



Some Benefits to Movement

- Smiles
- Choice
- Laughter
- Dance
- Possibility
- Community
- Music
- Memory
- Being Present
- Dusting off the cobwebs
- Flexibility
- Not taking myself too seriously
- Range of Motion
- Good old fashioned SWEAT

Move a Muscle, Change a Thought

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.

As one peer shared, "Motion is Lotion".

Free Weekly Drop-In

Where: Zoom

Every Wednesday

2:00 – 3:30 PM

Waiver to be completed

Request for camera to be on



**Canadian Mental
Health Association**
Halton Region Branch
Mental health for all

To register, please contact:

peermentors@cmhahrb.ca

Please include a phone # where you can be reached.