

KDH FOUNDATION PRESENTS THE 3RD ANNUAL

Women's Health & Wellness Seminar



| Thursday, October 25th | eQuinelle Golf Club |
| 3:30 p.m Vendor Exhibits | 6:00 p.m. Sessions Begin |
| FREE ADMISSION |

Join us for an evening of education sessions
tailored specifically for women.

This is a **FREE** seminar, but please register to save your spot!
helement@kdh.on.ca or online at kdhfoundation.ca



Tina Cantrill,
RN, Adult Educator
Feel Better: The Solution
For A Healthy Mind



Shulamit Ber Levtov,
MA, RSW
Be Kind To Yourself: Easier
Said Than Done, Right?



Judy Mouland,
Life Coach
The Randomness of Anxiety
- And How It's Not Your Fault

