



**Friday Night Movies in the Park and Wellness Wednesdays
Kick Off this Week at Assiniboine Park**

For immediate release: Winnipeg, August 2, 2022 – The Assiniboine Park Conservancy is inviting Park visitors to participate in Wellness Wednesdays and enjoy Friday night Movies in the Park in August as part of the ongoing Casinos of Winnipeg Summer Entertainment Series. These events are open to the public and free, thanks to generous support from sponsors and donors.

“Gathering in the Park on a summer evening for a movie has become a favourite tradition for so many in the community,” said Sara Wolowich Brown, Communications Coordinator, Assiniboine Park Conservancy. “New this year, we are happy to introduce Wellness Wednesdays, a great way to spend time outdoors and exercise your body and mind.”

Wellness Wednesdays | Wednesdays at 6:00 p.m.

Presented by Manitoba Blue Cross

Wellness Wednesdays feature a variety of guided health and wellbeing activities in a beautiful outdoor setting at the Lyric Theatre.

August 3 - Yoga with My Body Winnipeg

August 10 - Guided Mindfulness Meditation with Michael Yellow Bird

August 17 - Mobility with My Body Winnipeg

August 24 - Tai Chi with Master Shao and guests Mu-Dan Dance Group & Guo Se Tian Xiang

More information about each Wellness Wednesday experience can be found on the Assiniboine Park [website](#).

Movies in the Park | Fridays at 6:30 p.m. and 8:45 p.m.

Presented by Recycle Everywhere with support from UKG & Larsen's Memorials

Movies in the Park features a selection of blockbuster films projected on a cinema-style 27-foot-wide LED screen at the Lyric Theatre. Completing the movie theatre experience, the Lyric Theatre concession will be open from 5:30 p.m. to 9:00 p.m., serving popcorn, ice cream treats, and other tasty snacks.

	6:30 p.m.	8:45 p.m.
August 5	Sing 2	Eternals
August 12	Encanto	Jungle Cruise
August 19	Moana	Spiderman: No Way Home
August 26	Raya and the Last Dragon	Cruella



Assiniboine Park
Conservancy

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The August line-up for the Casinos of Winnipeg Summer Entertainment Series also includes live music and entertainment as part of the Summer Music Series at the Lyric, Garden Concerts at The Leaf, and free access to art exhibitions at The Pavilion. The full schedule can be found on the Assiniboine Park [website](#).

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For interviews and information requests, please contact:

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