



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 in our 2nd Annual Walk for Wellness as we encourage the Edmonton community to nurture their physical and mental health. The walk is FREE!

Before the Walk, participants will be asked to pledge to one of the following:

"I pledge to make more family time."

"I pledge to have more active time for myself."

"I pledge to enjoy more quiet time for myself/with my family."

"I pledge to enjoy more reflective time."

"I pledge to have more fun!"

When

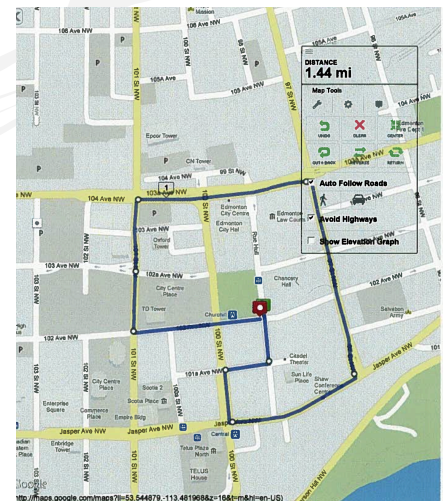
Wednesday, September 25, 2013 at Noon

Where

Meet at Sir Winston Churchill Square
(directly north of the library)

Why

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



Draw prizes and a Grand Prize will be awarded!

Please join Assist and your colleagues and friends for a fun, brief walk downtown! Celebrate wellness in your life!

For questions, please contact: 1 877 737 5508