

**No matter
how slow
you go,
you are still
lapping
everybody
on the couch.**

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



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

Move a Muscle, Change a Thought

While the brain is not a muscle, movement can have a very positive effect 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.

July & August, 2022

Weekly Drop-In

Where: Zoom

Every Monday

9:30 – 10:30 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.