

# January 2013

SU	MO	TU	WE	TH	FR	SA
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		

# February 2013

SU	MO	TU	WE	TH	FR	SA
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# March 2013

SU	MO	TU	WE	TH	FR	SA
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31						



### Tips:

- Volunteering is good for the community and good for your mental health.
- Sunlight lifts your mood. Try to get a dose of 10 - 15 minute every day.
- Sleep is important for mental health, aim for 7 to 8 hours a night.
- Maintain a hopeful outlook. Try visualizing what you want instead of worrying about what you fear.
- Limit alcohol, tobacco and other drugs. They can have negative long term effects on your mental health.
- For more information on mental health visit [www.camh.net](http://www.camh.net).

Mental health is an integral part of overall health. With good mental health we can cope with the normal stresses of life, work productively, and contribute to our community. The things that keep us healthy physically also contribute to good mental health. Regular physical activity and healthy eating have been shown to improve mental health and well-being. In addition, being socially active and engaged is good for our minds and bodies!

Photography By: Tammy Donaldson (Horse Back Riding); Jamie Woodman (Apples - inset)



# December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2013 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					1 National Safe Driving Week, Dec. 1-7 <a href="http://canadasafetycouncil.org">http://canadasafetycouncil.org</a>
2	3	4	5	6 National Day of Remembrance and Action on Violence Against Women in Canada <a href="http://www.swc-cfc.gc.ca">www.swc-cfc.gc.ca</a>	7 Shepherd's Table Community Supper Lakeside Baptist Church <a href="http://www.lakesidebaptistchurch.ca">www.lakesidebaptistchurch.ca</a>	8
9	10 Public Skating at the Dysart and Minden Arenas, call for details: 705-286-1932 ext. 200 or 705-457-2083.	11 Don't forget to register for curling! Youth and adult programs: <a href="http://www.mindencurlingclub.com">www.mindencurlingclub.com</a> <a href="http://www.haliburtoncurlingclub.com">www.haliburtoncurlingclub.com</a>	12	13 Good Food Box - order today! call Mary 705-488-1128	14	15 Sir Sam's Ski Season opens (weather permitting).
16	17 Night skiing - Lit loop at Glebe Park, Dec. through Mar. (weather permitting)	18	19	20 Good Food Box - pick up today!	21 Shepherd's Table Community Supper Lakeside Baptist Church <a href="http://www.lakesidebaptistchurch.ca">www.lakesidebaptistchurch.ca</a> Winter Solstice	22
23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve					