

# 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](http://www.ceselfmanagement.ca)**