

# Maintaining Wellness:

# in a Hectic Life

When: **January 14, 2015**

Time: 7:00pm to 9:00pm

Location: **Strathcona County Family &  
Community Services, #200 (second floor)**

**501 Festival Lane, Sherwood Park**

Visit: [www.strathcona.ca/parking](http://www.strathcona.ca/parking)

for parking information

To register call: **780-464-4044**

**Please register by January 12, 2015**

**No cost**



**Learn more about how to avoid  
burn out, and the importance of  
taking care of yourself!**

**Learn tips on how to better main-  
tain your physical, emotional,  
mental and social health.**

**Create your own Wellness Wheel  
to help keep you on a healthy  
path in your own life.**

*Alberta*  Human Services

 **STRATHCONA  
COUNTY**