



Spinal Cord Injury Alberta

Lésions Médullaires Alberta

Formerly Canadian Paraplegic Association (Alberta)

**DISCOVERING<sup>+</sup>  
THE POWER<sup>TM</sup>  
IN ME**  
Creating a Future of Strength and Hope.

Please join us for this  
**TWO DAY WORKSHOP**  
**Discovering the Power in Me**

A powerful program that provides the tools to manage change, set and achieve goals, be more effective and think in ways to create success.

**April 27 and 28th, 2015**

9:00 a.m. - 4:00 p.m.

(Continental Breakfast)

Sheraton Hotel, Room Savona

3310 - 50 Avenue

Red Deer, Alberta

**FREE** for members  
**\$150** for  
**non-members**

**Who Can Participate?**

- Persons with spinal cord injury or other disabilities
- Each individual with a disability is encouraged to bring a family member, friend or caregiver
- Staff from disability organizations who provide information and support

**Hosted by:**



**Sponsored by:**



Hear personal testimonials on YouTube - search "Discovering the Power in Me"

To Register, contact:  
780-424-6312 or  
[rejina.nagaraj@sci-ab.ca](mailto:rejina.nagaraj@sci-ab.ca)