

Wellness Challenge Reminder

Thank you to everyone who participated in the 2023 ARTA Wellness Challenge. All final challenge results must be submitted to ARTA or your local branch **no later than July 31** in order to be considered for prizes.

If you would like to contribute your total active days to your branch total, please submit your results directly to your branch president. If you are submitting as an individual, you can send your results to contests@arta.net or mail a physical copy to the ARTA office.

For more information on the contest, click the button below.

[WELLNESS CHALLENGE](#)



Second Wind Conference 2023

In the Summer issue of *news&views*, the Second Wind deadline for early bird registration was **incorrectly** listed as July 31. Early bird registration will close on July 14. Those wishing to take advantage of more advantageous pricing should register by this Friday.

Register by visiting secondwindconference.ca or by calling 780-984-1220.



FreeStyle Libre Sensors — Available through ARTARx

ARTARx is pleased to announce that lower pricing for Freestyle Libre and Freestyle Libre 2 Sensors is on its way. Freestyle Libre and Freestyle Libre 2 Sensors are used to aid those with diabetes in measuring blood sugar levels continuously over the course of the day, with alarms to notify you if your blood sugar levels become too high or too low. Thanks to an agreement allowing ARTARx to purchase these sensors directly from the manufacturer, ARTARx is now able to pass on those savings to patients.

This deal is available to all pharmacy patients, whether you belong to an ARTARx benefit plan or not. If you would like to learn more about Freestyle Libre Sensors, contact the ARTARx Pharmacy team via email contact@artarx.net or by calling 780-822-3784.



Soon to become



**New Name.
Same Great Service.**

Lakeside Eco-Sports

Lakeside Eco-Sports is a tour operator in downtown Kelowna, offering e-bike tours, activities and rentals.

All their e-bikes are step-through models, offering easy mounting, and all equipment is always included such as helmets, locks, phone mounts, charging cables, bike bags, first aid etc.

Their app is filled with routes and trails, making navigation easy as you explore Kelowna. Their E-Bike Wine Tour including Tastings and Lunch is a “must-do” when visiting Kelowna with visits to three unique and boutique wineries on the Southeast Wine Trail.

[VIEW OFFER](#)

Ice Walks

IceWalks offers interpretive guided hiking tours on the Athabasca Glacier in Jasper National Park. They offer a half-day, three-hour (5 km roundtrip) tour that departs twice daily at 10 a.m. and 2 p.m. and a full-day six-hour (10 km roundtrip) tour that departs at 9:30 a.m.. The hike is considered moderate difficulty with short steep sections of uneven trail to access the glacier.

Included in the price is all the gear that you may require on the tour: micro-spikes (for traction on the ice), rain jacket and pants, gloves, hats, and an assortment of hiking shoes.

[VIEW OFFER](#)

Fort in View

Fort In View is located fifteen minutes from northeast Edmonton on the edge of Fort Saskatchewan and is perfect for golfers of all skill levels. With a unique 27-hole layout, you can play a different round every time you visit! Access the course from Highway 37 and then turn onto Range Road 230.

[VIEW OFFER](#)

Urban Pedal Tours

Urban Pedal Tours’ goals revolve around helping the local community grow while providing a fun and sustainable way to explore the cities’ best locations. They strive to continue the local legacy and community feel, to continue to make our cities the places to live.

[VIEW OFFER](#)

Maverick’s Donuts, Airdrie

Their skilled bakers use only the finest ingredients to create various gourmet donuts that are visually appealing and delicious. From classic flavours like glazed and chocolate to unique creations such as maple bacon and hot chocolate, we offer a donut for every taste.

Their commitment to quality, creativity, and exceptional flavours set them apart.

[VIEW OFFER](#)

Clique Hotels

Clique hotels are awarding-winning for cleanliness, maintenance, and great service. They are rated in the top three on TripAdvisor. In Canmore, they have the Falcon Crest Lodge and the Blackstone Mountain Lodge, and the Blackcomb Springs Suites in Whistler. In Calgary, they have three modern Calgary Airport Hotels — The Acclaim, Hotel Clique, and the Applause Hotel. Just five minutes from the Calgary International Airport. Each provides free 24-hour complimentary shuttle service to and from the Calgary Airport. For quick access to all Clique properties, visit clique.ca. Each hotel website is easily accessed here.

