



**YMCA of
Central East Ontario**

SESSION A



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge

Mental health for all

A Healthy Mind. A Healthy Body.

Jennifer Penhale, YMCA of Peterborough and Kelley Curtis, Canadian Mental Health Association

A healthy mind leads to a healthy body. Also true, a healthy body leads to a healthy mind. What is the connection and how can you achieve balance and maximize your wellness? Get inspired to move a little more and worry a little less.