



riversedge
COUNSELLING CENTRE

P R E S E N T S

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

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.

In collaboration with



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*®**