



Relaxation Group

Come learn and practice great ways to relax...

When: Tuesday evenings 6:30-7:30 pm

Where: CMHA-HN Branch
395 Queensway West, Simcoe
Located next door to "Kelsey's".

*****FREE*****



Walking Group

Walk across Canada?
ASK HOW!

When: Tuesday's and Thursday's
Time: 11:30- 12:30 pm

Where: The "Aud". Located next to
Simcoe Recreation Centre

Cost: \$ 1.00 per person, per visit.



An Eight Week Healthy Lifestyle Program

This program will focus on your overall health.

Great topics including:

- * Motivation
- * Lifestyle changes
- * Healthy eating
- * Stress management
- * Exercise
- * Relaxation

and so much more...

- * Fun activities
- * Games and prizes
- * Healthy snacks provided

Registration required

*****FREE*****

Join one, join them all!

* **Relaxation Group**

* **Walking Group**

* **Healthy Lifestyle Program**

HOPE TO SEE YOU THERE!

Balance is important
to maintain a healthy

Mind, Body
& Spirit

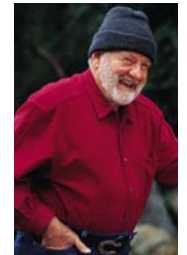


“Though no one can go back
and make a brand new start,
anyone can start from now
and make a brand new
ending”. - Author unknown

SPONSORED BY:



HEALTHY
YOU!



This program is made
possible by:

 **CMHA-HN Branch**

Holmes House
HN Health Unit
Haldimand Norfolk Health &
Wellness Program

The Ontario Ministry of Citizenship &
Immigration, Ministry of Culture and the
Ministry of Health Promotion

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HEALTHY
COMMUNITY!