

# Put Life Back in Your Life



Put Life Back Into Your Life.

Consider a  
With Chronic Conditions Workshop.

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!

**Monday Evenings**  
**(Tuesday Evening Thanksgiving week)**

**Sept 11 – Oct 16, 2017**

**Moose Jaw Public Library**  
**461 Langdon Cres, Moose Jaw**  
**6:30 - 9:00 p.m.**

**Thursday Afternoons**

**Sept 28 – Nov 2, 2017**

**Town n' Country Mall**  
**1235 Main St N, Moose Jaw**  
**1:00 - 3:30 p.m.**

**For more Information, or to register for a  
workshop, please call 306.694.0230**

**Sign up now for a  
LiveWell Workshop!**

