

Change

I CAN'T *into* I CAN.

Simply changing one letter can make all the difference, likewise the smallest adjustments in life can have the biggest impact on health and well being.

Introducing “I Can”, a program developed to inspire confidence, positive thinking, control and independence through unique workshops.

Participants will rediscover and refresh techniques for:

- ▶ *Making Decisions, Problem Solving and Setting Goals*
- ▶ *Managing challenges and maintaining independence*
- ▶ *Creating self-confidence and empowerment*

Short and long workshops available

Register to participate by contacting

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