



For immediate release — Monday, September 25, 2017

## **University of Lethbridge highlights for the week of September 25 to October 1**

The University of Lethbridge has several events lined up this week that may be of interest to your readers, viewers and listeners. Members of the media who are interested in covering these events are encouraged to contact the individual event organizer directly.

### **5 Days of Health**

**Monday, Sept. 25 to Thursday, Sept. 29, various times, Markin Hall Atrium and Friday, Sept. 29, L1008A & B, Library**

The Faculty of Health Sciences is celebrating the U of L's 50th anniversary with five days of healthy activities for all students. Mindful Monday, noon to 1 p.m., brings a yoga session to the Markin Hall Atrium. From 1 to 4 p.m. on Tuesday, students can play games, enjoy snacks and goodies, and play more games. Wednesday is 'Let's Get Physical' day from 1 to 4 p.m. Everyone's invited to check out the interactive booths full of health promotion information. A coulee walk is scheduled for Thursday from 1 to 3 p.m., followed by tea in Markin Hall. Friday goes to the dogs. From 10 a.m. to noon, therapy dogs from the St. John Ambulance Dog Therapy Program will be at the library.

**Contact:** Sharon Lawson, 403-329-2699, [sharon.lawson@uleth.ca](mailto:sharon.lawson@uleth.ca)

### **50 Years of Music and Music-Making — U of L Music's Anniversary Symposium**

**Thursday, Sept. 28, 9 a.m. to Saturday, Sept. 30, 10 p.m., U of L, Casa and Southminster United Church**

The Department of Music and the Conservatory of Music have partnered together to celebrate 50 years of music-making. The weekend is filled with great performances, presentations, master classes, workshops and panel sessions. On Friday, a keynote address by Professor Emeritus Linda Pimentel is scheduled for 11 a.m. in the University Theatre. Pimentel was the U of L's professor of Music Education who taught percussion and conducting, and served as Director of Bands until she retired in 1998. An alumni recital follows at 12:15. Saturday sessions move to Casa and begin with a discussion called 'Where Has Music Taken You?' At 11 a.m., stories past and present will be shared. A retirement lunch celebration for Dale Ketcheson goes from noon to 1:30 p.m. The weekend wraps up with a Gala Concert — Faculty Artists and Friends at 7:30 p.m. at Southminster United Church. More details are available on the U of L [Notice Board](#).

**Contact:** Fine Arts, [finearts@uleth.ca](mailto:finearts@uleth.ca)

### **Pronghorns Scholarship Breakfast**

**Thursday, Sept. 28, 6:30 a.m. to 9 a.m., 1st Choice Savings Centre Gym**

Michael Landsberg, former host of TSN's *Off The Record*, will share his own struggle with depression as this year's keynote speaker. Landsberg has made sharing his experiences with mental illness a priority in his professional life. He talks frankly about mental health and encourages others to do the same.

**Contact:** Robb Engen, 403-332-5253, [robb.engen@uleth.ca](mailto:robb.engen@uleth.ca)

### **Supervision and Leadership Speaker Series — Welcome to the Dark Side . . . of Organizational Politics**

**Friday, Sept. 29, 2 to 3:30 p.m., AH100, Andy's Place**

Dr. Jocelyn Wiltshire, a management professor at the U of L's Calgary campus, will talk about the dysfunctional side of organizational politics. She will discuss the impact of politics in the workplace, what type of people are most effective at using manipulation tactics to get ahead, how to detect such behaviours in colleagues and best practices for reducing harmful political behaviour at work.

**Contact:** Teresa Petriw, 403-329-2274, [teresa.petriw@uleth.ca](mailto:teresa.petriw@uleth.ca)

### **Open House**

**Saturday, Sept. 30, 10 a.m. to 3 p.m., various locations on campus**

The U of L is opening its doors to anyone interested in learning more about U of L facilities, programs and services. Open House is the perfect time for high school, transfer, mature, international or future graduate students to check out all the opportunities at the U of L and speak with U of L faculty, staff and student service providers.

**Contact:** Asheley Cowie, 403-380-1802, [asheley.cowie@uleth.ca](mailto:asheley.cowie@uleth.ca)

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