



FIVE HILLS HEALTH REGION

Feeling down, depressed, and/or stressed out?

We have a group just for you

CHANGWAYS

Learn to set achievable goals in order to feel better, manage stress and get a healthy life back. Learn to change your mood by changing what you think and what you do.

Talk with others who will understand and support you as you make small changes to feel better.

**To find out where and when the next group is and to register, contact
Primary Health Care @ 691-1562**