

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

December EVENTS

Dec 1, 10 am -4 pm The Big Christmas & Farmers Market @ the AGRI Food HUB Click [here](#) for info

Dec 2, 11 am - 1 pm Women's Brain Health Day FREE! Online - Click [here](#) for info & register [here](#)

Dec 3, 6:30-8 pm Wellness Exchange: Healthy Connections FREE! Online - Click [here](#) for more information & to register

Dec 3 & 4 Better Choices Better Health FREE! Online - Click [here](#) for info & to register

Dec 4, 5 pm Falls Prevention with Dr. Marla Beauchamp FREE! Online - Click [here](#) for info & register [here](#)

Dec 6, 12:15 pm Free Lunch & Listen Concert Series Conservatory Studio Showcase Casa Community Room - Click [here](#) for info

Dec 13-15, 12- 5:00 pm Nostalgic Noel: A Victorian Affair Fort Whoop-Up - Click [here](#) for info. Day 1 [here](#)

Dec 18, 6 pm Partying with Pulses FREE! Online - Click [here](#) for info & to register

Jan 9, 2025 12:30 pm Craving Change FREE! Online - Click [here](#) for more info & register [here](#)

December 2: Women's Brain Health Day

Register [here](#) for the **FREE** online event. Protect your brain health by building and maintaining all [Six Pillars of Brain Health](#) for cognitive well-being. **Pump Up Your Brain** with these tips [here](#).

Visit [here](#) for more information. Download the **BrainFit** app today [here](#)



Building Brains Together:

Strengthening The Aging Brain Education Series [here](#)

Register for upcoming sessions in the New Year [here](#)



Cardamom Spiced Apple Kombucha Sangria
from *Memory Morsel* [here](#)

For more ideas to lighten up your holiday recipes, visit [here](#)



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Canada

Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA



Do you have a New Year's goal to quit smoking or vaping? Visit [here](#) to get help and support.