

LIVING LIFE TO THE FULL

WANT TO KNOW HOW TO FEEL BETTER, RIGHT NOW?

SLEEP BETTER, FEEL HAPPIER, HAVE MORE ENERGY, GAIN CONFIDENCE,
GET OUT MORE, ENJOY BETTER RELATIONSHIPS, HELP OTHERS—LEARN
ALL THAT IN EIGHT, ENJOYABLE 90-MINUTE SESSIONS

VISIT [WWW.LLTFF.CA](http://www.lltff.ca) TO FIND OUT MORE!

COST: \$30

DATE/TIME: Tuesdays, September 19-November 7, 2017
10:30am-12pm

LOCATION: Gaynor Family Regional Library
Robert Jefferson Heritage Room
806 Manitoba Ave, Selkirk, MB

Register now!
Space is
limited.

TO REGISTER: PLEASE VISIT

<http://interlakeeastern.cmha.ca/programs-and-services/living-life-full/>

QUESTIONS: contact Cindy at 204-482-9723 or
cmhainterlake@mymts.net

*Funding for *Living Life to the Full* is
provided by the Interlake-Eastern
Regional Health Authority

12 HOURS THAT CAN
CHANGE YOUR LIFE

BROUGHT TO YOU BY



Canadian Mental
Health Association
Interlake Eastern
Mental health for all



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