



## WELLNESS SERIES

The Powassan and Area Family Health Team is offering a series of free psycho-educational workshops, which aim to provide information on topics that relate to emotional health and wellbeing.

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**WEDNESDAY, FEBRUARY 26, 2020 @ 2:00PM**

507 MAIN STREET, POWASSAN, ON

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### Self-Management



Self-management is essentially about taking the steering wheel of your life; taking an active, central role to your overall health and well-being. This presentation looks at overall well-being as encompassing both mental (mind) and physical (body) health.

Register on-line at [www.paafht.ca](http://www.paafht.ca) or call **705-724-1020**