



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

RELAX! A Mind, Body, Spirit Day Retreat

During Mental Health Week 2012 (May 7 – 13, 2012), [Canadian Mental Health Association, NL Division \(CMHA-NL\)](http://www.cmhanl.ca) is holding a day filled with wellness and fun to celebrate the theme of "Mental Health for All." The RELAX! Retreat will feature presentations on health and well-being with topics such as work-life balance, nutrition, fitness, meditation, self-expression, and more!

Date: Wednesday, May 9th, 2012

Time: 8:30 AM to 4 PM

Location: Holiday Inn, 180 Portugal Cove Road, St. John's, NL

Presenters

Roger Baggs - CMHA-NL

Topic: Work-life balance and stress reduction

Alan Hamilton - Definitions

Topic: Exercise and nutrition

Valerie Hodder - Eastern Health

Topic: Art instruction and techniques

Andrew Safer – Meditation/Mindfulness Instructor

Topic: Meditation and mindfulness

Karon-Ann Parsons – CHANNAL

Topic: Self-care

Paul White - Mental Health Consultant

Topic: Life balance, relaxation and nature

How to Register

To register for this event, please complete and submit the registration form on page 2 along with your payment. The registration fee includes lunch and nutrition/coffee breaks. Registration forms and payment must be submitted by April 20th, 2012, by mail, fax, or in person at the CMHA-NL office.

RELAX! Retreat - Registration
Canadian Mental Health Association, NL Division
70 The Boulevard, 1st floor
St. John's, NL A1A 1K2

Fax: (709)753-8537

Contact - For more information on the RELAX! Retreat, please contact Beverley Hiscock, CMHA-NL Events Manager, at bhiscock@cmhanl.ca, or 738-2179.

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

Registration Form - RELAX! Retreat
May 9, 2012 - Holiday Inn, St. John's, NL

Registration Deadline: April 20th, 2012

Name: _____

Position/Occupation (if applicable): _____

Organization/Affiliation (if applicable): _____

Address: _____

Phone number(s): _____

Email: _____

Please check one of the following registration options below. Registration fees include lunch and nutritional breaks. Required fees are indicated next to each option.

- \$50.00 - Non-profit organization employee/volunteer, family member/caregiver, or student (proof/ID for students is required with registration)
- \$75.00 - Health professional/Government employee
- \$75.00 – Other (please specify) _____

Payment can be made in person at the CMHA-NL office, or by mail by money order, cheque, or credit card.

Credit card #: _____ Expiration Date: _____ Signature: _____

Money orders/Cheques should be made out to Canadian Mental Health Association, NL Division

REGISTRATION and PAYMENT DEADLINE: April 20th, 2012. Please note that no cancellations can be made after the registration deadline. However, substitute delegates will be welcome.

Please submit your completed registration form with payment by fax to the attention of Beverley Hiscock at fax # (709)753-8537, or by regular mail with payment (address is on page 1 above).

REGISTRATION FORMS SENT BY FAX WILL NOT BE PROCESSED UNTIL PAYMENT IS RECEIVED

- If you have any special dietary needs/requests, or require disability related supports or assistive devices for participation, please indicate below *:

*** While we will make every effort to accommodate those who request accommodations/supports on the registration form above, we will not be able to make these arrangements for requests that are made after the registration deadline (April 20th) or on the day of the Retreat. We apologize for any inconvenience.**

All questions can be directed to Beverley Hiscock, CMHA-NL Events Manager at bhiscock@cmhanl.ca, or (709)738-2179.