



# WELLNESS SERIES WORKSHOP

## Topics:

### Key Principles to Personal Wellness

The basics of health and wellness

Oct 15

### Importance of Self-Care

Learn strategies to take charge  
of your health and well-being

Oct 22

### Anxiety Management

3 key strategies to manage  
anxiety and stress

Oct 29

### Self-Compassion

Build self-esteem through  
self-compassion

Nov 5

Building a foundation in practicing self-care helps to maintain a healthy relationship with yourself and others. This workshop series introduces a combination of practical tools and information and provides an opportunity to create a short personal self-care plan.

**FREE!**

**Where: Zoom**

**When: Thursdays,  
1 pm to 2:30 pm  
4 weeks**

**October 15 to  
November 5, 2020**



**Canadian Mental  
Health Association**  
Halton Region Branch  
*Mental health for all*

Contact Sandra at  
[snolanboshell@cmhahrb.ca](mailto:snolanboshell@cmhahrb.ca)  
or 905-691-3855 to register.