

Join Mayor Cam Guthrie to mark  
**World Mental Health Day**

# Seniors and Mental Health: Let's talk about it

**OCTOBER 12**

**1–3 p.m.** (presentations begin at 1:30 p.m.)

Evergreen Seniors Community Centre



## SPEAKERS

**Jody Weiler**, a specialized geriatric clinician at the Canadian Mental Health Association of Waterloo Wellington, will debunk some of the common myths about mental health and aging



**Ross Knechtel**, a local Senior of the Year who has lived with a mental health issue for most of his life, will share his personal story and strategies for positive mental health



## ALSO FEATURING



"Tree of Life"  
a Spark of Brilliance  
art installation

Information fair  
with local mental  
health agencies

## FREE EVENT

**All welcome!** Please register at  
<http://2017seniorsmentalhealth.eventbrite.ca>  
by Wednesday, October 4

## FOR MORE INFORMATION

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