

Balanced Source Wellness Festival



LOCAL WELLNESS EVENT AND EXHIBITION

HIKE IT UP!

5km hike/run/walk
through the gorgeous
Cold Lake Provincial
Park

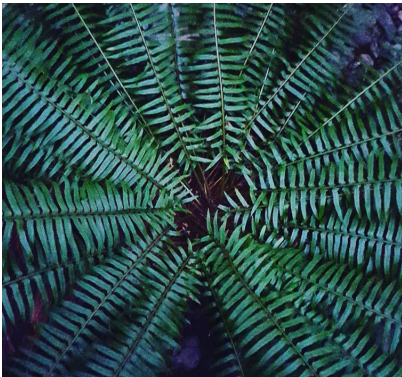
ROW IT OUT!

1km supervised row on
the rowing machines
with the Cold Lake
Rowing Club

YOGA DOWN!

1 hour of instructor-
led group yoga. Flow
to the music and
sounds of nature.

Find your balance!



1. Get your heart pumping with an approximate 5km trail through the Cold Lake Provincial Park. Run, walk, jog, skip, or dance your way to the end; however you get there is up to you!
2. Complete a 1km row on the rowing machines provided by the Cold Lake Rowing Club.
3. Spend the next 60 minutes with a mind awakening yoga session.

Finish off the day by visiting like-minded wellness providers from the Cold Lake area in the Wellness Festival area!