



*Put **life** back
into your life.*

**Do you live with challenges
and complications as a result
of a chronic condition?**

Join us for a **free** six-week
Living a Healthy Life with Chronic Conditions workshop.

DATES

TIME

LOCATION

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

