

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. 11 Introduction. What inspires you?
- 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.