

emPower Wellness Series – 2019

to promote empowerment and independent living

100 Ways To Feel Better Right Now

a fun light-hearted yet
purposeful workshop

- ✓ simple solutions
- ✓ provides a list that can possibly be used as a great stepping stone to pain/mood management



Facilitator: Dave Thomson

Date: Feb 28, 2019 (Thursday)

Time: 4 – 5:30 pm

Venue: RCD (#842-5300 No. 3 Rd, Richmond) in Lansdowne Centre

Register: 604-232-2404 / dave@rcdrichmond.org