

AGE WELL, EXPECT MORE.

# WELLNESS WEDNESDAYS

## February EVENTS

**Feb 4, 10:30-11:30 am Creative Community: Niitsitapi Landscapes** @ the Galt Museum.  
Admission fees

**Feb 6, 2 pm Happiness Basics** Virtual **FREE** workshop 2 hrs. once per week for 4 weeks. Register [here](#)

**Feb 12 - 6-7 pm Moving Matters**. Virtual **FREE** workshop. Register [here](#)

**Feb 13 - 6:30-9 pm Keeping it Reel: Black History Month** @ CASA. **FREE** Entry!

**Feb 17 - 11 am - 3 pm Family Fun Day** @ CASA. **FREE** Entry for the entire family!

**Feb 21 - 3-4 pm Genealogy Scanning Workshop** @ the Galt Museum. Admission fees.

**Feb 24, 2 pm Anxiety to Calm**. Virtual **FREE** workshop 2 hrs. once per week for 4 weeks. Register [here](#)

**Feb 27, 6:30-7:30 pm. Choose Smart in Your Cart**. **FREE**. Register [here](#)

**Virtual Workshops** - Various dates and classes or virtual health visits available [here](#) and [here](#)

## February is Heart Month

Celebrate by taking part in the **Wear Red Movement Challenge** between Feb 13 - 28

Register [here](#).

**Wear Red** on Feb 13th!



**REGISTER TODAY!**

**WEARREDCANADA.CA**

## Mediterranean Heart Healthy Eating

This way of eating can reduce your risk of heart disease. Learn more [here](#)



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

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