



Make Some Noise for Mental Health Awareness Week January 16-22, 2017

SCHEDULE OF EVENTS

Monday January 16, 2017	<ul style="list-style-type: none"> • “Walk with the Thunder” – outdoor walk (~25 mins) in the river valley Meet in Tegler at 12:00PM
Wednesday January 18, 2017	<ul style="list-style-type: none"> • Yoga in the Gym (RKAC) Starting at 12:00PM • Massages in Tegler (Hosted by the CSA) 11:00AM-2:00PM • Movie in Tegler – “Concussion” starring Will Smith – 1:00PM-3:30 PM
Thursday January 19, 2017	<ul style="list-style-type: none"> • Guest Speaker Sponsored by RBC – Anastasia Bucsis (2 time Olympian in speed skating) at 3:00PM in Hole Academic Room 015
Friday January 20, 2017	<ul style="list-style-type: none"> • “Thunderwear Friday” in Tegler (Hosted by the CSA) 12:00PM • Badminton & Curling Pep Rally 12:00PM in Tegler <ul style="list-style-type: none"> ○ Mental Health Awareness Activity • Movie in Tegler – “Swift Current” starring Sheldon Kennedy 1:00PM-3:30 PM • Thunder Basketball Games vs Keyano College in RKAC Tip Off at 6:00PM & 8:00PM <ul style="list-style-type: none"> ○ CMHA hosted booth on site ○ Giveaways at door – noise makers, Vitamin Water
Saturday January 21, 2017	<ul style="list-style-type: none"> • Thunder Basketball Games vs Keyano College in RKAC Tip Off at 1:00PM & 3:00PM <ul style="list-style-type: none"> ○ CMHA booth on site ○ Giveaways at door – noise makers, Vitamin Water • Thunder Volleyball Games vs GPRC in RKAC First Serve at 6:00PM & 8:00PM <ul style="list-style-type: none"> ○ CMHA booth on site ○ Giveaways at door – noise makers, Vitamin Water • Thunder Hockey Game vs Augustana at Clareview Arena Puck Drop at 8:00 PM <ul style="list-style-type: none"> ○ Giveaways at door – noise makers
Sunday January 22, 2017	<ul style="list-style-type: none"> • Thunder Volleyball Games vs GPRC in RKAC First Serve at 1:00PM & 3:00PM <ul style="list-style-type: none"> ○ CMHA booth on site ○ Giveaways at door – noise makers, Vitamin Water

**Ralph King Athletic Centre (RKAC)

**Canadian Mental Health Association (CMHA)



Canadian Mental Health Association
Edmonton

