

Canadian Mental Health Association Grey Bruce Mental Health and Addiction Services

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
				LIVING LIFE TO THE FULL		
	CLOSED-HOLIDAY					
			CHAIR YOGA			
10	11	12	13	14	15	16
				LIVING LIFE TO THE FULL		
			AFTERNOON CHAT			
			CHAIR YOGA			
17	18	19	20	21	22	23
		ART FOR WELLNESS				
			CHAIR YOGA			
24	25	26	27	28	29	30
			WOMEN'S GROUP			
			AFTERNOON CHAT			
			CHAIR YOGA		EXIT CELEBRATION!	
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AM CLASS – 10:00 AM – 12:00 PM PM CLASS – 1:30 PM – 3:30 PM UNLESS OTHERWISE NOTED **To Register, Call 519-371-3642 x1229**