



Do you worry about being stretched too thin?

Do you feel like you are being pulled in different directions?

Do you feel like there are not enough hours in a day?

**In today's society we are juggling many things. We struggle to BALANCE our multiple roles between work & life.**

Life places many demands on our time and energy and BALANCE can feel like an unrealistic dream. Many of us feel like we are constantly juggling and not often fully engaged in what we are doing.

**This session will provide you with tools on how to get the BALANCE right!!!**

## ***Work-Life BALANCE***

### **Rosthern**

Date: Wednesday, February 20, 2019  
Time: 10:00am to 2:00pm  
Place: Rosthern Lions Hall  
2008 6<sup>th</sup> St, Rosthern, Sask

To register online

<https://www.eventbrite.ca/e/work-life-balance-rosthern-tickets-55356811714>

### **Humboldt**

Date: Thursday, March 14, 2019  
Time: 10:00am to 2:00pm  
Place: Bella Vista Inn  
1815 8<sup>th</sup> Ave, Humboldt, Sask

To register online

<https://www.eventbrite.ca/e/work-life-balance-humboldt-tickets-55530537332>

Call Sagehill at 1-888-732-8999 for any questions.

Facilitator: Jenn Minor Johannson, JMJ Coaching

Check out Jenn's Website at  
<http://jnjcoaching.ca/>

Registration Fee:  
\$25.00/person  
Includes Lunch  
Plus GST

Please call Sagehill if  
you have any food  
allergies.  
1-888-732-8999