing, non-practicing, or seeking accreditation), staff, articling students, and law students! We'll walk together to show that seeking help is a sign of strength.

lawyersassist.ca

24/7 CRISIS COUNSELLING: 1-877-498-6898

Professional Counselling Services: 1-877-498-6898

Peer Support Program: 1-877-737-5508