

# MOVING FOR MENTAL HEALTH



**Join us for some fun on Family Day, while raising money for a great cause!**

Moving Minds, a community initiative developed by two Londoners looking for a way to increase awareness, educate, and reduce the stigma of mental health, have created a fun way to connect your mind and body, while raising funds for CONNECT for Mental Health, a not-for-profit peer support organization run by and for individuals who have lived experience of a mental health or addiction issue.

**Monday, February 19, 2018  
10:00-11:00 am**

**Carling Heights Optimist Community Centre  
656 Elizabeth St.**

**A full body workout in less than an hour:**

**15 mins of HIIT ● 15 mins of Strength (body weight) ● 15 mins of Flexibility/Yoga**

**Led by qualified, energetic instructors:**



**SIL MARTIN, Fitness Instructor and Personal Trainer**  
Originally from Brazil, Health & Fitness is her true passion and calling. Teaching Group Fitness Classes and Personal Training is not what she does but they define who she is.



**MO WASSIE, Fitness Instructor + Wellness Coach**  
From a young age Mo was drawn to helping others reach their goals. He loves connecting with people and helping them lead mindful lives. Mo wants to see you be the best you!



**MICHELLE PHILLIPS, Mental Health Worker & Group Fitness Instructor**  
With a background in Therapeutic Recreation, she has worked with various populations, from young to old. She has a passion for reducing the stigma associated with mental health, and encourages and promotes a community that supports overall wellness.

**★ Help Us Break a Guinness Book of World Records for LARGEST GROUP FITNESS CLASS!**

"There are multiple associations between mental health and chronic physical conditions that significantly impact people's quality of life. People with chronic physical conditions are at risk of developing poor mental health."

*- Canadian Mental Health Association*

**ALL AGES WELCOME!**

Presented by:

**Moving MINDS**  
IN LONDON

All proceeds to:

**CONNECT**  
for Mental Health

Supported by:

**live healthy  
work healthy**  
**STOP THE SILENCE**