What is it?
A 10-week group intervention that combines more traditional group counselling with moderate-intensity physical activity in a fun & supportive context

What will you learn?
Simple, practical strategies to:
…get yourself to exercise regularly & actually enjoy it
…use physical activity to boost your mental health & brain power

What does it involve?
- moderate-intensity exercise
- informative talks & resources
- discussion & hands-on activities
- positive support & guidance
- healthy snacks

Sign up for the Winter 2020 group now!
Tuesdays (Jan 21- March 31), 3-4:30pm, @ King’s University College
*Cost: $200
*Covered as counselling with a Registered Psychologist under most extended health plans*
*You may also apply for funding*

To register or for more info, contact:
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