

GET YOUR MENTAL HEALTH IN MOTION

May 3-9



A WEEK TO BE WELL KICK-OFF!

Monday, May 3rd 11:00 AM
 Welcome and Greetings with Carol Lambie, Waypoint President and CEO and our local municipal mayors

JOIN OUR **VIRTUAL EVENTS** VIA ZOOM



Zoom ID: 929 9243 9808

Questions? Email sprice@waypointcentre.ca



Tuesday May 4th

10:15 AM
 Yoga with The Yoga House
proudly sponsored by iSecurity

12:00 PM
 An Interactive Session on Family Dynamics in Times of Crisis and/or Uncertainty with Glenn Robitaille, DMin, MDiv, RP, MPCC
proudly sponsored by Midland Honda

7:00 PM
 Music Therapy with the North Simcoe Youth Wellness Hub
proudly sponsored by Compu-SOLVE



Wednesday May 5th

10:00 AM
 Wellness Session with Liz Everett & Michelle Durnford
proudly sponsored by Midland Honda

12:15 PM
 Yoga and Anxiety with The Yoga House
proudly sponsored by HGR Graham Partners LLP

7:00 PM
 Feather Carriers Storytelling
proudly sponsored by ADCO Tire



Thursday May 6th

10:00 AM
 Mindfulness Session with Nicole Mace
proudly sponsored by Canadian Tire Midland

12:00 PM
 Supporting the Mental Health of Families in a Pandemic with Dr. Rob Meeder
proudly sponsored by Brissette Concrete Forming

7:30 PM
 Our Health: Mental Health and Addictions in the time of COVID hosted by Dr. Keith Rose
proudly sponsored by Team Hawke



Friday May 7th

10:00 AM
 Body Respect: from rejection to empowerment with Dr. Anita Federici
proudly sponsored by LeClair Cremation Centre

12:00 PM
 Virtual Learning and Isolation: how to support your kids through another lockdown with Dr. Rob Meeder
proudly sponsored by Carol and Mark Cruden

7:00 PM
 Music with Giant's Tomb
proudly sponsored by Pat Lalonde Fencing



Saturday May 8th

12:00 PM
 Managing Stress Effectively with Sarah Durant, BA, RP
proudly sponsored by Veeva

7:30 PM
 Music with Emma Reynolds
proudly sponsored by Gilkon Construction



A WEEK TO BE WELL EVENT DAY!

Sunday, May 9th

9:30 AM Yoga Warm Up with The Yoga House
proudly sponsored by Miller Thomson LLP

10:00 AM Virtual 5k Choose Your Own Adventure



PRESENTED BY WAYPOINT, BRISSETTE CONCRETE FORMING, MIDLAND HONDA, PURE COUNTRY 106 & 104.1 THE DOCK

Charitable Registration No. 838367027RR0001