

Manitouwadge Family Health Team

with the support of Manitouwadge General Hospital and
the Township of Manitouwadge Community Services

Mental Health & Wellness – A Family afFAIR 1 - 7pm, Saturday, May 4th Manitouwadge Recreation Centre

ADMISSION FREE! (Donation to Food Bank welcome)

The MFHT welcomes Manitouwadge and area residents to A Family afFair at no cost thanks to the support of our partners and sponsors. Fair activities, presentations, and program trials are provided courtesy of respective agencies/organizations. (BBQ \$2 – details below)

AUDITORIUM

Booths of professionals and practitioners offering a wide variety of hands-on and interactive activities to provide opportunities for families and individuals to learn more about and/or try services, programs or products available to them.

- **Thai Yoga:** Demo/Introductory Session
- **Boot Camp:** Demo/Introductory Session to local Fitness Program
- **Thai Hand and Head Massages:** interested attendees will be provided with a ticket for the next available time
- **Diabetes Education:** Blood Sugars
- **Medicine Cabinet Spring Cleaning:** MGH will accept medications that are outdated or no longer needed
- **Amazing Walk II Passes:** many opportunities to earn passes including by attending specific booths, presentations and/or BBQ
- **Kick-Off to Amazing Walk II:** team packages and itineraries will be available to pick-up between 3-5pm
- **Nutritional Jeopardy:** Trimming Travelers vs. The Chocolate Chips
- **Body, Mind & Soul:** presented by Angel Fonseca, RD and Trena Roberts, SW
- **MGH Mi Card:** Registered Nurse will help you create an individualized '**Medication Information Card**'. Please have list of medical diagnosis, medications, allergies, emergency contact and physician's name. Cards will be printed / laminated at booth.
- **PACE Knitting Loom:** Introduction to knitting loom one of the activities enjoyed by a local peer support group.
- **Kids Crafts:** a variety of crafts for kids to enjoy

...AND MORE

PRIZES TO BE WON

In addition to hourly draws throughout the day those people who attend both featured speakers (at 2pm & 6pm) are also eligible to enter their name in a draw for two great prizes:

- **Keurig® Coffee Maker**
- **1 Night Accommodation in Thunder Bay, ON**

*must be in attendance when drawn (final draws at 7pm)

ARENA

The Community Services Department will have a variety of activities for individuals / families to try including:

- Shuffleboard
- Badminton
- In-line (Roller) Skating
- Etc.

LOWER LEVEL

The Community Services Department will be providing tours of the Fitness Room and Weight Training club.

OUTSIDE (Rear Auditorium Entrance)

5pm - COMMUNITY BBQ

\$2 = 1 BBQ item + FRUIT/COLESLAW +1 DRINK
Funds raised to benefit the local Food Bank

MEETING ROOM #2

2pm – **Lana Ozen, PhD** “Mindfulness Cognitive Therapy” teaching moment to moment awareness to help people cope with stress, pain and anxiety Lana will introduce some mindfulness meditation exercises used in the program and discuss possible ways of making mindfulness a part of daily life.

6pm – **Herb Nabigon & Annie Wenger-Nabigon** “The Medicine Wheel and Mental Health: Living the Good Life with a Wise Mind” covering some of the basic teachings of the Cree Medicine Wheel and how those teachings help people maintain balance in life, especially as it relates to emotions, thoughts and relationships.

**CHILD CARE Available during presentations



Come on your own, with family, or friends there are such a variety of great activities planned, everyone is certain to have fun learning, doing and/or trying something new! (and have plenty of chance to win incredible prizes too)



To ensure all community members can participate, all A Family afFair activities (with the exception of Weight Room Tours) are being held on the main level of the Rec Centre where there is designated parking in the front parking lot and at the front entrance which also has a ramp for those who require it.

