

Media Advisory

FOR IMMEDIATE RELEASE

Practice Mind + Body Health Mental Health Week May 7 – 13, 2007

Thunder Bay, ON, May 7, 2007 – Community mental health agencies and businesses throughout the City of Thunder Bay have partnered to recognize Mental Health Week, May 7 – 13, 2007. Over 35 **free** events, workshops and classes will be held in an effort to improve and create awareness of mental health. A wide range of events will be offered to the public, from informative workshops, to drumming, yoga and fitness!

The local theme for Mental Health Week is “Practice Mind + Body Health”. The theme has been so successful in our community that the number of workshops available has increased each year. Each of the participating organizations shares the value of practicing and encouraging Mind + Body Health, in an effort to illustrate the connection of mental and physical health, and its vital role in overall well being.

Children’s Centre Thunder Bay Executive Director, Tom Walters says, “In these times of change, stress and turmoil, it is particularly important to focus our attention on our own mental health and our need to find positive, enjoyable ways to address these pressures on a year long basis”.

During Thunder Bay’s celebration of Mental Health Week, the community will learn:

- We need to exercise our minds, as we do our bodies. There is more than one type of fitness.
- Being mentally healthy allows us to deal more effectively with problems and everyday life.
- Good mental health can improve stress management and coping.

The collaborating organizations and planning committee hope that through this event, Thunder Bay residents will:

- Be more aware of mental health and its importance.
- Develop effective strategies for managing both positive and negative life events.
- Identify methods through which we can improve our mental health.

While many live a physically healthy lifestyle, it is important to remember that for a healthy life balance, mental health is equally important. More than just the absence of an illness, health and well being encompass taking care of oneself, inside and out. We encourage everyone to come out and enjoy Mental Health Week 2007.

For more information, please contact:
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Attached: Workshop Schedule