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## University of Lethbridge opening doors for jungle-themed Play Day

It's scientific fact, the simple act of play is not only fun and creates family bonds and memories, it also [supports the development of healthy brains in children](#). University of Lethbridge researchers have long studied the benefits of play and ULethbridge has taken that work to heart, offering the biggest play event in southern Alberta for more than a decade.

**WHAT:** Play Day 2023

**WHEN:** Monday, Feb. 20, 2023, 11 a.m. to 3 p.m.

**WHERE:** 1<sup>st</sup> Choice Savings Centre for Sport and Wellness

Presented by North & Company LLP Law Offices, Play Day 2023 celebrates a jungle theme and will include activities for the entire family. Featuring contributions from various campus groups, families will be engaged both physically and mentally. And for ULethbridge alumni, there's a special opportunity to connect and win some prizes.

### Play Day Activities

Sport and Recreation Services — Basketball, soccer, bouncy castles and access to the Ascent Climbing Centre and Max Bell Regional Aquatic Centre

iGEM & High School iGEM — Synthetic biology and pipetting skills

Destination Exploration — Digital microscopes, camouflage animals and a Makey Makey safari game

Building Brains Together — Block table with brain flakes, squiggle art, brain logo tattoos and game resources for parents

University of Lethbridge Alumni Association — Construction zone cardboard building

North & Company LLP Law Offices and Lethbridge Sport Council — Roving gym

And, of course, face-painting and \$5 meal packs (hot dog, bottled water and chips).

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*Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.*