



Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2025

WALK FOR WELLNESS

Wednesday, September 17th , 2025 12:15 P.M.

LETHBRIDGE

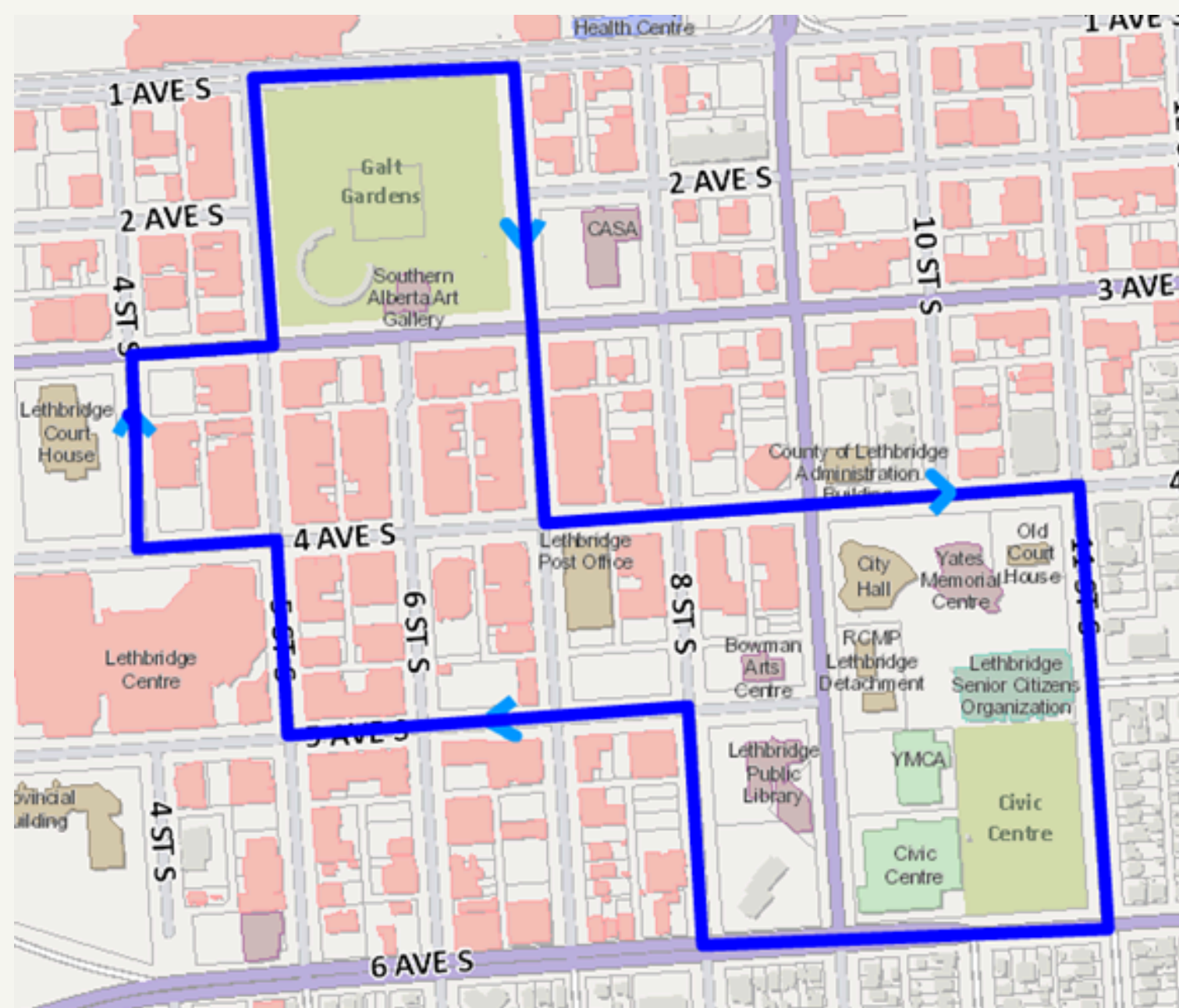
Meet: Lethbridge Courthouse
320 4 St. S

Walk: From the courthouse, we will be heading towards the Galt Gardens. From there we will make our way towards city hall before finishing our loop back towards the courthouse.

Approximate Distance: 3.1 km (40 minute walk)

RSVP: coordinator@lawyersassist.ca

Lethbridge contact: Ryan Hartford (403)331-2876



Join us for a great way to get away from your desk, enjoy the outdoors, reconnect with some colleagues, and raise awareness of lawyer well-being.

Everyone in the legal community is welcome—lawyers (including those seeking accreditation, non-practicing and practicing), staff, articling students, and law students! We will walk together as a symbol of the importance of seeking help.

lawyersassist.ca

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

Professional Counselling Services: 1-877-498-6898

Peer Support Program: 1-877-737-5508