

AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

EVENTS Nov 2026

👉 Parkinson Hope Conference

Nov 7 | Sat, 9:30 am - 3 pm | A one-day event featuring expert guest speakers | Live Viewing [Helen Schuler Nature Centre](#) \$20 Register [here](#) OR Online **FREE** Register [here](#) | More info [here](#)

👉 Smart Meal Planning for Real Life

Nov 12 | Thurs 6-7:30 pm | Take the stress out of "What's for dinner?" Join dietitians to save time and reduce food waste | **FREE Live Online** | More info [here](#)

👉 Christmas at Casa

Nov 20-21 | Fri 5-9 pm & Sat, 10 am-5 pm | Kick off the holiday season with this cherished tradition where magic meets creativity! | **FREE Admission In-person Casa.** | More info [here](#)

👉 Cyper Seniors

November | Tues, Wed, Fri 7 am - 7:30 am & 9:30 am | Guided Meditation, Walk it Out, Toning, Chair One Fitness. | **FREE Online** | More info [here](#)

👉 Parkinson Disease 101

Nov 26 | Thurs, 10 am or 6:30 pm | Ideal for those who have been diagnosed with Parkinson disease and/or their loved ones | **FREE Online** | More info [here](#)

🍂 November is Fall Prevention Month

➡ Falls are the No. 1 cause of injury in Canada and leading cause for hospitalization. Find tips and resources on the [Finding Balance](#) website [here](#).

Help reduce your risk, see [Too Fit to Fracture](#) [here](#)

🎨 To help with balance, try this [Better Balance Workout](#) Find more workouts here: [ParticipACTION](#)

👨🍳 Sweet Potato Topped Cottage Pie

Help keep your bones strong with food and nutrition.

Try this Cottage Pie with 500 mg Calcium and 30 grams of protein [here](#)

🧑🏿 Zoomers in Balance

Designed for those who are at LOW to MODERATE risk of falling. Registration opens on Nov 27th. More information [here](#)

👨🏻 Senior Centre Without Walls

All the benefits of a senior centre from your home. Free for Alberta residents.

👉 More info [here](#)

👉 Session info [here](#)

👉 Class schedule [here](#)

Funded by the Government of
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Canada

Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA