

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

April EVENTS

April 9, 10 am (online) - Staying Independent: What you need to know about your vision and eye health. [Click here for registration.](#)

April 9, 16, 23, 30, May 7 (online) 10:30 am to noon - Wellness Exchange - 5 week series of wellness workshops to help you improve coping and self-efficacy. [Click here for registration.](#)

April 12, 7 pm @ Sothern Alberta Ethnic Assoc. (421 6th Ave S) International Movie Night - Hutsulka Ksenya - A young Ukrainian-American man comes to the Carpathian Mountains, because his father left him a fortune under the condition that he would marry a Ukrainian girl.

Saturdays, 10-11 am @ Bunka Centre (Nikka Yuko Gardens) **Free calligraphy lessons!**

April 10, 6:30-8:30 pm (online) - D-Stress: Learn how to identify when stress becomes a problem for your health and come away with a personal stress management plan. [Register Here.](#)

April 18, 8-10 pm @ Owl Acoustic Lounge (606 3rd Ave S.) - **Wise Owls Pub Quiz.** An epic pub quiz night! Maximum of six people to a team.

April 20, 10am -2 pm @ Legacy Park. Earth Day Event including cleanup, free compost and mulch, info on green initiatives in our community.

Let's Talk About Brain Health

Spring sunshine can help boost our mental health, but let's go deeper and consider how to keep our whole brain healthy!

Optimize your Brain Health with:

- physical and cognitive exercise
- good food
- a good night's sleep
- quitting smoking and limiting alcohol
- being socially active

Read more from the [McMaster Optimal Aging Portal](#)

Join Memory Trekkers - Dementia-friendly walking group for social connections

April 8-May 18 @YMCA (Mondays and Fridays, 10:15-11:15 am, \$20. [Click here for info.](#)

Save the Date! - May 25 IG Wealth Management Walk for Alzheimer's @ Nicholas Sheran Park. [Click here for more info.](#)

Feed your Brain! *Blueberries, nuts/seeds, avocados, fatty fish, leafy greens and coffee and tea are some of the best brain foods.*

Try this [Pear and Blueberry Breakfast Bowl](#)

- Grate a pear into a bowl and add 2 tbsp oats, 3 tbsp milk, 1/4 cup yogurt, 1 tbsp pumpkin seeds.
- Leave for 5-10 mins, then check the consistency and dilute with a little more milk or water if it is too thick.
- Spoon on more yogurt, pile on some blueberries and add a few more seeds.

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