

# Supporting Womens' Mental Health and Wellness Mind, Body and Soul



## Guest Speakers:

**Dr. Ivy Lee** - Psychiatrist, MSH

**Sofia Mojica** - 4th degree black belt & 2015 Team Canada Karate competitor

**Mary Trull** - Mental Health Yoga Therapist

We welcome all women to join us for a special education event with a focus on women's mental health and wellness. Join us for an exciting program, expo of community resources & a complimentary lunch.



June 7th, 2017  
9 a.m. - 1 p.m.

Cornell Community Center,  
Rehearsal Hall  
Free parking available in the Cornell  
Community parking lot

Register online or contact Jan by  
phone or email by May 26:

[www.msh.on.ca/womens-day](http://www.msh.on.ca/womens-day)  
(905) 472-7373 x7094  
[JMaveal@msh.on.ca](mailto:JMaveal@msh.on.ca)

Free gift for the first 75 to register

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 @MarkhamStouffvilleHospital  
[www.msh.on.ca](http://www.msh.on.ca)



This event is possible thanks to our generous donors & funds raised by the SHOPPERS LOVE. YOU. Run for Women