

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS



EVENTS Aug 2026

👉 Heritage Day

Aug 3 | Mon, 11 am - 6 pm |

Cultural performances, live music, art and crafts, food and activities! | **In-person** [Henderson Lake Park](#). More info [here](#)



👉 Upside Downtown

Aug 6 | Thurs, 5 - 7 pm |

Listen to local music in the downtown core with Double Rider & Ekkohs! | **FREE In-person** [Casa Rotary Square](#). More info [here](#)



👉 Shakespeare in the Park

Aug 7 | Mon, 7 - 8:30 pm |

Relax under the shaded patio to watch, King Lear! Seating provided or bring your own lawn chair | **FREE In-person** [Casa Rotary Square](#). More info [here](#)



👉 Fossil Site Sunset Tour

Aug 9 | Sun 6:30 pm | A special sunset tour of the Devil's Coulee fossil site | *Admission Fee Applies* **In-Person** [Warner, AB](#) | More info [here](#)



👉 Sonic Fest

Aug 28 | Wed, 5-10 pm | For all ages enjoy live music featuring four different bands | **FREE In-Person** [Casa Rotary Square](#) | More info [here](#)



🧘 Wellspring Alberta

➡ If you or a loved one is living with cancer, Wellspring is here to help. Wellspring can help you overcome the emotional, physical and practical challenges you may be experiencing. Whether you are living with cancer or have a loved one with cancer or would just like to help, Wellspring has numerous opportunities in Lethbridge. Opportunities include:

👉 **Yoga for Wellbeing** [here](#)

👉 **Compass for the Caregiver** [here](#)

👉 **Community Connector Volunteer** [here](#)

🎨 Join Wellspring for **FREE** by visiting [here](#)



Cook with Meg Online Classes!

August 26

Cheesy Cloud-Cakes at 6 pm

Register [here](#)

See Meg's upcoming **FREE** online classes [here](#)

811 Health Link
Advice 24/7

📞 811 Health Link

Health Link 811 is a free, 24 / 7 telephone service that provides health advice and health information to Albertans. Health Link provides timely health advice, appropriate care, and system navigation. Supports include addiction & mental health, tobacco helpline, [Catch-A-Break](#) osteoporosis, dementia advice, Indigenous support, rehabilitation advice, dietitians services, vaccine booking and find a physician.

Visit [here](#) to find out more!

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Seniors Program

Canada

Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA