AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

EVENTS Oct 2026

👉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

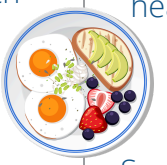
Oct 14| **Wed, 1:30-3:30 pm** |Leave with a personalized stress-reduction action plan|**FREE Online**|Register **here**

👉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**

Funded by the Government of Canada's New Horizons for Seniors Program | Canada

Healthy Lethbridge

🧠Oct 29th is World Stroke Day

⌛ **Every Minute Counts** focuses on recognizing stroke symptoms **#actFAST** (**F**ace Dropping, **A**rm Weakness, **S**peech Difficulty, **T**ime 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** Every 3rd Friday 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.

Funded by the Government of Canada's New Horizons for Seniors Grant, and presented by Healthy Lethbridge