[VIEW OFFER](#)

YEG/YYC/YVR Cycle

Their mission is to create a safe and inclusive fitness experience for every body. Fitness should be a supportive and welcoming environment to help you improve your physical and mental health!

Their daily classes, taught by their inspirational Motivators, will allow you to train to the beat of the music in just 50 minutes. Their top-of-the-line bikes, night-club lighting and sound system will make it easy to improve your cardiovascular health and strengthen and tone muscles in your legs, core, and upper body while you continue your journey to becoming stronger than yesterday!

[VIEW OFFER](#)

Live It Up Lifestyle Adventures

Specializing in curating exceptional and personalized experiences for individuals and groups seeking an exclusive Canadian escape. They take care of all the details, including accommodations, activities, attractions, transportation, and more.

Simply share your preferences, interests, budget, and time frame, and they will craft a tailor-made trip that suits you best. Their website provides trip ideas based on your desired destinations, duration, or activity level, or you can create your own custom getaway combining elements from various options. Say goodbye to endless hours of research and scouring the internet for inspiration, availability, and rates.

[VIEW OFFER](#)





Come See What We Are All About!

Open House!

Thursday August 24th 10 am - 3 pm

11113 113 St, Edmonton

Free Lunch, Door Prizes
Tradeshow, Demonstrations,
Prize Wheel, and Loads of Fun!

www.centrallions.org

ARTA Scholarships



Scholarships Deadline Reminder

The deadline for scholarship applications is July 31. Applications for the ARTA-TW Insurance Degree Scholarship and the ARTA Certificate/Diploma Scholarship are welcome from direct relatives (children, grandchildren, 1st and 2nd generation nieces and nephews) of current ARTA members.

For more information, please visit the ARTA Scholarship webpage.

SCHOLARSHIPS

Caring for the Caregivers

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is about caregiving.

Each month a committee member will provide our members with helpful information on emotional, spiritual, intellectual, physical, financial, or social wellness.

READ MORE

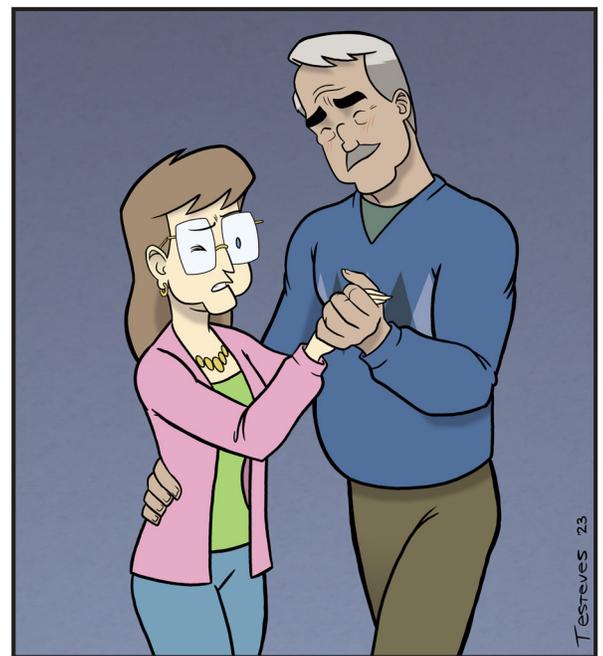
HearingLife | National Affiliated Partners

ARTA Alberta Retired Teachers Association

Celebrate Summer with better hearing!

ARTA members & family receive an EXTRA 10% off the final purchase price of hearing aids.

Love your ears



I wasn't using those toes anyway.

STAY CONNECTED and ENGAGED!

Hungry for more great ARTA content? Share your stories or comments at marketing@arta.net. Give us a call at 1-855-212-2400 or check us out online!

ARTA.net

ARTA LINKS

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