



# MENTAL HEALTH WEEK

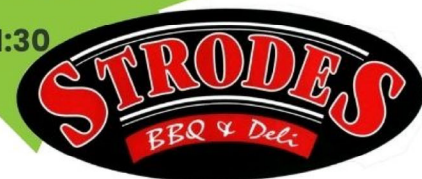
Join Brant Community Healthcare System and Brant County Health Unit in a Mental Health Week Celebration

## **INCLUDING:**

- ✓ 5 minute yoga practice
- ✓ Deep breathing station
- ✓ Mental Health promotion games
- ✓ "My story" - outcomes and teaching

**\$5 Lunch  
provided by  
Strodes**

11 - 1:30



**Thursday, May 4, 10:30 a.m. - 1:30 p.m.  
Green Space on Terrace Hill St.**

**BRANT COUNTY  
HEALTH UNIT**

