



CANADIAN MENTAL HEALTH ASSOCIATION
WINDSOR-ESSEX COUNTY BRANCH

L'ASSOCIATION CANADIENNE POUR LA SANTE MENTALE

FOR IMMEDIATE RELEASE
Wednesday, April 9, 2009

Windsor residents offered opportunity to “dig into spring”

WINDSOR – With the snow fall earlier this week, Windsor could certainly use a little taste of spring.

Windsorites will have an opportunity to get their hands dirty next week at the Canadian Mental Health Association Windsor-Essex County Branch (CMHA-WECB) when the agency hosts its first member event for 2009.

The event, free to all CMHA paid members, is called “Container Gardening” and will be a demonstration by local Master Gardener, Joan Jolin.

“We offer a number of events to members of CMHA-WECB throughout the year that encourage positive mental health,” says CMHA-WECB Director of Advancement, Patti Lauzon. “Members have a chance to visit the CMHA office, meet other members from the community and learn about something new.”

The gardening workshop will take place on Wednesday, April 15th in the Serendipity Café located at CMHA-WECB’s 1400 Windsor Ave. office at 6:30 p.m. All members are asked to pre-register. Membership for CMHA-WECB is only \$20 a year and can be purchased online at www.cmha-wecb.on.ca or by phoning the office at 519-255-7440.

Other free member events planned for the year include a spa day at Refresh and a holiday decorating seminar in November.

The CMHA-WECB has a vision of “mentally healthy people in a healthy society”. The local agency currently has about 140 paid members.

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For more information about this event, please contact:
Nneka Allen, Advancement Officer, at 519.255.9440 ext. 225.

www.cmha-wecb.on.ca