



Liard First Nation and FLOW Facilitation are pleased to provide the LIFT Program in Watson Lake !

LIFE IMPROVEMENT FOCUSED TRAINING

Build Communication skills

Increase Motivation

Reduce Stress so you can Think & Feel Better

Identify & Solve Problems Easier

Prepare for Life's Next Steps

FREE Training May 13-31, 2024

Only 15 Seats Available - Save Yours by Registering now!!
Contact Darcy Laverdure before May 12, 2024.

WHERE & WHEN

Keda Classroom
Yukon University,
Watson Lake Campus

Class Hours:
9:00am -3:30pm
Monday-Friday

- except Mon, May 20th

WHAT YOU GET

- ▶ Daily Lunch
- ▶ Free Training & Course
- ▶ Materials
- ▶ Access to Life Skills Coaches, Personal Trainers, Nutritionists, Transformation
- ▶ Specialists, & Career Development Professionals
- ▶ A Fun, Safe Space to Connect & Learn
- ▶ Very Cool Instructors!

"We acknowledge that we are on the traditional territory of the Kaska Dena, whose presence here reaches back to time immemorial. We respect the enduring relationship that exists between the Kaska Dena and their traditional lands, which remain unceded."

