



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

NEWFOUNDLAND AND LABRADOR DIVISION

Promoting the mental health of all
and supporting the
resilience and recovery
of people experiencing
mental illness
in Newfoundland and Labrador

www.cmhanl.ca

Canadian Mental Health Association, Newfoundland and
Labrador Division (CMHA-NL) presents

RELAX! A Mind, Body, Spirit Day Retreat

Date: Wednesday, May 9th, 2012
Location: Holiday Inn, St. John's, NL

During [Mental Health Week \(May 7 – 13, 2012\)](#), join CMHA-NL as we hold a special day filled with wellness and fun to celebrate the theme of "Mental Health For All." The day will feature presentations on health and well-being with topics such as work-life balance, nutrition, fitness, meditation, self-expression, and more!

Seating for the RELAX! Retreat is limited and is open to registered participants only. Registration form and other details can be downloaded from the CMHA-NL website.

www.cmhanl.ca



Presenters

Roger Baggs - CMHA-NL

Alan Hamilton - Definitions

Valerie Hodder - Eastern Health

Andrew Safer – Meditation/Mindfulness
Instructor

Karon-Ann Parsons – CHANNAL

Paul White - Mental Health Consultant

For more information on this event, please contact Beverley Hiscock, CMHA-NL Events
Manager, at 738-2179, or bhiscock@cmhanl.ca

Mental Health For All!
Mental Health Week – May 7 – 13, 2012
www.mentalhealthweek.ca