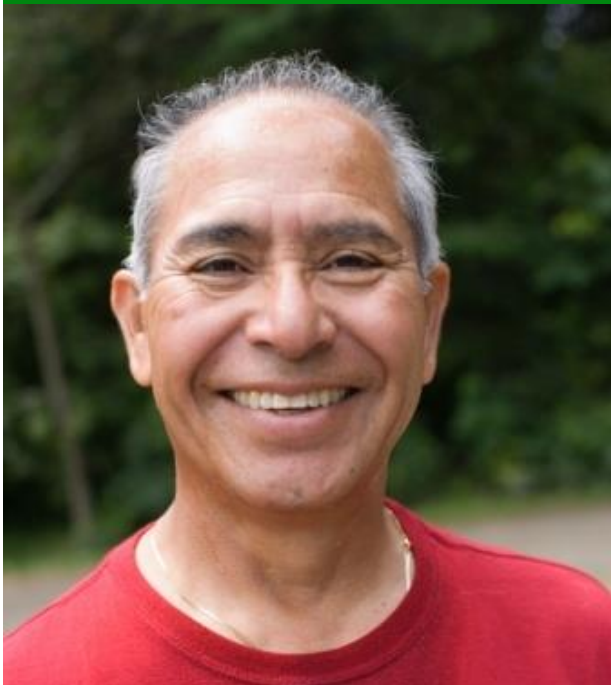




# Put Life Back in Your Life



Sign up now for a LiveWell Workshop!



FALL 2017

is offering **LiveWell With Chronic Conditions and Chronic Pain** programs in the following communities this fall. These programs provide practical suggestions and support to build confidence in coping with the everyday challenges of a chronic condition. Groups of approximately 12 participants are led by two trained Peer Leaders and meet for 2½ hours, once per week, for six consecutive weeks. There is no cost for the programs and they are offered year-round in various communities. Below are the dates and locations of the classes.

**Please call 306-446-8613 or 1-888-922-5867 to confirm which workshop you wish to attend.** Feel free to leave a message on voice mail.

North Battleford Library <b>Chronic Conditions</b>	Mondays Sept. 11 - Oct. 23 (no session Oct 9)	<b>ALL TIMES LOCAL</b> 4:30 pm – 7:00 pm
Lloydminster Prairie North Plaza Conference Room #2,1,2,1,2,1 <b>Chronic Conditions</b>	Wednesdays Sept. 13 - Oct. 18	4:00 pm – 6:30 pm
Meadow Lake Madill's Drugs <b>Chronic Pain</b>	Thursdays Oct. 5 – Nov. 9	1:30 pm – 4:00 pm
Battleford Alex Dillabough Centre <b>Chronic Conditions</b>	Thursdays Oct. 12 – Nov. 16	11:00 am – 1:30 pm
North Battleford Library <b>Chronic Pain</b>	Mondays Oct. 16 – Nov. 20	1:30 pm – 4:00 pm
Lloydminster Community Health Services Building – Large Conference Room <b>Chronic Pain</b>	Thursdays Oct. 26 - Nov. 30	10:00 am – 12:30 pm
Meadow Lake Co-op Pharmacy <b>Chronic Conditions</b>	Wednesdays Nov. 1 – Dec. 6	1:00 pm – 3:30 pm