

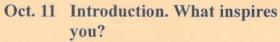
Getting On With Life and Its Challenges

A Mental Health Support & Skill Development Program

presents its

FREE Fall 2017 Workshop Series

Change your Ways for the Better



Oct. 18 Outing to Harbourfront

Oct. 25 Super Foods and more

Nov. 1 Staying positive in hard times

Nov. 8 Yoga 101

Nov. 15 Do you have problems with sleep?

Nov. 22 Making decorations for the holidays

Nov. 29 How to handle arthritis and stress

Dec. 6 Emergency preparedness: Fire Safety

Dec. 13 Enjoy a Festive Meal!

Wednesdays, 1:30 - 3:30 pm at Regeneration Community Services 2238 Dundas St. W. Suite 307

For more information call
Ela at 416-604-1046. Workshops are on a drop in basis.





