



Cal Toth “My Wellness Journey”

December 7 - 12:00PM – 1:00PM

Anderson Hall 100

Who: Cal Toth, University of Lethbridge, AV Productions Manager

What: They say a 1,000 miles begins with a single step. Calvin Toth will share his own experiences losing weight and getting in shape. He'll share how he started a running journey that has him running half marathons every year. Come and be inspired by a colleague, ask him for advice on getting started on your own journey.

Hope to see you there!

A light lunch will be available.

[Register Online](#) or email: wellness@uleth.ca



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