

WANT TO KNOW HOW TO FEEL BETTER, RIGHT NOW?

SLEEP BETTER, FEEL HAPPIER, HAVE MORE ENERGY, GAIN CONFIDENCE,
GET OUT MORE, ENJOY BETTER RELATIONSHIPS, HELP OTHERS—LEARN
ALL THAT IN EIGHT, ENJOYABLE 90-MINUTE SESSIONS

VISIT WWW.LLTF.CA TO FIND OUT MORE!

TIME/DATE: April 12, 2016 – May 31st, Tuesdays from 1:00pm - 2:30 pm

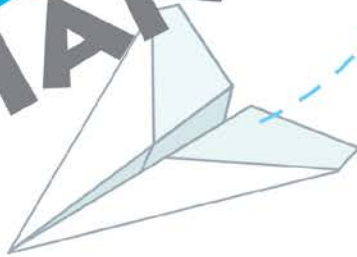
COST: \$90.00* for 8 90-minute weekly sessions

LOCATION: YMCA of Oakville
410 Rebecca St., Oakville L6K1K7

CONTACT: On Line Registration: at halton.cmha.ca
Or contact :(289) 291- 5400

Facilitated by Denis Olivier

**12 HOURS THAT CAN
CHANGE YOUR LIFE**



THIS COURSE IS SPONSORED BY:

BROUGHT TO YOU BY



Canadian Mental
Health Association

Mental health for all



YMCA of
Oakville

*Due to the generous sponsorship of CMHA Halton Region Branch, a reduced rate of \$90 per person (reduced from \$185) payable at registration. Further financial assistance is available by contacting the YMCA of Oakville at 905-845-3417.



Canadian Mental
Health Association
British Columbia
Mental health for all

LIVING LIFE TO THE FULL

The Canadian Mental Health Association, British Columbia holds the exclusive Canadian licence to Living Life to the Full.