



Move a Muscle, Change a Thought

Some Benefits to Movement

- Smiles
- Choice
- Laughter
- Silliness
- Possibility
- Community
- Music
- Memory
- Being Present
- Dusting off the cobwebs
- Light-Hearted
- Fun
- Not taking myself too seriously
- Body Temperature
- Good old fashioned SWEAT
- Sharing

While the brain is not a muscle, movement can have a very positive affect on how we think.

By making different choices and focusing on new healthy habits, we can slow momentum in some areas and create new momentum in others.

This can help us move in the directions that we truly desire.

Free Weekly Drop-In

Where: Zoom

Every Thursday

10-11:30 AM

Waiver to be completed
Request for camera to be on

To Register Please Contact:

peermentors@cmhahrb.ca

Please include a phone # where you can be reached.



Canadian Mental
Health Association
Halton Region Branch
Mental health for all