

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

EVENTS July 2026

👉 Canada Day 2026

July 1 | **Wed, 11 am-10:45 pm** | **Happy 159th Birthday, Canada!** Join the City of Lethbridge at Henderson Lake for an amazing celebration! | **In-person** More info [here](#)



👉 Afro-Caribbean Fest

July 4 | **Sat 12-5 pm** | Features live music, traditional dance, food vendors, and a variety of cultural activities | **Admission FREE In-Person** [Galt Gardens](#) | More info [here](#)

👉 Street Wheelers

July 10-12 | **Fri-Sun** | The biggest car show in the region | **FREE In-Person** | More info [here](#)



👉 Arthritis: Self-Management

July 29-Aug 5 | **Wed, 1-2:15 pm** | Join a Physiotherapist to manage arthritic symptoms & feel better | **FREE Online** [Primary Care AB](#) | More info [here](#)



👉 Body Weight Strength Workout

July 30 | **Thurs, 5-6 pm** | Improve your energy and strength without weights! | **FREE Online** [Diabetes Canada](#) | More info & registration [here](#)

👤👤 July 24th is International Self-Care Day

👉 Prioritized your wellbeing by practicing self-care daily. Focus on the **7 pillars of self-care** for a path to a healthier, more vibrant lifestyle. What are your self-care ideas to celebrate this day? Visit the **Ways to Wellness Toolkit** for ideas.

🔍 For more information on Self-Care, visit [here](#)

📝 Register for the July & Aug **Better Choices, Better Health** Online Workshop [here](#)



👉 Try a Little Self-Kindness

July 15 | **Wed, 9:30 am - 12 pm** | Join Social Workers for strategies for self-compassion for daily life | **FREE Online** [Primary Care AB](#) | More info & registration [here](#)



The Farmer's Markets are Back!

Find fresh, local fruits, veggies, meat and bakery goods at the Farmer's Market

Saturdays at the Exhibition - 8 am - 1 pm
Wednesdays in Festival Square (July 8 - Aug 26) from 9 am to 2 pm

👉 Grilling Season

With hotter summer months, many people are lighting up their grill to barbeque. Try making your own homemade **Grill Season** for flavourful meals. Visit [here](#) for more homemade seasoning mix recipes.



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Canada

Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA