

Hello From the Studios!

This coming week at the
Studios April 29, 30- May 1-3



MAY

Mental HEALTH

AWARENESS
MONTH

Create

Move

Learn

Reflect

Stay
Positive

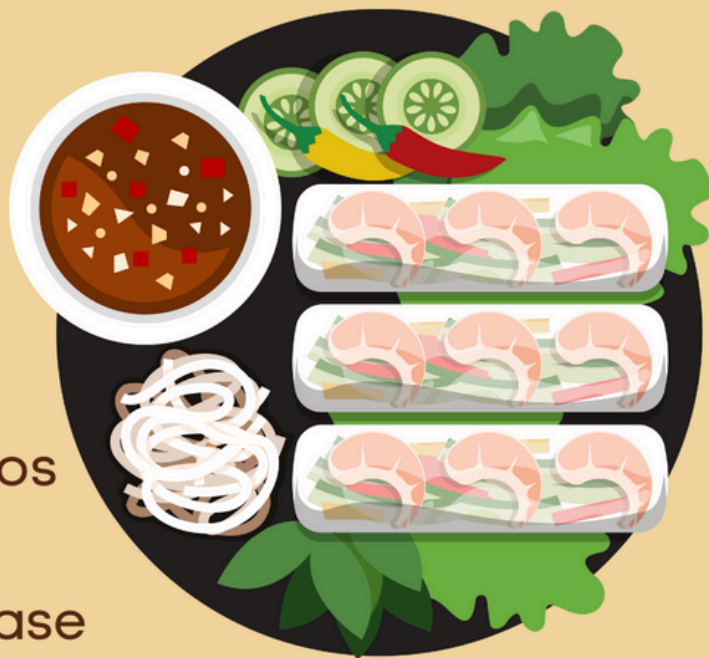
Connect

LET'S PAINT THE WORLD WITH
AWARENESS AND UNDERSTANDING

SOCIAL REC

COOKING

WITH



April 30th
Tuesday
1- 2 PM at CMHA Studios

Sign up required: Please
call the Studios at
778 946 0207

Only limited spots
available

Lets cook
together every last tuesday
of the month

Allergy Warning: Ask our
staff for more information



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all



CMHA
Learning Studios

SHUSWAP - REVELSTOKE



JOIN US FOR
WELLNESS WEDNESDAY
CHAIR WORK OUT

EVERY WEDNESDAY
9:30 -10:00AM
MAY 1,8 & 15

MEET AT CMHA STUDIOS AT
9:20AM





ART
SKETCHING
WITH
STEVE
HENSHALL



4 WEEK SKETCHING SERIES
EXPLORING DIFFERENT SKETCHING
MEDIUMS, LANDSCAPES, ANIMALS,
TECHNIQUE ETC.

MAY 2ND, 9TH, 16TH, 23RD & 30TH

1:00 PM - 2:30 PM

ONLY 20 SPOTS AVAILABLE

LOCATION - CMHA STUDIOS
MANDATORY SIGN UP REQUIRED
ONLY 16 SPOTS AVAILABLE

