

COMMUNITY LIVING  
Upper Ottawa Valley



Wednesday, April 30th  
Festival Hall, Pembroke  
Free Presentation

6:30pm Social  
7:00pm Show Starts

For more information:  
Phone: 613-735-0659

[www.communitylivingupperottawavalley.com](http://www.communitylivingupperottawavalley.com)

# Alive Again

From grief to new beginnings

When someone close to us dies, part of us dies too. Kelly Walker will explore the dynamics of grief, accompanying feelings and the mystery of inner re-adjustment that is part of the process. We will explore how as well the social dynamics of loneliness, re-integration and new relationships. Walker is one of Canada's leading experts on questions of transition and change, and style of presenting brings even the most controlled audiences to their feet.

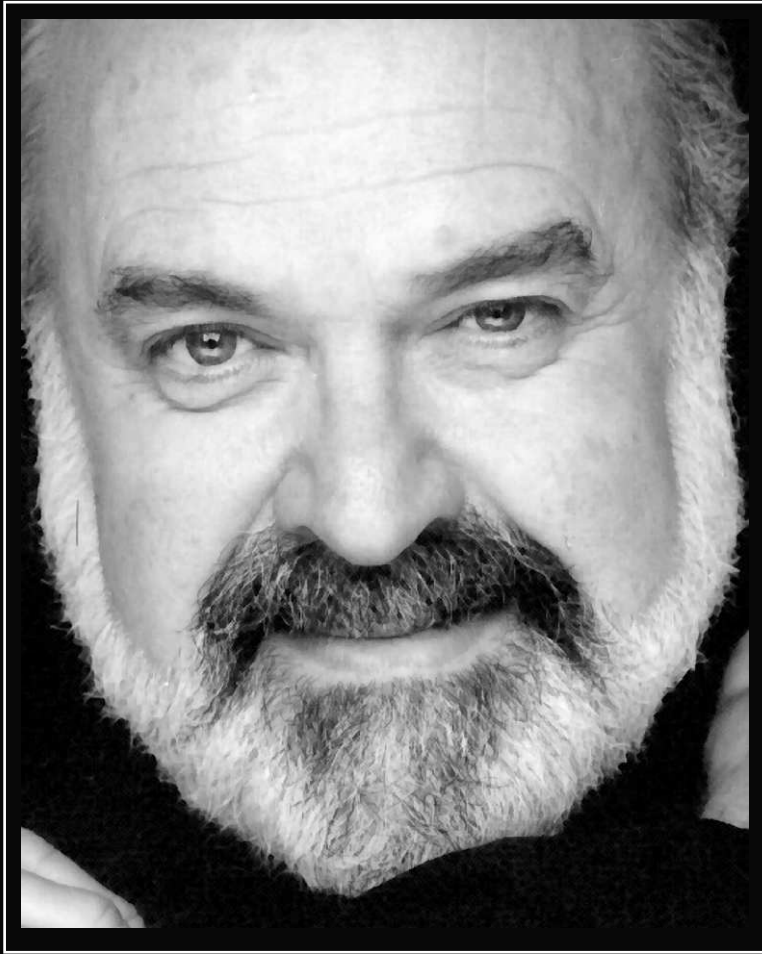
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# Working Happiness

## A new perspective on work-life balance

If you have experienced burnout with your career, or you think one day you could feel that way, this workshop might be for you. Working Happiness: A new perspective on work-life balance, takes a look at how you can stay energized with your career and your work environment. Presented by Kelly Walker, an expert on transition and change, this seminar will be one you won't soon forget. Walker's mix of humour and music helps address issues that impact us as employees and employers. This could be two hours that changes your life.

Wednesday, April 30th | Festival Hall, Pembroke | Free | 1:00pm to 3:00pm



This free event is brought to you by Community Living Upper Ottawa Valley.  
Please register in advance at: 613-735-0659 or [www.communitylivingupperottawavalley.com](http://www.communitylivingupperottawavalley.com)

This event is sponsored in part by [www.ovjobs.ca](http://www.ovjobs.ca)