

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

EVENTS Sept 2026

👉 Music Lunch & Listen

Sept 4 | Fri, 12:15 - 1 pm |

"Melody Mosaic" with performances by Conservatory of Music Faculty | **FREE In-person** Casa Community Room
More info [here](#)

👉 Latin Festival

Sept 5 | Sat, 12-6 pm |

A vibrant annual celebration with music, dance, food, art, and family-friendly activities that capture the traditions and diversity of Latin cultures! | **FREE In-person** Galt Gardens.
More info [here](#)

👉 Ride4Dreams Lethbridge Therapeutic Riding

Sept 11-12 | Fri - Sat | Celebrate and support LTRA's 50th Anniversary. Collect pledges and ride or dance the night away | *Fees Applies* **In-Person** | More info [here](#)

👉 Waterton Shoreline Clean Up

Sept 12 | Sat, 10 am - 1 pm |

Join the volunteer team and become a Citizen Scientist for the day. | **In-person** Waterton National Park. More info [here](#)

👉 Step 'n Stride

Sept 19 | Sat, 9 am-1 pm | Annual walk for Parkinson's | **Fees Apply In-Person** Henderson Lake | More info [here](#)



STEP
BY
STEP

🍂 September is Arthritis Awareness Month

➡ This month is observed to educate the public, challenge misconceptions, and highlight the impact of over 100 types of joint diseases.

🔍 For more information about arthritis, visit [here](#)

📝 Register for **Arthritis: Self-Management of Osteoarthritis** [here](#)



👨🍳 Turmeric Butternut Squash Soup

Turmeric butternut squash soup is a warm and comforting dish that is full of anti-inflammatory nutrients.

Try it today [here](#)

🌲 Ten Fall Experiences in Waterton

There's lots to enjoy in **Waterton Lakes National Park** during this colourful time of year. Head out on the trails, take to the water, watch wildlife, go on a scenic drive or enjoy some stargazing.

Visit [here](#) for a variety of ideas to enjoy!



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Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA