



MOVE FOR YOUR MENTAL HEALTH 2022

JUNE 1ST – 30TH

Join us to help raise awareness, educate, and drive action for men and their family's mental well-being.
Move your body, motivate others, and help fundraise on behalf of the Canadian Men's Health Foundation.

#FITFridays with **Club 16** Trevor Linden Fitness

Get active in June with video workouts from professional trainers at Club 16 Trevor Linden Fitness

DON'T CHANGE MUCH PODCAST

Listen to Canada's top influencers, world-class athletes and health experts discuss mental and physical health with host Dan Murphy

June 03 → **GET YOUR FITNESS BACK ON TRACK**

June 10 → **MOTIVATE AND ENCOURAGE EACH OTHER**

June 17 → **THE PERFECT WORKOUT WITH YOUR KIDS**

June 24 → **LOW IMPACT FULL BODY WORKOUT**

June 07 → **MOVE YOUR BODY FOR YOUR MIND**

Guests: Former NHL player Trevor Linden and Associate Professor Dr. Jennifer Heisz

June 14 → **FATHERHOOD AND POSITIVE MENTORSHIP**

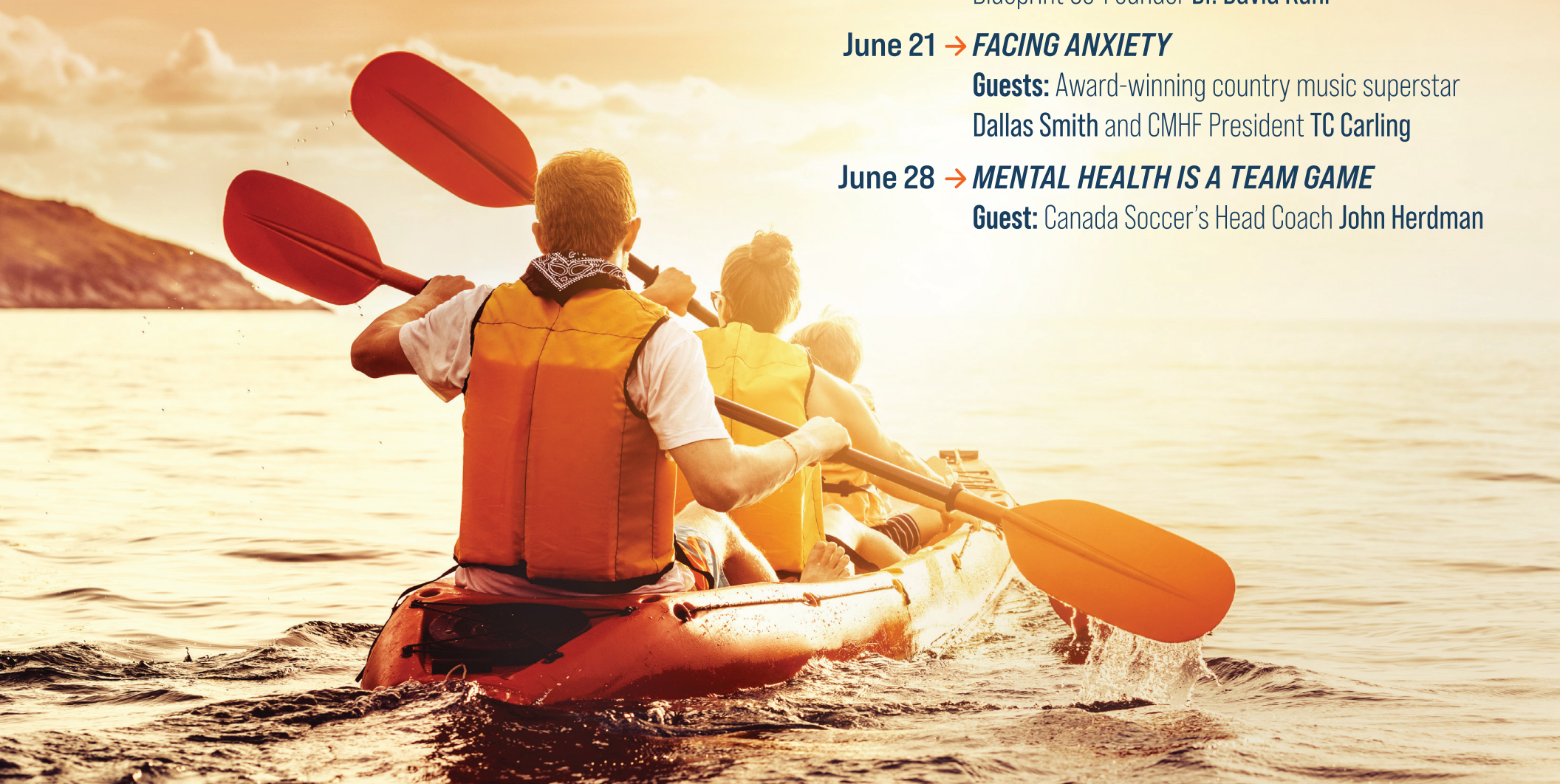
Guests: Former NHL goaltender Kelly Hradek and Blueprint Co-Founder Dr. David Kuhl

June 21 → **FACING ANXIETY**

Guests: Award-winning country music superstar Dallas Smith and CMHF President TC Carling

June 28 → **MENTAL HEALTH IS A TEAM GAME**

Guest: Canada Soccer's Head Coach John Herdman



ENCOURAGE OTHERS TO MOVE FOR YOUR MENTAL HEALTH ON SOCIAL MEDIA!

1. Share the FITFridays workout you've completed and add hashtags **#MOVE4MentalHealth** and **#FITFridays**
2. Share the Don't Change Much Podcast episode you listened to and add the hashtag **#DCMPodcast**
3. Print this poster at work to raise awareness and motivate others

DOUBLE YOUR IMPACT WHEN YOU DONATE OR FUNDRAISE

Help inspire men to live healthier lives. **During the month of June every dollar you donate or raise will automatically be matched by a generous anonymous donor!** Support Move For Your Mental Health and the Canadian Men's Health Foundation with health research, education, and resources for men.

FITFridays



Don't Change Much
Podcast



MensHealthFoundation.ca