

The Manitoba Association of Health Care Professionals Presents:

Breakfast & Learn (The Pas)

Saturday June 07th, 9:30 – 11:00 AM

Come out, have a *FREE* breakfast and learn how to create, protect, and maintain your mental well-being and how being physically active can boost brain function and your mental wellbeing! You don't want to miss this!



<u>Session 1:</u> In this session you will learn the types and amount of exercise that are needed to affect the brain and promote mental wellbeing. This half hour session with **Russell Thorne B.P.E. & Community Health Developer** will have you leaving the session feeling calm, focused and optimistic about your life.



<u>Session 2:</u> After this session you will leave with an understanding of stress, along with signs and symptoms of prolonged stress and how to be resilient. This half hour session with **Charles Gregoiré**, **Mental Health Clinician** will show participants how relaxation helps by demonstrating some relaxation techniques, and explaining the need for social relationships and having a sense of meaning.

Registration

Pre-Registration is required by Friday May 30th, 2014. To register for this event, please contact Rachiel at 1-800-315-3331 Monday to Friday 8:30 AM – 4:30PM. Registration is limited to the first 25 who respond. Doors open at 9:15 am. There is no cost to attend, and a FREE breakfast will be provided to participants.