

Community Education Service



Improving emotional health and well being

Movement and Mental Health

Danielle Mayer, BA, BCYC, CYCAA Health & Wellness Worker
Marya Abma, BSW, Health & Wellness Worker

Over the last few years more and more research has been presented to highlight the benefits of movement and how it can improve, impact and decrease mental health symptoms.

The Harvard Medical Journal would even highlight how movement therapies are integrated into treatments for depression and anxiety, when mental effort, psychotherapy or even medication is not enough. Come join us to learn about how to integrate movement into your daily life to help assist with the vast variety of mental health concerns many of us have been experiencing during the pandemic.

FREE LEARNING

December 10, 2020
1:00 PM – 2:30 PM

Registration Required



This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Closer to Home**.

CES@ahs.ca <http://community.hmhc.ca/>