join us!

free

living your best life

community mental health and wellness fair

SATURDAY SEPTEMBER **16** | 10:00am - 4:00pm

CENTENNIAL COMMUNITY CENTRE

65 E Sixth Avenue, New Westminster

Yoga! | Strategies for Holistic Wellness
Suicide Awareness Workshop
Learn about the benefits of Supported Employment
Performance by Chinese Happy Singing Group

Visit vf.cmha.bc.ca for schedule
No pre-registration for sessions required

free

Brought to you by Canadian Mental Health Association Vancouver-Fraser *Mental health for all*

Funded by NEW WESTMINSTER

For more information, please call 604-872-4902 or email info.vf@cmha.bc.ca