

10TH ANNUAL

Life Balance Fair

Wednesday, October 26, from 10 AM - 1:30 PM

on the indoor track of the 1st Choice Savings Centre for Sport and Wellness

Free Event – Staff, Faculty, & Students Welcome

**More than 60 exhibitors
showcasing health and
wellness resources**

Flu immunization clinic - bring your
health care card

St. John Ambulance Therapy Dogs

Self defense demonstration

Free samples from Screamin' Brothers

Free massages

Food, fun, fitness tips, and PRIZES



University of
Lethbridge



For more info: uleth.ca/hr/wellness/

