

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.LLTF.CA TO FIND OUT MORE!

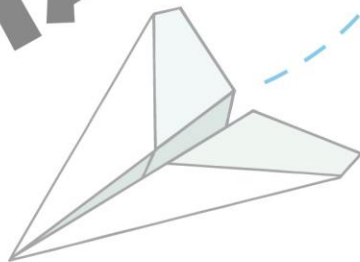
TIME/DATE: Tuesday evenings (8 weeks)
Feb. 21, 17 – Apr. 11, 17: 6:00pm – 7:45pm

COST: \$40.00 (at cost, approx. \$5.00 session)

LOCATION: Canadian Mental Health Association
204 – 1865 Dunmore Road SE
Medicine Hat AB. T1A 1Z8

CONTACT: If Interested or have questions call:
Canadian Mental Health
Association,
Alberta South East Region,
Amy Becker
403-504-1811 ext. 101

**12 HOURS THAT CAN
CHANGE YOUR LIFE**



BROUGHT TO YOU BY



Canadian Mental
Health Association
Aberta Southeast Region
Mental health for all



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Health Association
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LIVING LIFE TO THE FULL

The Canadian Mental Health Association, British Columbia holds the exclusive Canadian licence to Living Life to the Full.