



mYnd pump

SPIRITMINDBODY

**LIMITED
SPOTS
AVAILABLE**

**FREE
PROGRAM**

Join us for fitness classes, outings, and group time

Mynd Pump is a FREE program that applies a holistic approach to wellness by encouraging young people to get in touch with their mental health through physical fitness. This 12-week program is for youth ages 12-18 and supports participants to build confidence, physical strength, resilience, and teamwork, all in a supportive social network.

Wednesday evenings
April 6th - June 22ND
3:30 - 5:30 pm

Topics vary each week. These include:
mindfulness, sleep, diet, hygiene, exercise,
breathing, coping, confidence, etc.

Memberships to the YMCA are provided to all participants and will be extended for an additional three months to participants complete the program.

For more information, contact jessicabu@oakville.ymca.ca