

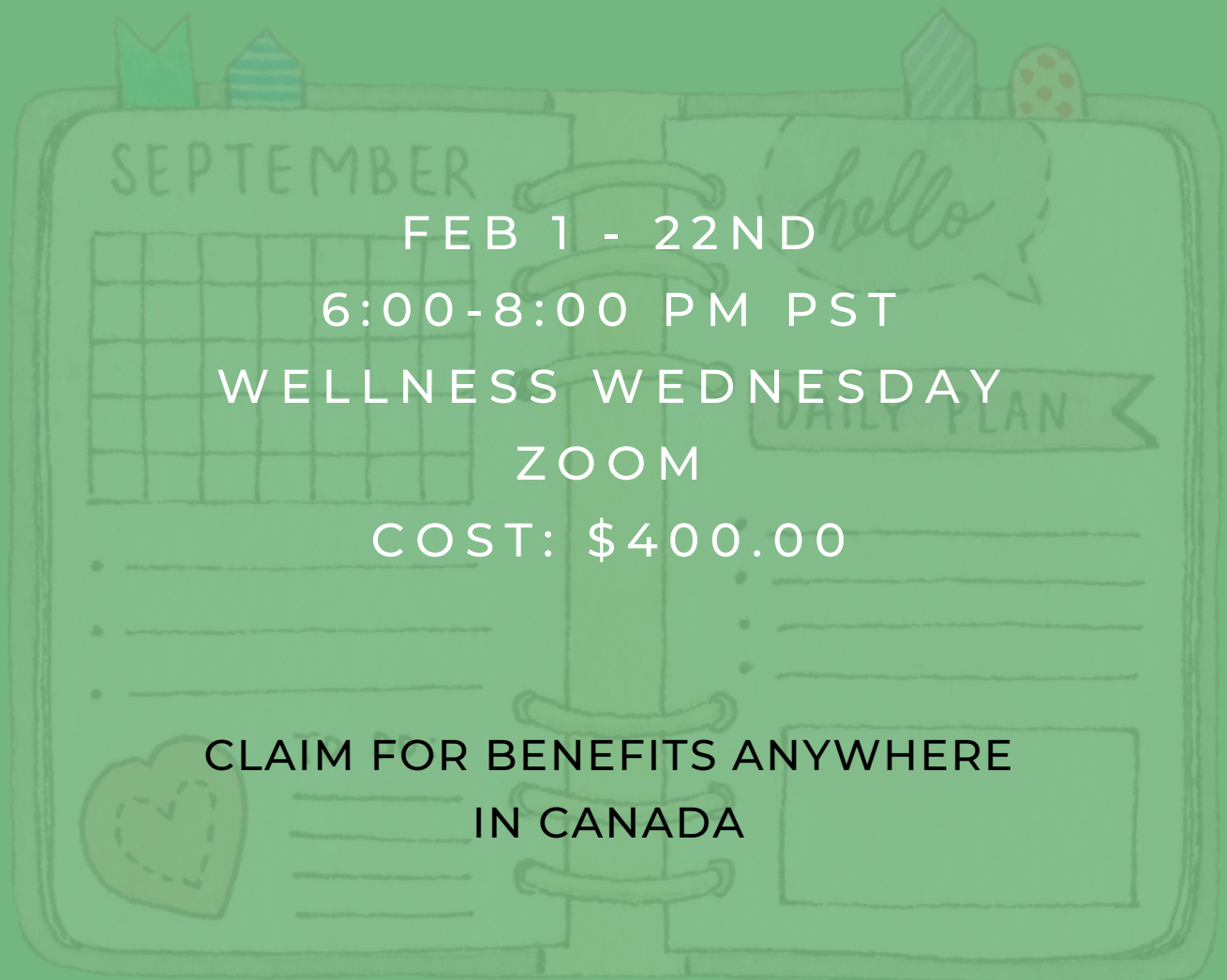
# TIME MANAGEMENT FOR THOSE LIVING WITH CHRONIC HEALTH CONDITIONS OR PAIN



FOR MORE INFORMATION REACH OUT TO  
[KELSEY@HEALINGSPACES.CENTER](mailto:kelsey@healingspaces.center)

