



#GetLoud

about what mental health really is.

CMHA Mental Health Week

May 7-13, 2018

**Fri/Sat
May 4&5**

Come visit us
@
*St. Stephen
Kiwanis Trade
Show*
Friday 5:00-
9:00pm
Saturday
10:00am -
4:00pm
Door prizes,
free give aways.

**Monday
May 7**

**#getloud
#mhw dances**

**Don't forget
to dance for
your Mental
Health
Today!**

**Tuesday,
May 8**

KINDNESS DAY!
Superstore
Free cake and
give aways
11:30 – 1:30

**FREE SWING
DANCING** at
Magaguadavic Place
St. George at 6:30 –
8:00pm
Bring your partner!

FREE ZUMBA at
Bernie's Body Blast
St. Stephen 7:00-
8:00PM

**Wednesday,
May 9**

**FREE FAMILY
ZUMBA** at *St.
Mark's Anglican
Church, St.
George*
6:30pm

**FREE KIDS HIP
HOP DANCE
CLASS** at
*Charlotte County
Boys and Girls
Club, St. Stephen*
6:00-8:00pm

**Thursday
May 10**

**#getloud
#mhw dances**

**Don't forget
to dance for
your Mental
Health
today!**

**Friday
May 11**

**Thank You to our
sponsors**
-Katherine Grant
-Brendon
Hawkins
-Janet Downey
-Superstore
-Town of St.
George
-Kelsie Cox
-Sarah Cox
-Charlotte County
Boy's and Girl's
Club