

FEBRUARY  
21ST

# FAMILY DAY

Sign up to receive a FREE bag full of family fun to help you and your family celebrate the day together from the comforts of your home!



Register by February 14th by calling  
780-961-3773 or email [spearce@legal.ca](mailto:spearce@legal.ca)

Pick up is from the Town Office  
February 17 or 18th







# LOCAL FOOD BANK

*The Bon Accord/  
Gibbons Food Bank  
also supports  
Legal residents*

IF YOU OR SOMEONE YOU KNOW  
REQUIRES ASSISTANCE OR WOULD  
LIKE TO MAKE A DONATION  
CONTACT THE FOOD BANK AT

**780-923-2344**

ALL MESSAGE WILL BE CHECKED

By supporting the food bank we are  
helping our friends and neighbours.







## Better Choices, Better Health®

### Self-Management Programs – Virtual Workshop

Join us for the virtual **Better Choices, Better Health® - Self-Management Programs**. These workshops are for adults living with long-term health conditions, including chronic pain, migraines, heart disease, diabetes, obesity, mental health issues, or any other health concern.

You will learn:

- Techniques to control your pain and other symptoms
- Tips for healthy eating and becoming more active
- Strategies for talking with your health care team
- Methods for dealing with your difficult emotions
- Options for making your everyday tasks easier
- Ways to take care of yourself to enjoy a better quality of life

Read what a past participant says: <https://albertahealthservices.ca/news/Page15425.aspx>

### HOW DO I TAKE PART?

This free virtual workshop takes place once a week for six weeks. We use the online platform Zoom ([www.zoom.us](http://www.zoom.us)). Support persons, family and friends are also welcome!

**To Join:** You need a device (eg. computer, laptop, smartphone) that connects to the internet, and has a camera and a microphone. You will want a private space to attend the workshop.

### Upcoming Virtual Workshops:

Workshop Type	2022 Dates	Day	Time
Chronic Pain	January 19, 26 Feb 2, 9, 16, 23	Wednesdays	9:30am - 12:00pm
Chronic Pain	February 22 March 1, 8, 15, 22, 29	Tuesdays	9:30am - 12:00pm
Chronic Disease & Long COVID	February 22 March 1, 8, 15, 22, 29	Tuesdays	6:00pm – 8:30pm

More information and upcoming workshop schedules can be found at: [www.ahs.ca/bcbh](http://www.ahs.ca/bcbh)

**TO REGISTER: call 825 – 404 – 7460 (press 3)**

**Spots are limited - register today to get a head start on a new year, better you!**

# **PUBLIC SKATING**

**@ Legal Arena**



**SUN'S: 3:30 - 4:15 PM**

**WED'S: 4 - 5 PM**



# STURGEON ADULT LEARNING VOLUNTEERS NEEDED!



Vibrant Living...  
...Lifelong Learning



## Interested in joining us?

**Help people from your own community learn some new skills.**

**Phone: 780 923 - 2374 Ext. 1105**

**[literacy@sturgeonadultlearning.ca](mailto:literacy@sturgeonadultlearning.ca)**

**[www.sturgeonadultlearning.ca](http://www.sturgeonadultlearning.ca)**

*Alberta*  Government

## WE NEED HELP WITH:

- Teaching an adult learner to read, write and speak English
- teaching basic computer skills to adult learners
- Studying with an adult learner for an upcoming exam

