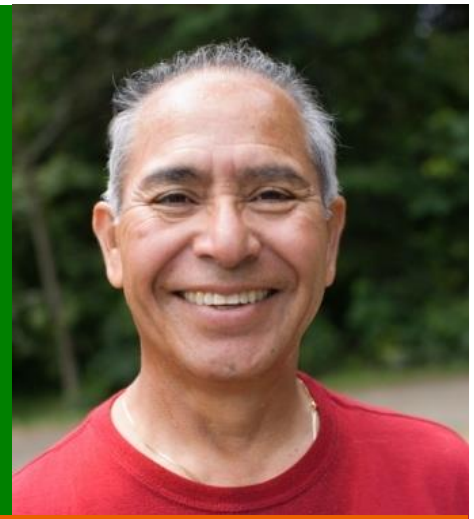




# Put Life Back in Your Life



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!

Sign up now  
for a LiveWell  
With Chronic  
Conditions  
Workshop!

Location	Day of Week Dates	Time of Day
Sobeys 8 <sup>th</sup> and Cumberland Saskatoon	Tuesday January 23 - February 27, 2018	1:30-4:00pm
Wakaw Primary Health Board Room Wakaw	Tuesday March 6 – April 10, 2018	1:30-4:00pm
Sobeys 8 <sup>th</sup> and Cumberland Saskatoon	Tuesday March 20 – April 24, 2018	6:00-8:30pm
Sobeys 8 <sup>th</sup> and Cumberland Saskatoon	Tuesday May 1-June 5, 2018	1:30-4:00pm
Sobeys 8 <sup>th</sup> and Cumberland Saskatoon	Tuesday September 19 - October 23, 2018	6:00-8:30pm
Sobeys 8 <sup>th</sup> and Cumberland Saskatoon	Tuesday October 30 – December 4, 2018	1:30-4:00pm

To register please call **306-655-LIVE (5483)**  
Or toll free **1-877-LIVE-898**  
**(1-877-548-3898)**

