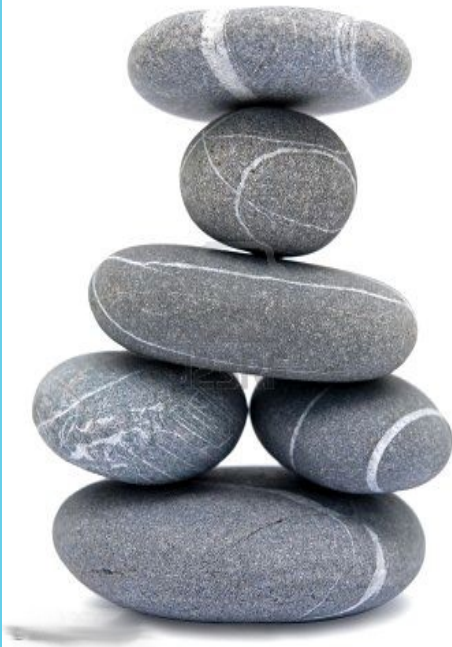


Life Lessons for Health

Spring 2011 Lecture Series



Tossing and Turning: The Sleepless Epidemic

Concerns with sleep affect 10% to 35% of the general population according to the Canadian Sleep Society. Women often need more sleep but it is frequently disrupted by various reasons. Join Dr. Khullar and Dr. Shandro from the Northern Alberta Sleep Clinic as they discuss some common issues women have with sleep and the variety of treatments that are available to help women get a goodnight's rest.

Thursday, April 7

7:00-9:00 p.m.

Increase Your Deserve Level: You Deserve Everything and More

What would happen if you put yourself first just a little more often? Discover ways to nurture yourself, leveraging your thoughts, words and emotions for more confidence, courage and peace. Identify ways to refocus on new possibilities and how this can transform outcomes in your life. Lisa Litwinski, BA Psy., NLP Neuro-Linguistic Programming Practitioner, Kaleidoscope Consultant[®] invites you to join her for an evening designed just for you, because you deserve to experience more of the best that life has to offer you.

Thursday, April 14

7:00-9:00 p.m.

ALL SESSIONS HELD IN THE GREY NUNS HOSPITAL AUDITORIUM
(3015-62 Street)

FREE OF CHARGE. PRE-REGISTRATION REQUIRED - TO REGISTER CALL 780-735-7064

Parking is available in the main parking lot at posted rates.