

LIVING LIFE TO THE FULL

BROUGHT TO YOU BY:



Canadian Mental
Health Association

Mental health for all

12 HOURS THAT CAN CHANGE YOUR LIFE

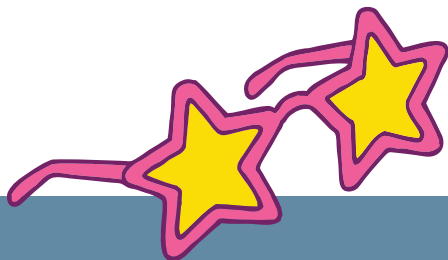
Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

TIME/DATE:

COST:

LOCATION:

CONTACT:



visit www.LivingLifeToTheFull.ca to find out more!