

# LIVING WITH A DISABILITY

## Important Date



Date: **October 9, 2013**

## Important Time



Time: **8:30am – 3:30pm**

Join us for a **day of sharing and learning.**  
Sessions on:

## Nutrition



- **Nutrition**
- **Relaxation**
- **Depression**
- Access to **Services**
- **Health** and Wellness
- Display **Booths**
- And much more!

## Rest and Relaxation



## lunch



**FEE: Participant \$10** Professional \$25

A light healthy **lunch** will be available.

## registration



To **register** contact:

**Eryn Kelly, March of Dimes Canada**

Phone: **1-800-263-3463 x 7754**

Email: **[ekelly@marchofdimes.ca](mailto:ekelly@marchofdimes.ca)**