

**Strive to Thrive**

Are you *thriving*  
or *just surviving*?

**Thriving**

**Introduction**

**Transitions**

**CLASS DATES:**

Thursdays  
Jan. 13, 20, 27, and Feb 3,  
10, 2022

6:30 – 8:00 p.m.

Space is limited Register  
Early!

**Resilience**



**CLASS LOCATION:**

MS Teams (virtual)

You will receive a link  
once you are  
registered.

**Building  
Connections**

**Mental Wellness For All**

*Strive to Thrive is a program to help you explore your symptoms of wellness and improve your mental health. It is a FREE 5-week program to help develop skills, knowledge and practices to empower you to thrive.*

To register call: 1-877-509-7852

Or

E-mail: [healthpromotion2@pmh-mb.ca](mailto:healthpromotion2@pmh-mb.ca)

[www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)



**PRAIRIE MOUNTAIN HEALTH**