

AGE WELL, EXPECT MORE.

# WELLNESS WEDNESDAYS

## March EVENTS

**Mar 1, 10 am - 4 pm Feeding Futures: Advocacy Through Food & Identity** @ Science Atrium, U of L. **FREE!** Register [here](#)

**Mar 1, 1-3 pm Sit & Stitch** @ the Lethbridge Public Library Crossing Branch. **FREE!** Drop in Program

**Mar 1, 7-8 pm Iaido Demonstration** **FREE!** demonstration every Saturday @ the Nikka Yuko Japanese Garden

**Mar 6 @ 11 am or 18 @ 1 pm Assess Your Food Intake prior to surgery** Virtual **FREE!** Webinar. Register [here](#)

**Mar 6 @ 10 am Craving Change** Virtual **FREE!** Register [here](#)

**Mar 13 @ 2 pm Best Weight** Virtual **FREE!** Register [here](#)

**Mar 18 - 9:30-11:30 am Time for You Self Care Personal Growth Group** @ Lethbridge Family Services,. **FREE!** Registration [here](#)

**Mar 18, 9:30 am-12 pm Try A Little Self-Kindness Motivating with Self-Compassion.** Virtual **FREE!** Register [here](#)

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

## March is Nutrition Month

This year's theme is *Nourish to Flourish*. Celebrate on **March 10 @ 1:30 pm** by joining an in-person nutrition workshop at LSCO.

**RSVP** by phoning 403-329-1544 or [intake@lethseniors.com](mailto:intake@lethseniors.com)

More info [here](#).



## Quick & Easy Menu Planning

Try these simple 7 steps to help you eat healthy, save money, save time and get tasty meals to the table faster.

Visit [here](#)

## Nutrition Questions?

CALL: **811**

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