SSAI Tele-learning Workshop

Monday, December 7 at 10am

Christmas Stress! Christmas Blues!!



How about a few tips to ease your way through the chaos and sometimes emotional stress of the holidays?

Learn:

- What do we really need?
- How can we get through a tough day and go to bed feeling satisfied and peaceful?
- Let Paulette open up your mind to a way of thinking that helps you pursue a fulfilling life.

Paulette Millis is a leading authority on nutrition in Saskatchewan. She is a published author with five books and numerous columns and articles. Paulette is a Registered Holistic Nutritionist and Registered Social Worker with 35 years of experience teaching, facilitating, counseling and lecturing people through life's issues and healing challenges. At this stage of her life she is operating the Heartwood Healing Center, north of Borden, for workshops and retreats.
For more information on Paulette and her services visit www.eatawayillness.com.

Visit our website for more information and to register:

sasksenior.com/workshops

Questions? Phone 306-493-3023 or email: info@sasksenior.com

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