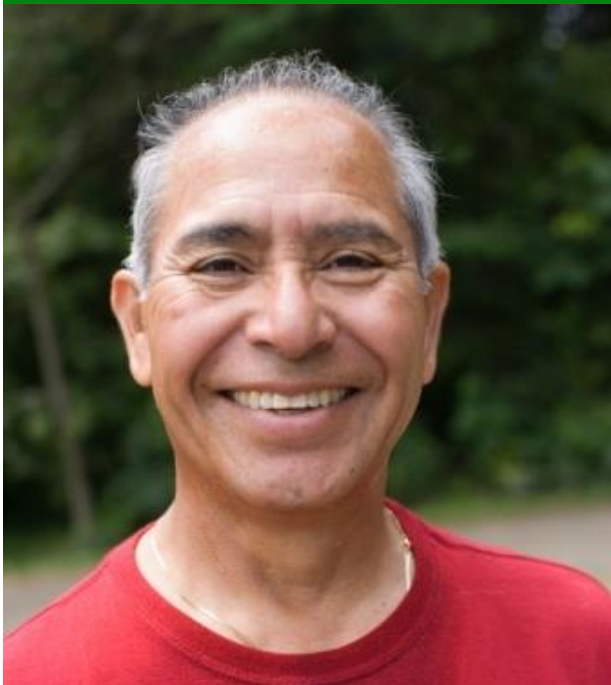


Put Life Back in Your Life



Sign up now for a LiveWell Workshop!

is offering **LiveWell With Chronic Conditions and Chronic Pain** programs in the following communities this spring. 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 is the list of dates and locations of the classes.

Please call 306-446-8613 or 1-888-922-5867 or email livewell@pnrha.ca to confirm which workshop you wish to attend.

Feel free to leave a message on voice mail and your call will be returned as soon as possible.

Battleford Alex Dillabough Center✓ Chronic Conditions	Thursdays April 12 – May 17	ALL TIMES LOCAL 11:00 am – 1:30 pm
North Battleford North Battleford Library✓ Chronic Pain	Tuesdays April 17 – May 22	1:30 pm – 4:00 pm
Meadow Lake Madill's Drugs✓ Chronic Pain	Wednesdays April 4 – May 9	1:00 pm – 3:30 pm
Lloydminster Prairie North Plaza✓ Clinic Room #1 Chronic Conditions	Thursdays April 12 – May 17	9:00 am – 11:30 am
Lloydminster Prairie North Plaza✓ Clinic Room #1 Chronic Conditions	Thursdays April 12 – May 17	1:00 pm – 3:30 pm
Lloydminster Prairie North Plaza✓ Suite 109 Chronic Pain	Mondays April 9 – May 14	1:00 pm – 3:30 pm