

# WANT TO KNOW HOW TO FEEL BETTER, RIGHT NOW?

SLEEP BETTER, FEEL HAPPIER, HAVE MORE ENERGY, GAIN CONFIDENCE,  
GET OUT MORE, ENJOY BETTER RELATIONSHIPS, HELP OTHERS—LEARN  
ALL THAT IN EIGHT, ENJOYABLE 90-MINUTE SESSIONS

VISIT [WWW.LLTF.CA](http://WWW.LLTF.CA) TO FIND OUT MORE!

**TIME/DATE:** 7:00- 8:30pm, Thursdays from May 10<sup>th</sup>- June 28<sup>th</sup> 2018

**COST:** \$40 per person (including all materials)

**LOCATION:** FCSS Office 5817 Rue Eaglemont, Beaumont AB

**CONTACT:** [Kaylene.mckinney@beaumont.ab.ca](mailto:Kaylene.mckinney@beaumont.ab.ca)  
780-929-1006

**12 HOURS THAT CAN  
CHANGE YOUR LIFE**

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LIFE TO  
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