



PICS Free Support
to Live & Work
in British Columbia
www.pics.bc.ca

HEALTH AND WELLNESS WORKSHOP

TOPICS COVERED

- Coping with chronic diseases
- Stress management
- Balanced diet
- Dealing with Health Professionals
- Action Plan

ELIGIBILITY

Must meet the following requirements:

- Permanent Resident (PR) of Canada

WORKSHOP DETAILS

Date: Thursday, January 16th 2025

Time: 10:30 AM - 12:30 PM

Location: PICS Head Office (Room 42)

**FREE CHILD
MINDING AVAILABLE**

PLEASE CONTACT US FOR REGISTRATION



☎ Mukhwinder Ranghi - 604-596-7722 (Ext 120)

☎ Fatima Gulshad - 604-596-7722 (Ext 232)



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada