



# Living Life to the Full

A free Monday evening life-skills course

**Why:** A life skills course on how to tackle and respond to issues or demands that we meet in everyday life. Useful for when we feel under pressure, stressed or distressed, we will explore:

- **Understanding why we feel as we do**
- **Practical problem solving skills**
- **Anxiety control training**
- **Overcoming reduced activity**
- **Noticing and changing unhelpful thoughts and behaviours**
- **Healthy living for staying well**

**Where:** Philanthropy Room  
3rd floor of the  
Wellness Centre,  
1270 chemin Sainte-Foy

**When:** Mondays from 6:30 to 9 pm

February 3  
February 10  
February 17  
February 24

**How:** Register to participate in this four-week course by calling 418-684-5333, ext. 1265 before January 27, 2020

Refreshments and free parking offered