

“Living a Healthy Life”



A free 6 week workshop for people interested in learning how to better manage their health conditions.

STARTS: Tuesday, April 20, 2010
(1:30—3:30 pm)

Runs: April 20, 27, May 4, 11, 18, 25

**Contact the Rainbow Valley CHC to sign up or
for more information (613) 757-0004.**

Provided with the assistance of the Champlain LHIN Chronic Disease Self
Management Program.