



***I was tired. I hurt all the time.***

**LiveWell workshops put me back in charge.**

Now I have the energy to do the things that matter.

***Refer yourself - support person welcome  
to the FREE, FUN and INTERACTIVE workshops!***

## **LiveWell with Chronic Conditions Workshops**

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Minto United Church

1036 7<sup>th</sup> Ave NW  
Moose Jaw

Thursday Evenings  
March 5 to April 9, 2020

6:00-8:30 pm

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Location:

To Be Determined  
Central Butte

Wednesday Afternoons  
March 18 to April 22, 2020

1:00-3:30 pm

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Minto United Church

1036 7<sup>th</sup> Ave NW  
Moose Jaw

Wednesday Afternoons  
April 15 to May 20, 2020

1:00-3:30 pm

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To register or for more information, call

**306-694-0230**

