

FOUR TUESDAYS IN FEBRUARY

February 6, 13, 20 and 27, 2018

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.

Centre Wellness

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

eventbrite.ca

Jan. 10, 2018

10:00 AM to noon, in the **Community Art** Room, suite 2109, 2nd floor of the community **Wellness Centre in** the Jeffery Hale **Pavilion**

TO EXPRESS YOUR **INTEREST:**

Helen Walling 418 682-0001 hwalling@sympatico.ca

> \$90 for the four sessions

wejh-takecharge.