

Strive to Thrive

Are you *thriving*
or *just surviving*?

Thriving

Introduction

Transitions

CLASS DATES:

Tuesdays

Jan. 4, 11, 18, 25 and Feb. 1
2022

1:30 – 3:00 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 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

www.prairiemountainhealth.ca



PRAIRIE MOUNTAIN HEALTH