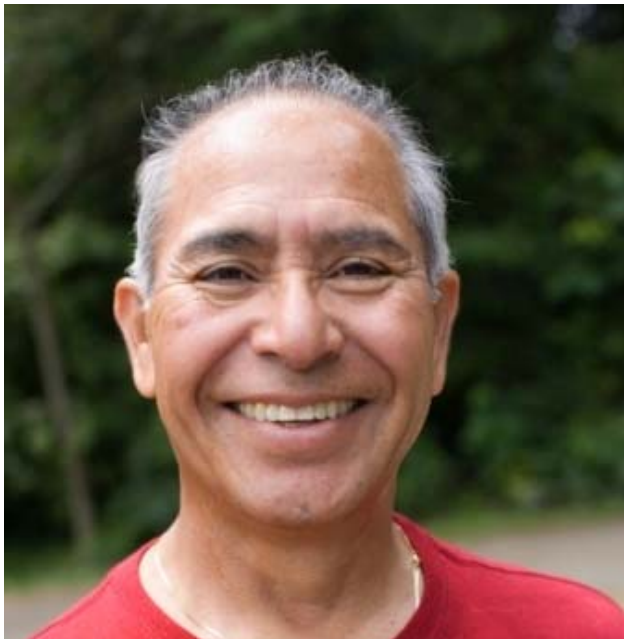




With Chronic Conditions

Put Life Back in Your Life



Sign up now for our
LiveWell Workshops!

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do.

LiveWell with Chronic Conditions workshops put me back in charge. Now I have the energy to do the things that matter.

I've put life back in my life.

LiveWell with Chronic Conditions Upcoming Workshops

- **Canora, SK**
Starting September 20th, every Wednesday from 9:30 AM-12:00 PM for 6 weeks.
- **Esterhazy, SK**
Starting October 18th, every Wednesday from 9:00 AM – 11:30 AM for 6 weeks.
- **Yorkton, SK**
Starting November 14th, every Tuesday from 9:00 AM – 11:30 AM for 6 weeks.

FREE to join! Call Tracy at **306-786-0236** if you have questions or to register. Registration is required as a book "Live a Healthy Life with Chronic Conditions" is given free to all who register.

Call **306-786-0236** to REGISTER or for more information.