



MEDIA RELEASE

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For Immediate Release – Wednesday, November 1, 2023

Sport For All: Breaking Barriers

Lethbridge, Alberta: The Lethbridge Sport Council strives to be a voice for sport, believing that everyone should experience quality sport. An inclusive sport culture embraces, respects, and values differences in people regardless of their age, gender, or background.

Sport For All: Breaking Barriers is a six-part series of interactive and educational workshops focusing on creating welcoming, inclusive, accessible and safe sport experiences facilitated by individuals with lived experiences and topic experts.

Sessions include:

1. Playing Together: Unite Through Sport - November 23, 2023
2. Connecting Newcomers: Building Community and Inclusion through sports - December 6, 2023
3. Para in Sport: Inclusivity and Excellence - January 24, 2024
4. Sports without Boundaries: Panel - February 8, 2024
5. Keeping Women and Girls in Sport - February 28, 2024
6. Keeping Sport Safe with Allison Forsyth - April 27, 2024

The first session of the *Sport For All: Breaking Barriers* series will be Thursday, November 23 from 6:00 to 8:30 PM at the Lethbridge Sport Council Community Room.

The cost to register for the series is \$100/organization regardless of how many attendees there are. If your organization is unable to cover the registration costs, or if you would like to attend as an individual, please contact [Keegan@lethbridgesportcouncil.ca](mailto:keegan@lethbridgesportcouncil.ca).

Susan Eymann, Executive Director of Lethbridge Sport Council said, "In 2022, we revised our vision statement to reflect our commitment to being an inclusive and accessible sport community that celebrates quality experiences. We are thrilled with the interest from our sport community, underscoring the importance of this series in promoting inclusivity, accessibility, and safety in sports for all.

Information on the series and the sessions, as well as a link to register for *Sport For All: Breaking Barriers* can be found on the Lethbridge Sport Council website: <https://lethbridgesportcouncil.ca/programs/sport-for-all>

For further information, please contact:

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The word "Alberta" is written in a large, elegant, cursive script. To the right of the word is a small blue square with a white outline, representing the province's flag.

