



# WELLNESS SESSIONS!!

## October 6-December 19th

Being a caregiver can be stressful with the every day hustle and bustle!! The Evergreen Parent Link Centre will be offering a variety of weekly wellness sessions that are FREE for caregivers.

Learn to simplify your life, set measurable goals, healthy eating habits, relaxation techniques, get active and more!!

Sessions are FREE and childcare is provided by PLC staff. Register for your sessions NOW.... Limited space available!

Sessions include:

**Positive Parenting Program:**

**Parenting Thru Stress**

**Nutrition sessions** include: a grocery store tour and menu planning.

**Fitness sessions** include: Yoga, zumba and a free class at competitive edge.

**Self Care sessions** include: building self esteem, simplifying your life, goal setting, a visit from a local pharmacist, and getting in touch with your creative side.

For more information or to Register please contact:  
Evergreen Parent Link Centre

4921 43 Street  
(Back parking lot of St. Anthony School)

780-542-3713

