



For immediate release — Tuesday, November 12, 2019

## **University of Lethbridge highlights for the week of November 12 to 17**

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.

### **30 Minute Reboot — Change Your Life in 30 Minutes Tuesday, Nov. 12, noon to 1 p.m., M1090, Markin Hall**

The 30 Minute Reboot workshop was designed to help address some of the most common health problems we encounter every day. Dr. Aaron Bridge, of Bridge Chiropractic, will share a plan backed by research and clinical experience that can help reduce stress, boost energy and productivity and eliminate pain.

**Contact** — Suzanne McIntosh, 403-332-5217, [suzanne.mcintosh@uleth.ca](mailto:suzanne.mcintosh@uleth.ca)

### **What the Dirty Thirties Taught Us About Drought Adaptation Thursday, Nov. 14, 7 to 9:30 p.m., Theatre Gallery, Lethbridge Public Library**

Guest speaker Dr. Robert McLeman, a geography and environmental studies professor at Wilfrid Laurier University in Waterloo, researches the relationship between drought, migration and population change. He'll take a look back at the Dust Bowl and its lessons. This free lecture is part of the Dr. Alex Johnston Lecture Series, in cooperation with the Lethbridge Historical Society, the Lethbridge Public Library and the U of L. McLeman will also speak on Friday, Nov. 15 from 3 to 4:30 p.m. in L1050 (Library).

**Contact** — Bev Garnett, 403-380-1894, [bev.garnett@uleth.ca](mailto:bev.garnett@uleth.ca)

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### **Contact**

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