

# Are YOU Living Life to the ULTIMATE?



More than ever before, you play a variety of roles in your life. You are an employee, parent, partner, spouse, friend, caregiver and volunteer... to name just a few. You find yourself juggling those roles, while simultaneously seeking opportunities to take care of your own physical and mental well-being. Not surprisingly, ULTIMATE can sometimes seem an elusive ideal.



Not anymore. Join us for an interactive experience to discover strategies and tools to help you live your ULTIMATE life.

9:00 am – 12:00 pm  
Canadian Mental Health Association Winnipeg Education Centre  
Unit 1-333 Vaughan Street

Register online at: [www.cmhawpg.mb.ca/client\\_course\\_display.cfm](http://www.cmhawpg.mb.ca/client_course_display.cfm).

Three available date this fall: Wednesdays – September 22<sup>nd</sup>, October 27<sup>th</sup>, and November 24<sup>th</sup>.  
\$25.00 or free for members of the CMHA Winnipeg Region or for members of the United Way Benefits Plan