



Education, Inspiration and Rejuvenation  
**Life Support for Nurses & Healthcare Professionals**  
**Wellness Retreats**

Burnout Prevention is here in this unique professional development experience. Enjoy this interactive day filled with tools to help you push past the no time/money/energy challenges, tips to help you sustain your motivation and take immediate action to improve the quality of your work/home life. You will connect with like-minded colleagues as you redefine wellness on your own terms in this, one of a kind 'shift.'

Prepare to leave this thought provoking one day retreat:

- Empowered with tools you can use immediately to improve communication/leadership skills
- Rejuvenated and reconnected with yourself, your colleagues and your profession
- Equipped with a solid, personal wellness plan that you can get EXCITED about!

Investment- \$197 (group discount available for 3+)  
Value- **Priceless!**

Edmonton-March 11- Hotel MacDonald  
Calgary-March 15- Fireworks Co-op  
Winnipeg-April 12- Studios in the Exchange  
LAS VEGAS- April 28-Las Vegas Country Club  
Toronto-Sept. 10- venue TBA  
Montreal-Dec. 8- venue TBA

Secure online registration available at  
[www.yourlifeunlimited.ca](http://www.yourlifeunlimited.ca) or if  
you would prefer to register by check,  
please make it payable to:

Your Life,Unlimited and send to:  
31 Hobart Place  
Winnipeg, MB.  
R2N 3V1

So you can benefit most, we limit registration-so hurry!

\*Please note that photo & video may be used during the event and registration grants permission to Your Life, Unlimited to use these materials to promote the wellness event to others.

**Rave Reviews from Past Participants:**

*"Phenomenal! I am changed personally & professionally."*

*"I feel that this was by far the most valuable retreat I have ever attended and will have a huge impact on my nursing care."*

*"You HAVE to go and EXPERIENCE it."*

*"If you do no other seminar- do this one!"*

*"Arrive expecting anything, leave experiencing everything."*

*"A day that was full and rich in valuable resources for both junior and senior nurses."*