

FOR IMMEDIATE RELEASE

Practice Mind + Body Health Mental Health Week May 1 – 7, 2006

(Thunder Bay, ON, April 28, 2006) Community agencies and businesses in Thunder Bay have partnered to celebrate Mental Health Week, May 1-7, 2006. Over 20 events, workshops and fitness classes designed to enhance mental well being will be held. These events will include workshops on stress reduction, mindfulness and meditation, belly-dancing and walking a labyrinth!

The local theme for Mental Health Week parallels the Canadian Mental Health Association's (CMHA) national campaign, *Take control of your health. Take care of your mind.* The Mental Health Week Planning Committee has chosen *Practice Mind + Body Health* as the slogan. Planning committee member, Brook Latimer says, "It's a positive, pro-active message encouraging people to look after their bodies and minds. Good mental health enables people to cope with difficult times in both their personal and professional lives."

For this year's Mental Health Week, people will learn that:

- Being mentally healthy leads to better overall enjoyment of life.
- It is better to focus on changing what we can, and dealing more effectively with what we can't change.
- The way we manage stressful events/situations in our lives can impact our overall health (mental and physical).

A CMHA/Ipsos-Reid study (2005) confirms that for the vast majority of Canadians, health is health, no matter what part of the body is involved. The results reveal that mental and physical health are equally important to nearly all Canadians (with 81% strongly agreeing and 17% somewhat agreeing).

Furthermore, a shift in behaviour is required. The Mental Health Week Planning Committee wants Canadians to take the following action:

- Learn the characteristics of good mental health and find out, are we mentally healthy.
- Improve the way we respond and manage positive and negative life events/situations (including change, illness – mental or physical, etc.).

The key message to be delivered through this awareness week is that if people are committed to being healthier, they need to take steps to improve their mental health – as well as their physical health.

- 30 -

For more information, please contact:
Brook Latimer, Public Education Coordinator – Mental Health
St. Joseph's Care Group
807-346-5226
LatimerB@tbh.ca

Attached: Workshop Schedule

