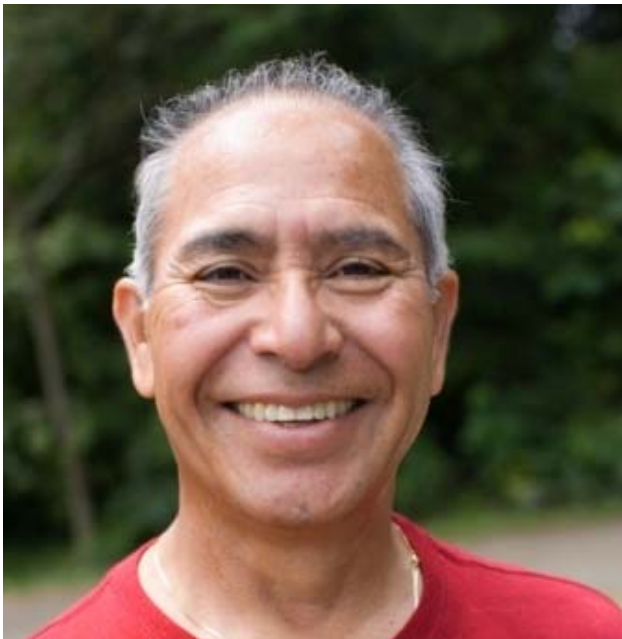




With Chronic Conditions

# 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

- **Yorkton, SK- at the RBC room at the Sunrise Health and Wellness Centre**
- Starting March 23<sup>rd</sup>, Thursdays from 6:30-9:00 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" is given free to all who register.

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