

CYPN PROFESSIONAL DEVELOPMENT PRESENTS

Life Work Blend

For those who have busy lives and are seeking to balance (Blend) work and home life. Learn how to set goals and value the importance of self-care. Through this participatory workshop discover **10 tips for a better blended life.**

Uncover toxicity in your life and how to remove it. Find power in understanding how your thoughts and focus determine your outcome.

Facilitated by Debbi Sluys

Tuesday May 28, 6:30-8:30

St. Clair College, 1001 Grand Ave West, Chatham, ON

**CLICK TO REGISTER! OR VISIT
WWW.CHATHAM-KENT.CA**

Held in Cafeteria. Not a catered event. Parking is free after 4:00pm.
Open to professionals working with children and families in C-K.

