

**Put *life*
back into
your life.**



**Do you live with challenges and complications
as a result of a chronic condition?**

Join us for a **free** six-week **Living a Healthy Life
with Chronic Conditions** workshop.

DATES: **Every Tuesday**
 From April 3 - May 8, 2018

TIME: **6:00pm - 8:30pm**

LOCATION: **Pickering Welcome Centre**
 1400 Bayly Street, Unit 5, Pickering



Welcome Centre - Pickering
1400 Bayly Street, Unit 5
Pickering, ON L1W 3R2

Toll-free: 1-877-761-1155
www.welcomecentre.ca

Pre-registration is *required*, for more information:
Call **1-866-971-5545** or register online at
www.ceselfmanagement.ca