

LIVING LIFE TO THE FULL

12 hours that can change your life

BROUGHT TO YOU BY:



Canadian Mental
Health Association
Mental health for all

WANT TO KNOW HOW TO FEEL BETTER RIGHT NOW?

Sleep better, feel happier, have more energy, gain confidence,
get out more, enjoy better relationships, and help others

Attention to members of the Veteran Community

TIME/DATE: Every Wednesday evening from 5-6:30pm

February 13th until March 20th, 2019

COST: Free

LOCATION: Borden Family Resource Centre, BLDG E-182,
Room 108

CONTACT: Please contact Jessie, Personal Development

Facilitator at 705-424-1200 ext. 2081/3994

visit www.LivingLifeToTheFull.ca to find out more!



Canadian Mental
Health Association
British Columbia
Mental health for all

The Canadian Mental Health Association, British Columbia holds
the exclusive Canadian licence to Living Life to the Full



VETERAN FAMILY PROGRAM

Funded by Veterans Affairs Canada

PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Financé par Anciens Combattants Canada