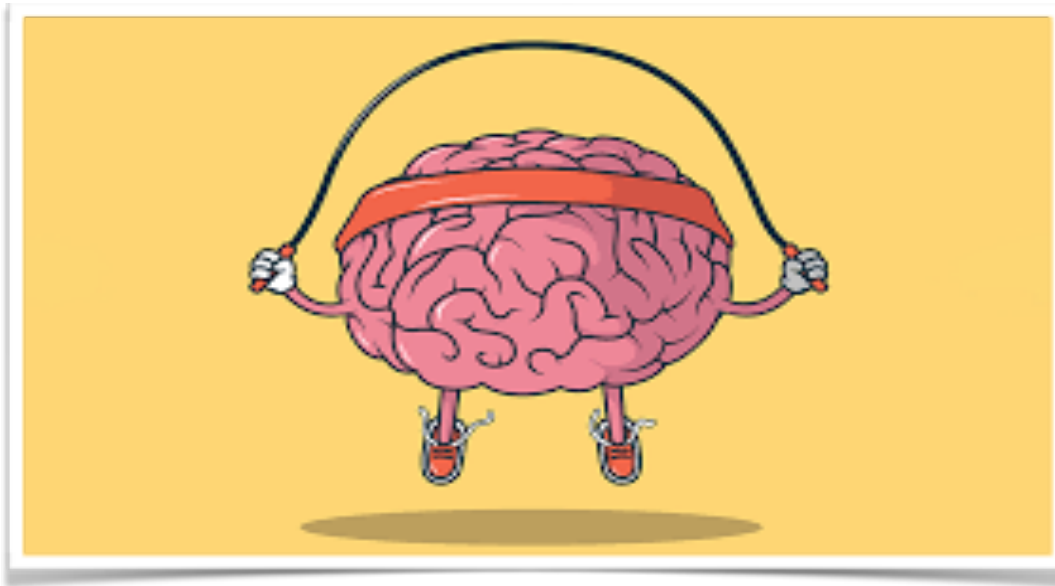


Join the summer MOODment!

Are you a teen struggling with stress & mental health? Not a regular exerciser?
Want to learn more about the links between physical activity & mental health?

This group is for YOU.



WHAT?

MOODment Rx is a 10-week group mental health/exercise program developed & led by a clinical psychologist. It's experiential, fun, supportive, & evidence-based.

It's designed to get you moving (& to actually enjoy it!) & keep you moving, & to help you to build a long-term exercise habit to boost your mental health & ability to cope with stress.

Key Program Components:

- Group Exercise
- Healthy Snacks
- Informative Talks & Resources
- Discussion & Hands-on Activities
- Positive Support & Guidance
- A Fun & Supportive Small Group (max 14) Atmosphere

Cost: \$275

** May be covered under your benefits if you have coverage for group services with a registered psychologist*

Facilitated By:

Dr. Lindsey Forbes
Psychologist
CF-1 / CF Kids
Trained Mindfulness Teacher (MSPE, MBSR, MB-EAT)

To register or for more info, contact:

(519) 280-6697
lindsey@drforbes.ca

WHO?

This group is for you if you are:

14-18 years old

(Grades 9-12)

Not a regular exerciser

Struggling with stress & mental health

WHERE?

West London
CrossFit

689 Oxford St. West
London, Ontario.
N6H 1V1

WHEN?

Sundays

2:30-4pm

10 weeks

July 2 - Sept 10, 2023

no class on July 30