

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.LLTTF.CA** TO FIND OUT MORE!

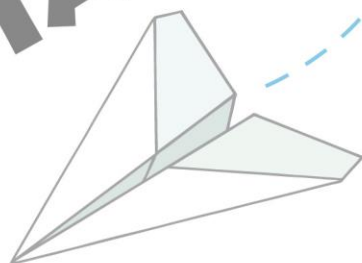
TIME/DATE: Mondays, Feb. 1-March 28 - 6:30pm - 8pm

COST: \$195.00 includes books, worksheets, & light refreshments

LOCATION: Canadian Mental Health Association
1835 Lonsdale Avenue Suite 300

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**12 HOURS THAT CAN
CHANGE YOUR LIFE**



BROUGHT TO YOU BY



Canadian Mental
Health Association
North & West Vancouver
Mental health for all



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**LIVING
LIFE TO
THE FULL**

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