



Head *to* Heart

RURAL MENTAL WELLNESS

A Day to focus

on mental wellbeing in our community

Join us for our first rural mental wellness day!
Stop by for a little inspiration or to learn about resources in the area

Saturday, March 23rd 12:00 – 3:00 pm (drop in style and no registration required)

Nanton Community Memorial Centre 2204 18 St Nanton

Free lunch for the first 50 guests, catered by Georgie's Café from 12-1 pm

- 12 - 1 pm:** Lunch social
- 1-2 pm:** Keynote speakers, Chris Koch & Jody Seeley will chat from 1 - 2 about living YOUR best life and ways to support friends and family with 'HOW'S YOUR 5?' five simple questions to start conversations and help each other with everyday challenges
- 12-3 pm:** Health & Wellness Fair - stop by and visit local service providers such as counsellors, agencies and wellness programs
For more details contact the Nanton Quality of Life Foundation (403) 646-2436 or visit highriverhealthfoundation.ca



Chris Koch



Jody Seeley

Co-Hosted by the High River District Health Care Foundation and the Nanton Quality of Life Foundation

