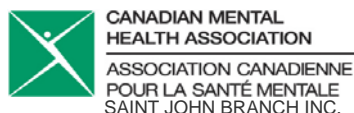


X-Weighted Saint John

March 2010 Newsletter



X-Weighted Saint John Organizing Committee

Email: membership@saintjohnny.com
Tel: 505-634-7720 or 506-633-1705

3-Month Weigh-In

Saturday, April 10th 2:00 pm to 6:00 pm
Sunday, April 11th 9:00 am to 2:00 pm

Join us at Weight Watchers Saint John Centre located at 80 McAllister Drive in Saint John (East) to check and see how you are progressing. We will weigh and measure you to help keep you on track. It will be a first come, first served event. You will also have the opportunity to ask questions regarding nutrition, mental health and physical activity.

Those in attendance will be entered into a draw to win a 15 minute personal phone consult with Paul Plakas!

6-Month Celebration

Paul is coming back...July 18th, 2010

For all those who participated in the initial event we will be hosting the final celebration on July 18th. The event will include a final fitness test, final measurements, weigh-in and Paul Plakas. More details to follow.

Canadian Mental Health Association, Saint John Branch

- ***Depression: Help Can Make a Difference*** Program begins March 2nd - April 6th from 6:30 – 8:30 p.m.
- ***Understanding Anxiety & Panic Disorder*** Program begins March 11th - April 29th from 6:30 – 8:30 p.m.
- ***Hope & Healing: Coping with the Suicide of a Loved One*** Program scheduled to begin in mid-May.

The programs are free of charge thanks to the generous sponsorship from MindCare New Brunswick. For more information, please call 506-633-1705 to pre-register.

Curl For the Mental Health of It!

On March 13th, Canadian Mental Health Association will be hosting the 20th annual “Curl for the Mental Health of It” fundraiser. The event will be taking place at Thistle St. Andrews Curling Club.

For more information on Canadian Mental Health Association Saint John Branch visit our website at www.sj.cmha.ca or call 506-633-1705.

Saint John YMCA-YWCA Updates

Our spring schedule begins April 5th, 2010. Check out our website www.saintjohnny.com for more details on how you can stay motivated and keep physical activity part of each and every day.

If you have not tried us out, come into Prince Edward Square for a free one-week trial pass. We have something to offer every member of the family.

We build strong kids, strong families and strong communities.

Come Join Us for a Walk Along Harbour Passage!

We will meet at the Light House by the Hilton and walk along Harbour Passage. This will be a great opportunity to reconnect with others from the X-Weighted Saint John event. Even if you were unable to attend the event, feel free to join and bring family or friends.

Day	Time
Saturday, March 6 th	11:00 am
Wednesday, March 10 th	12:10 pm
Saturday, March 20 th	11:00 am
Wednesday, March 24 th	12:10 pm
Saturday, April 3 rd	11:00 am

We plan to walk for approximately 40 minutes but feel free to walk more or less depending on your schedule.

Walk is weather permitting. We will only be cancelled in the event of weather advisory!

We will have random giveaways for Saint John Sea Dog tickets during the 3 month weigh-in session and Harbour Passage walks.

Canadian Mental Health Association Saint John Branch Inc. and Saint John YM-YWCA Inc.

United Way Member Agency

