



**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@sselfmanagement.ca**

**www.sselfmanagement.ca**

