TAKING CHARGE OF YOUR LIFE IN THE FACE OF CHRONIC PAIN

Four group sessions intended to help you better understand what you can do when dealing with chronic pain. Topics covered will include: pain, fatigue, anxiety, fears, expectations, attitude, connections, self-care, support, and various tools.

The group sessions will be led by Helen Walling (helencoach.net) a certified life coach who also suffers from chronic pain.

A minimum of five participants is required or the workshop will be cancelled.

POSTPONED UNTIL EARLY 2018

Please call to express your interest (contact info below)

In the Partners' Meeting Room, suite 2000
2nd floor of the community Wellness Centre in the Jeffery Hale Pavilion

TO EXPRESS YOUR INTEREST:

Helen Walling
418 682-0001
or
hwalling@sympatico.ca

$90 for the four sessions

wejh-takecharge.eventbrite.ca

The Wellness Centre is managed by: *Jeffery Hale Community Partners*
2000-1270 Chemin Sainte-Foy, Québec Qc G1S 2M4
418 684-5333, ext. 1624
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