

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

EVENTS Oct 2026

*happy
Thanksgiving*

👉 In the Kitchen with Diabetes Canada

Oct 6 | Tues, 5 pm | A live and interactive four-week cooking and nutrition series with hosts Mairlyn Smith & Katie Brunke | **FREE On-Line** | More info [here](#)

👉 Destress

Oct 14 | Wed, 1:30-3:30 pm | Leave with a personalized stress-reduction action plan | **FREE Online** | Register [here](#)

👉 Guided Meditation

Oct 14 | Wed, 7:15 - 8 pm | Take a moment to recharge and unwind | **FREE Online** | Register [here](#)

👉 Effects of Thyroid Hormone on the Body

Oct 25 | Sun, 1 pm (EST) | This webinar will describe how having different levels of thyroid hormone affects each system in the body. | **FREE Online** | More info [here](#)

👉 Meals for Low Energy Days

Oct 28 | Wed 12-1:30 pm | Learn strategies to more successful in the kitchen | **FREE On-Line** | Register [here](#)

👉 Diabetes Education - High Intensity Training

Oct 29 | Thurs, 5-6 pm | Learn practical, up-to-date tips and tricks at your own pace | **FREE Online** | More info [here](#)

🧠 Oct 29th is World Stroke Day

🕒 **Every Minute Counts** focuses on recognizing stroke symptoms **#actFAST** (Face Drooping, Arm Weakness, Speech Difficulty, Time to call 911).

👉 Visit the Heart and Stroke [Risk Screen Tool](#) to know your risk [here](#)

🔍 For more information on reducing your risk of stroke, visit [here](#)



📌 Register for online heart health workshops:

👤 [Eating to Improve Blood Pressure](#)

🍴 [Eating to Improve Cholesterol and Triglycerides](#)

💖 [Heart Healthy Eating](#)

🦊 [Heart Wise](#)

💖 Heart Healthy Recipe Ideas 🍴

Visit the [Healthy Living Recipe](#) page for heart healthy ideas. Try this easy and delicious **Cabbage Roll Casserole** [here](#)



Wellspring Alberta

Support for the human side of cancer. A place for connection, understanding, & support. Free of charge. Now in Lethbridge!

🧭 [Compass for the Caregiver](#) on Oct 7-Nov 4

🗓️ [Cancer Connect](#) on Fridays from 10-11:30 am

🧘 [Yoga for Well-Being](#) on Wednesdays from 1:30-2:30 pm

Volunteer with Wellspring. Visit [here](#) for more information.

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Canada

Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA