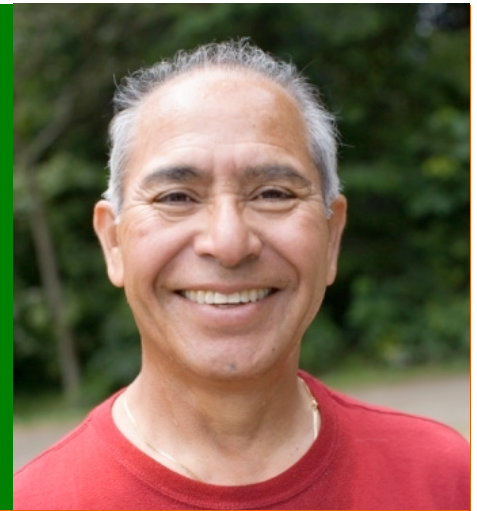




With Chronic Conditions

Put Life Back in Your Life



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!

**Sign up now
for a LiveWell
With Chronic
Conditions
Workshop!**

Location	Day of Week Dates	Time of Day
Field House Meeting room -2	Wednesdays afternoons September 30 th to November 4 th 2015	1.00-3.30pm
Field House Meeting room -2	Wednesdays November 18 th to December 23 rd 2015	1.00-3.30pm
Sobeys at Stonebridge	Monday Evenings September 14 th to October 26 th 2015	6.30-9.00pm
Food Bank	Monday mornings September 28 th - November 9th	9.00-12.00

**To register please call 306-655-LIVE
Or 1-877-LIVE-898
(1-877-548-3898) toll free**