*YOU CAN CLAIM FOR BENEFITS  
ANYWHERE IN CANADA*

# MOVE TOWARDS SOLUTIONS WITH ALICIA



FEB 1 - 22ND

6:00-8:00 PM PST

WELLNESS WEDNESDAY

ZOOM

COST: \$400.00

CLAIM FOR BENEFITS ANYWHERE  
IN CANADA

# This course is for you if...

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YOU ARE CONSTANTLY BUDGETING YOUR ENERGY OUT AND EVALUATING THE ENERGY 'COST' TO AN ACTIVITY.

YOU ARE JUGGLING BUILDING IN TIME FOR REST & RECOVERY WHILE WANTING TO PARTICIPATE AND CREATE A FULL LIFE!

OTHERS DON'T SEEM TO UNDERSTAND THAT TIME AND ENERGY ARE DIFFERENT FOR YOU



## What will I learn?

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**WEEK 1:** BUILDING YOUR CALENDAR AND TO-DO LIST AROUND YOUR WELLNESS NEEDS IS AN EFFECTIVE WAY TO MANAGE YOUR CHRONIC PAIN/FATIGUE OR INJURY.

**WEEK 2:** SMOOTHING OUT THE HILLS SO THAT THE VALLEYS AREN'T SO LOW INTERRUPTS THE OVERDOING CYCLE AND CAN LOWER YOUR DAILY LEVELS OF PAIN/FATIGUE.

**WEEK 3:** BUILDING IN BUFFER TIMES HELPS YOU FLEX YOUR SCHEDULE AND TO-DO LIST AROUND YOUR PAIN/FATIGUE FLARES.

**WEEK 4:** HACKING YOUR SCHEDULE HELPS YOU TO SMOOTH THE HILLS AND VALLEYS, BUILD IN BUFFER TIME, AND CREATE SPACE FOR THE THINGS YOU ENJOY DOING.





# About Alicia

ALICIA IS A 6+ YEAR CANCER SURVIVOR, COUNSELLOR, AND A LIFELONG PLANNER WHO LIVES EVERY DAY WITH CHRONIC PAIN. SHE USES HER PROFESSIONAL INSIGHT AND PERSONAL EXPERIENCE TO FIND WAYS TO THRIVE DESPITE HER PHYSICAL PAIN.

ONE OF THE PRACTICAL WAYS THAT SHE'S DONE THIS IS THROUGH MANAGING HER TIME FROM A WELLNESS PERSPECTIVE. SHE'S PASSIONATE ABOUT SHARING TIPS, EDUCATION, AND THERAPEUTIC TECHNIQUES WITH OTHERS SO THEY TOO CAN LEARN HOW TIME CAN BE HACKED TO HELP MANAGE CHRONIC HEALTH CONDITIONS/PAIN (AND THRIVE DESPITE IT!).

## Registration



WHO: ANYONE LIVING WITH CHRONIC HEALTH DIFFICULTIES OR CHRONIC PAIN

WHAT: AN OPPORTUNITY TO CONNECT WITH OTHERS AND LEARN HOW TO BETTER MANAGE YOUR TIME BASED ON YOUR UNIQUE NEEDS

WHERE: ZOOM

WHEN: FEB 1-22ND, 2023  
6-8PM  
WELLNESS WEDNESDAY

WHY: BECAUSE YOU MATTER

HOW: REACH OUT TO KELSEY  
KELSEY@HEALINGSPACES.CENTER ✨ 778-860-3120  
\$400 FOR REGISTRATION (YOU CAN CLAIM ON YOUR EXTENDED BENEFITS)

