

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

January EVENTS

Jan 8 - Feb 19, 7-8:30 pm - Biting into the Doughnut (Economics) @ Martha's Retreat Centre. Join this group of facilitators as they explore Kate Raworth's book. RSVP [here](#), \$82.

Jan 9, 12:30 Craving Change Virtual **FREE** workshop is 2 hrs, once per week, for 4 weeks.

Walk or Swim into the New Year!

Here are a variety of walking and aqua opportunities available in Lethbridge:

[Runners Soul Walking Club](#) - T/Th, 10:30-11:30 am @ Servus Soccer Centre, Jan 7-March 27, \$30

[Memory Trekkers](#) - M/F, 10:15-11:15 am @ YMCA, Jan 6-Mar 1, \$20

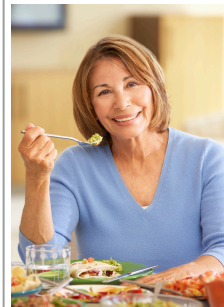
[Bridge Trekkers](#) - M/W, 11am-12 pm, Jan 13-Apr 23 @ Lethbridge Polytechnic, \$30

[Christmas Bird Count @ Helen Schuler Nature Centre](#) - Jan 4, 8 am-8 pm. korich@telusplanet.net to register by Friday, December 27, 2024

[Senior Fit, Aqua Jog, Aqua Zumba!](#) - Various dates and locations available. Visit [here](#)

Tired of cooking and want a good meal for a good price? Visit one of the local senior centres here:

[Lethbridge Senior Citizens Organization](#)



[Nord-Bridge Seniors Centre](#)

Wonder if you are getting enough nutrition?

Eating well and moving your body is an important part of aging. It helps:

- Give you energy.
- Keep your muscles and bones strong which lowers your risk of falls and broken bones.

Healthy eating and being active helps you stay strong and independent.

Check your nutrition status [here](#) for free!



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Canada


Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA