


MENTAL HEALTH WEEK 2019

MAY 6-12 (ST. JOHN'S - METRO REGION)

MONDAY 06

Donate \$1 @ Jumping Bean

Starting Today! 

Proceeds Support CMHA-NL

6:30pm \$10 Donation
Fitness Class @ True Life
Fitness Coaching (Paradise)
Proceeds Support CMHA-NL

TUESDAY 07

8:30am - 1:30pm CMHA-NL
St. John's Office Closed for
Staff Training

10am Mindfulness for Mental
Well Being @ A. C. Hunter
Public Library

7pm Maternal Mental Health
Town Hall @ St. John's
Farmers' Market

WEDNESDAY 08

6:30pm Spirit Horse at the
Library @ A. C. Hunter Public
Library

**Wear green and
share a picture
with us @cmhanl
#lightitupgreenNL**



THURSDAY 09

7pm \$10 Donation
Fitness Class @ True Life
Fitness Coaching (Paradise)
Proceeds Support CMHA-NL

**Which local landmarks and
buildings do you see lit up
in green? Snap a pic and
share @cmhanl
#lightitupgreenNL** 

FRIDAY 10

7:30pm \$5 Donation Karma
Yoga Class @ Modo Yoga (St.
John's) *Proceeds Support
CMHA-NL*

**Go to Bannerman Park
@ Military Road (St.
John's) to view the
Green Ribbon
Campaign.**



SATURDAY 11

10am Free Community Fitness
Class @ CrossFit Islander


1pm T'ai Chi Chih and Qigong
@ Mount Pearl Public Library



Donate
**Donate online at
cmhanl.ca or drop
off funds raised to
our St. John's office.**

SUNDAY 12

Donate \$1 @ Jumping Bean

Ending Today! 

Proceeds Support CMHA-NL

Light It Up Green



**Share a picture
@cmhanl
#lightitupgreenNL**

NOTES

