



Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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10 Together - Your Wellness. Your Alberta.

This year marks [AHS' 10th anniversary](#) and we want to celebrate by partnering with you on your health and wellness journey.

You are invited to join our family of active and engaged Albertans, also known as the 'AHS Fit Fam'. This doesn't just mean physical activity — although that's a part of it. It could also mean taking time to meditate, having coffee with a friend, or volunteering in your community. There are a number of ways to get active and engaged to improve overall physical, mental and social well-being for yourself and your Alberta. Join our family and encourage others by sharing photos, videos and stories of how you're improving wellness for yourself and your community using **#AHSFitFam** on your social networks.

Not sure where to start? Visit your local recreation centre, community association or other community groups for more wellness opportunities. Learn more about our wellness initiatives at ahs.ca/FitFam.