

# LIVING LIFE TO THE FULL

BROUGHT TO YOU BY:



Canadian Mental  
Health Association

*Mental health for all*

# 12 HOURS THAT CAN CHANGE YOUR LIFE

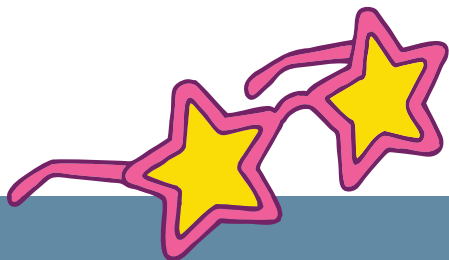
Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

**TIME/DATE:**

**COST:**

**LOCATION:**

**CONTACT:**



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