



**COMPASS**  
COMMUNITY HEALTH

**Health Wellness  
Education Appetizer**



## **Be the tortoise, not the hare!**

Running out of energy to do the things important to you?

Struggling with fatigue or pain?

Come learn how to 'be the tortoise' and finish your day strong!

### **Education session**

**TBD**



**Compass Community Health  
Call Miriam at 905 523 6611 ext 3068**

**Bus Tickets available**