

WOMEN AND WELLNESS NIAGARA INVITES YOU TO OUR  
4TH ANNUAL EDUCATIONAL FUNDRAISING EVENT

# Share in her journey of hope, recovery, and wellness.


*with guest speaker*

## Karen Liberman



Karen currently holds several positions with the Mental Health Commission of Canada and is past executive director of Mood Disorders Association of Ontario. Karen is recipient of awards ranging from Chatelaine, Centre for Addiction and Mental Health, Ontario Psychological Association and Toastmasters.

All funds raised support CMHA  
Niagara Walk-In Counselling Service  
To confirm your attendance  
please call 905-680-2511  
[womenandwellness@cmhaniagara.ca](mailto:womenandwellness@cmhaniagara.ca)

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Women and Wellness Niagara

[www.cmhaniagara.ca](http://www.cmhaniagara.ca)

Thursday, February 20, 2014  
6:30 pm – 8:30 pm  
*Presentations begin at 7 pm*

Club Italia  
2525 Montrose Road  
Niagara Falls, ON



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