
***Thrive*, Don't Just Survive!**

Dr. Joseph Askin



If you are feeling...

- Overwhelmed
- Powerless
- Resentful

and you are...

- Over-committed
- Not “walking the talk”
- Lacking the respect of others

You likely have difficulty saying “No”. Join physician and certified life coach, Dr. Joseph Askin, for our **Healthy Boundaries Workshop** to firm up your personal boundaries and...

- Increase your energy
- Live with greater integrity
- Have more time for what really matters to you

Date: Monday, April 27, 2009 from 7:00 - 8:30 pm.

Location: The Centre for Sleep and Human Performance
#106, 51 Sunpark Drive S.E.

Registration Fee: \$45.00 (+GST). Register early, as space is limited.
Contact Jan at the Centre for Sleep and Human Performance: (403) 254-6663 or patients@centreforsleep.com.

Rise and **Shine!**