



CANADIAN MENTAL HEALTH ASSOCIATION
WINDSOR-ESSEX COUNTY BRANCH

L'ASSOCIATION CANADIENNE POUR LA SANTE MENTALE

FOR IMMEDIATE RELEASE
June 24, 2008

Exclusive Member Event: Cooking with Chef Mimmo

WINDSOR – The Canadian Mental Health Association Windsor - Essex County Branch (CMHA-WECB) hosted an exclusive member event on June 12, 2008: Cooking with Chef Mimmo of Koolini Italian Eatery.

The event, which was free to all members, included a drink and cooking demonstration, followed by dinner on CMHA's Serendipity Café patio. The cooking demonstration took place in the kitchen at the Serendipity Café, where guests were able to ask Chef Mimmo questions about cooking. It was a very interactive experience in which guests learned cooking techniques and tips.

The event's purpose was to give back to CMHA's members. Membership is an easy, annual way to support CMHA. By becoming a member, you demonstrate your support for our organization, its mission and the services we provide to the community. In doing so, you show our community that you support mental health promotion, mental illness recovery and resilience, and mental illness prevention. Becoming a member also allows you to participate in CMHA's exclusive member events.

Top Five Reasons to become a CMHA Member Today!

1. You will help make prevention a priority!
2. You will help us educate the community about mental health and mental illness.
3. You will receive exclusive member benefits (see attached calendar).
4. You will have Annual General Meeting voting privileges.
5. You will help us improve the mental health of Windsor & Essex County.

-30-

For more information, please contact
Nneka Allen, Fund Development Officer, at 519.255.9940 ext. 225.