



riversedge

COUNSELLING CENTRE

PRESENTS

OPEN HEART, OPEN MIND

An evening with Clara Hughes,
Six-Time Olympic Medalist and
Mental Health Advocate

Photo credit: Simon Baker

FRIDAY, OCTOBER 14, 2016 | 7:00 PM

Arden Theatre, 5 St Anne St, St. Albert

Clara Hughes Talk and Q&A

Refreshments, book signing and silent auction to follow

In collaboration with



Told with honesty and passion, *Open Heart, Open Mind* is Clara's personal journey through physical and mental pain to a life where love and understanding can thrive. This revelatory and inspiring story will touch the hearts of all Canadians.

**ALL PROCEEDS TO SUPPORT ST. ALBERT MENTAL HEALTH INITIATIVES.
ALL DONATIONS TO THIS EVENT WILL GO DIRECTLY TO SAIF, BAM
AND OUTLOUD, TO SUPPORT THEIR WORK IN OUR COMMUNITY.**

**Tickets available
through *ticketmaster*®**