

Help with your Health

• Free 1.5 hour interactive workshop to help you better manage your health •



Practical Planning for your Health

- Managing your health through the Five Domains of Wellness:
 - Physical, Emotional, Intellectual, Spiritual, Social
- Video - Arthur's Journey: An inspirational success story
 - Setting goals and putting them into action

DATE

TIME

LOCATION

**Pre-registration is *required*, for more information:
Call 1-866-971-5545 or visit www.ceselfmanagement.ca**