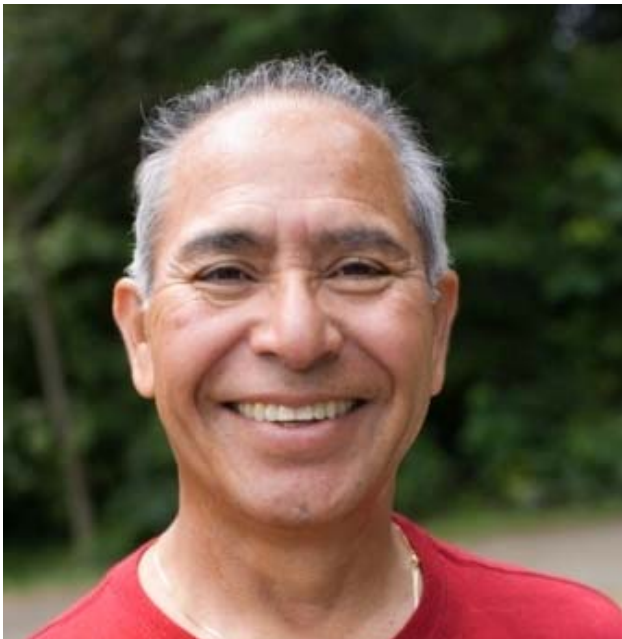




Put Life
Back in
Your Life



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

- **Ituna, SK- at the Seniors Social Centre**
Starting April 5th, Wednesdays from
1:00-3:30 pm for 6 sessions.

FREE to join! Call Cara at **306-786-0875** if you have questions or to register. Registration is required, as a book "Live a Healthy Life with Chronic Conditions" given free to all who register.

**Call 306-786-0875 to REGISTER or for more
information.**