



# 7<sup>th</sup> ANNUAL TICKLE SWIM FOR MENTAL HEALTH

**August 10, 2019** 5 km from Portugal Cove to Bell Island.

**August 24, 2019** 1 km “Little Tickle” Swim for Juniors and New Ocean Swimmers at Topsail Beach.

**Be a Swimmer. Or Support One!** [www.tickleswim.com](http://www.tickleswim.com)



Canadian Mental  
Health Association  
*Mental health for all*



*years of  
community*