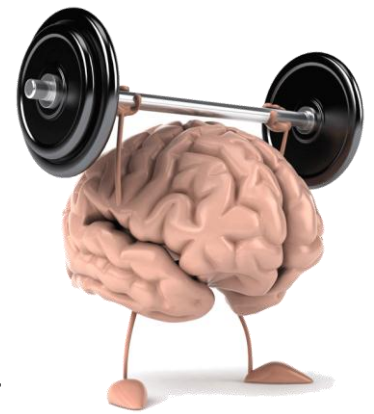


# Healthy Body Equals Healthy Mind

## News from the Mo-Mac Nursing Students:

Currently we are encouraging students to seek out activities that positively affect their mental health. Exercise is proven to have a positive effect on preventing and managing mental health. Below are some local recreational facilities that you and your child may decide to attend.



## Dave Andreychuk Mountain Arena

**\*Offers Free Public Skates Fridays 4-5pm**

**\*Monday February 16, Family Free Skate 4-6pm**

(Until March 31, 2015)

Visit: <http://www.hamilton.ca>(Schedules are located under Culture and Recreation)

## Westmount Recreation Centre

**\*Offers Free Family Swim on Wednesdays 430-530pm**

**\*Other Family Swims Offered Only \$8.25 Per Family**

(New schedule as of March 15, 2015)

Visit: <http://www.hamilton.ca>(Schedules are located under Culture and Recreation)

## Inch Park Arena and Pool

**\*Monday February 16, Free Family Day Skate 2-4pm**

Visit: <http://www.hamilton.ca>(Schedules are located under Culture and Recreation)

## Check Out Your Local YMCA

**\*They Offer Open Swims, Exercise Programs, Open Gym Time**

Visit: <http://www.ymcahbb.ca/> for Programs and Schedules

(Please be aware Membership is required, However YMCA offers Membership Assistance to Families on Restricted Incomes)

## Visit The City of Hamilton's Website to Receive Details About The Recreation Fee Assistance Program

(<http://www.hamilton.ca/> - located under Culture and Recreation)

**Get Out, Get Active, Have Fun, and Stay Healthy!!!**

