

LiveWell With Chronic Conditions

OR

LiveWell With Chronic Pain



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do.

LiveWell workshops put me back in charge. Now I have the energy to do the things that matter.

### LiveWell with Chronic Conditions

|   |                                      |           |
|---|--------------------------------------|-----------|
| North East Community Centre-160 Broad St, Regina  | Wednesdays<br>Sept 28-Nov 2, 2016    | 1-3:30 pm |
| Sunrise Library<br>3130 Woodhams Drive, Regina    | Thursdays<br>Sept 15 to Oct 20, 2016 | 1-3:30 pm |
| Eastview Community Centre -615 6th Avenue, Regina | Tuesdays<br>Jan 24- Feb 28, 2017     | 1-3:30 pm |

### LiveWell with Chronic Pain

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|--|---------------------------------------|-----------|
| Eastview Community Centre- 615 6th Avenue, Regina                    | Thursdays<br>Oct 20 to Nov 24, 2016   | 1-3:30 pm |
| Eastview Community Centre -615 6th Avenue, Regina                    | Thursdays<br>Jan 26 to Mar 2, 2017    | 1-3:30 pm |
| Wascana Rehab Centre Meeting Rooms 1 & 2<br>2180 23rd Avenue, Regina | Wednesdays<br>Sept 14 to Oct 19, 2016 | 6-8:30 pm |

**Sign up now for a LiveWell With Chronic Conditions Workshop!**

**Sign up now for a LiveWell With Chronic Pain Workshop!**



To register, please call **306-766-7370**

[www.rghealth.ca/livewell](http://www.rghealth.ca/livewell)