

**FREE
6-WEEK
WORKSHOP**

Living a Healthy Life

Take charge of your health.



Learn About:

Getting Active

Medication Use

Healthy Eating

Managing Pain and
Fatigue

Getting a Good
Night's Sleep

Making Informed
Treatment
Decisions

And More!

Thursdays 1:00pm – 3:30pm

April 28 – June 2, 2016

**Friendship/Pyramid
Recreation Centre**

Pre-registration is required.

To register for a workshop please contact us at:

519-421-5691 or 1-855-463-5692

info@swwselfmanagement.ca

www.swwselfmanagement.ca