



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*



Shoppers.Love.You Women’s Group Speaker Series, Jan – Apr, 2018

Schedule

February 8	Mindfulness with Marjolaine Pelletier
February 15	Stephanie Johnson, Moon Voices
February 22	Nutrition and Mental Health with Lori Nuefeld
March 1	Anxiety Workshop with Janelle Cancade-White
March 8	“Rock Your Blessings” A night of Inspirational Self Care with Paula
March 15	Mindfulness with Marjolaine Pelletier
March 22	Self Care – Shoppers Glam Squad
March 29	Moksha Yoga Workshop, * dress comfortable
April 5	Klinic- Womens Resources and Services
April 12	Mindfulness with Marjolaine Pelletier
April 19	Self Care – Shoppers Glam Squad
April 26	Lets Get Real! - A candid conversation about Anxiety & Depression with Kristy Coreau

*Please note schedule may be subject to change