

50 Ways to Stay Well

CROSS COUNTRY SKI MEETUP



Saturday, February 4th

Cameron Lake Trailhead, Waterton

11:00 a.m.

In honour of the 50th Anniversary, the Wellness Committee is hosting a year-long health challenge- 50 Ways to Stay Well. Number three in the list is cross country skiing; and to promote this healthy winter activity, a Wellness Committee member will lead a cross country ski group meet up in Waterton.

To register to attend the meet up, email wellness@uleth.ca by Friday, February 3rd at 4pm.

Cross country ski rentals are available for \$25 at [Alpenland](#).

Visit <https://www.uleth.ca/hr/wellness/50-ways-stay-well>
to see more ways you can stay well in 2017!



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YEARS