

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

November EVENTS

Nov 2, 1 -3 pm Sit 'N Stitch @ Lethbridge Public Library Crossings Banch - FREE! Click [here](#) for info

Nov 2, 6 - 9 pm Critique Night + Potluck @ CASA - Click [here](#) for info. RSVP [here](#)

Nov 5, 12-1:30 pm Cooking When Fatigued FREE! Online - Click [here](#) for info & register [here](#)

Nov 5, 1-2 pm Osteoporosis Cooking Demo: Egg Tartines FREE! Online - Click [here](#) for info & register [here](#)

Nov 5, 12, 19, 26 & Dec 3, 6:30-8 pm Wellness Exchange FREE! Online - Click [here](#) for info & to register

Nov 21, 9 am Happiness Basics FREE! Online - Click [here](#) for info & register [here](#)

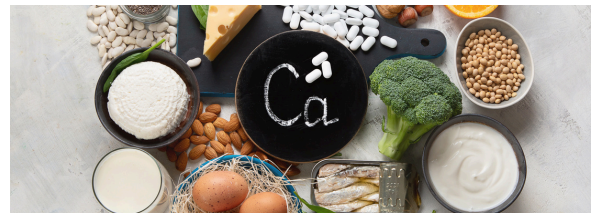
Nov 21, 5-7 pm Christmas Tree Lighting FREE! @ Festival Square Downtown - Click [here](#) for info

Nov 26, 9 am Anxiety to Calm FREE! Online - Click [here](#) for more info & register [here](#)

Nov 27, 10am-12 pm De-Stress FREE! Online - Click [here](#) for more info & register [here](#)

November is Osteoporosis Month!

Visit the Osteoporosis Society of Canada and try their **Nutrient Calculator** to see if you are getting the daily required nutrients to keep your bones strong, Visit [here](#).



Try some bone building and strengthening recipes [here](#)

Download **Too Fit to Fracture** [here](#) for bone strengthening exercises!



National Addictions Awareness Week (NAAW) is November 24-30

With the holiday season quickly approaching, it's a good time to **Rethink Your Drinking**. Consider *Moctails* when hosting or celebrating during the holidays. For recipe ideas, visit [Drink Sense here](#).



For help with addictions, visit **Recovery Alberta** [here](#).

Funded by the Government of Canada's New Horizons for Seniors Program

Canada

Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA