



JOIN US FOR THE 12TH ANNUAL *LIFE BALANCE FAIR*

October 31st, 2018 from 10 AM – 1:30 PM
1st Choice Savings Centre for Sport & Wellness Track

Canada's *Healthy Workplace Month* will take place from
October 1st – 31st, 2018.

In celebration, the U of L Wellness Committee invites all University of Lethbridge faculty, staff and students to attend this **FREE** fair that features a wide variety of exhibitors that will help attendees explore ways of finding balance in their personal and professional lives.

The fair will feature door prizes, demos, Therapy Dogs, massages, Flu Shots, and more!

Alberta BlueCross Wellness Expert, Andrea Baker will be on Campus on October 30th presenting Balance Program Demos. Contact Wellness@uleth.ca to register or for more information.

