

*Hello From the Studios!*

This coming week at the Studios



We will continue to  
have fun with resin  
casting in Art!

Join us for Beef Dip Sandwiches  
and Coleslaw for Peer Lunch





## Art

Resin Casting

Thursday September 28th 1:00pm-2:30pm

CMHA Learning Studios

Please be on time



Canadian Mental  
Health Association  
Shuswap-Revelstoke  
*Mental health for all*

Sign up online at [cmhalearningstudios.ca](http://cmhalearningstudios.ca)  
For more information connect with Mandee  
250 819 6993



## Music

For music lovers and learners - a jam session that welcomes new musicians  
Mondays 1:30pm-3:00pm  
CMHA Learning Studios



Canadian Mental  
Health Association  
Shuswap-Revelstoke  
*Mental health for all*

For more info contact The Learning Studios  
250-832-8477 Ext. 106



## Walking for Whole Health

Walking is a valuable contribution to whole health. Join us for community exploration, and connection while walking together

### Tuesdays

1:00pm - 2:00pm

Meet at CMHA Studios

All abilities welcome.

Scooter/wheelchair friendly walks.

Connect with Mande: 250-819-6993



**Please be aware we will be closed  
Monday October 2nd for National  
Day for Truth and Reconciliation**





**Due to having a  
skeleton crew we will  
be offering**

**Limited  
programming while**

**we plan and  
reorganize for the**

**Fall!**





Please reach out to  
us by phone to  
register for programs  
or ask questions!!

Main Phone  
Line:  
(250) 832-8477  
ext. 106

**Please note Abby will be  
out of office this week**

Mandee:  
(250) 819-6993

