

Mission Statements

Canadian Mental Health Association - Peterborough Branch

The mission of CMHA-Peterborough is to work with individuals, families and community partners in providing services to promote and enhance the mental health and wellness of those living within the communities we serve.

Heart & Stroke Foundation - Peterborough Area Office

The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living and advocacy.

Facts

- ✓ Stress can contribute to the development of heart disease and stroke.
- ✓ Stress-filled lifestyles make it difficult for a person to make or maintain resolutions to lead a healthy life.
- ✓ Long-term exposure to stress can also lead to mental health problems, such as depression and anxiety.

Contacts Us



CANADIAN MENTAL
HEALTH ASSOCIATION
PETERBOROUGH

466 George Street, North
Peterborough, Ontario
K9H 3R7
Tel: (705) 748-6711
Fax: (705) 748-2577
Email: info@peterborough.cmha.on.ca



HEART &
STROKE
FOUNDATION

Finding answers. For life.

824 Clonsilla Avenue, Unit #3
Peterborough, Ontario
K9J 5Y3
Tel: (705) 749-1044
Fax: (705) 749-1470
Email: bdowell@hsf.on.ca

Mind Your Heart Golf Tournament



Sponsored by



The Canadian Mental Health Association - Peterborough Branch and the Heart & Stroke Foundation - Peterborough Area Office have once again joined together to offer one tournament for 2010.

"Because good mental health is good for your heart!"

Friday, June 11, 2010
Morning Snack & Registration - 8:30am
Shot Gun Start - 10:30am



CANADIAN MENTAL
HEALTH ASSOCIATION
PETERBOROUGH



HEART &
STROKE
FOUNDATION

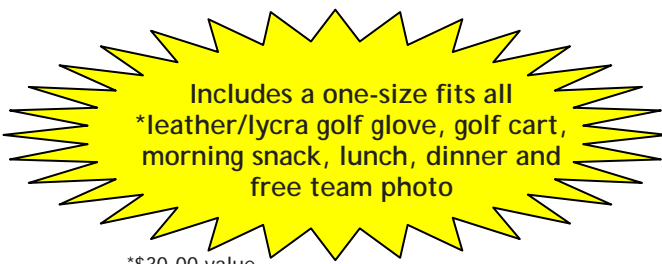
Finding answers. For life.



Mind Your Heart Golf Tournament

Friday, June 11, 2010

Morning snack & Registration 8:30am
Shot Gun Start - 10:30am
\$130.00/pp

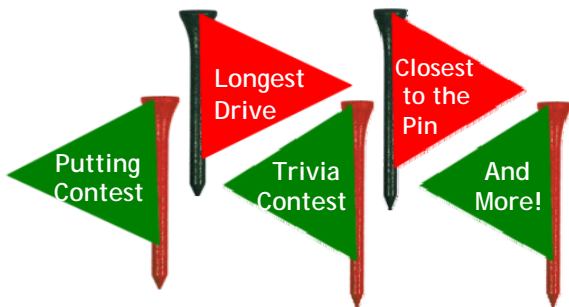


*\$30.00 value

In support of the Canadian Mental Health
Association - Peterborough Branch
and the Heart & Stroke Foundation -
Peterborough Area Office



705 Pontypool Road
Pontypool, Ontario
L0A 1K0
<http://www.blackdiamondgolfclub.ca>



Registration

Please print clearly.

Golfer 1 (main contact)

Name: _____
Company: _____
Address: _____
City: _____
Postal Code: _____
Phone: _____ Fax: _____
Email: _____

Golf glove: Men: L R (please circle)
Women: L R

Payment to CMHA-Peterborough:

Cheque Visa MasterCard AMEX

Card #: _____

Amount: _____ Expiry: _____

Name (as it appears on the card): _____

Golfer 2

Name: _____
Company: _____
Address: _____
City: _____
Postal Code: _____
Phone: _____ Fax: _____
Email: _____

Golf glove: Men: L R (please circle)
Women: L R

Payment to CMHA-Peterborough:

Cheque Visa MasterCard AMEX

Card #: _____

Amount: _____ Expiry: _____

Name (as it appears on the card): _____

Golfer 3

Name: _____
Company: _____
Address: _____
City: _____
Postal Code: _____
Phone: _____ Fax: _____
Email: _____

Golf glove: Men: L R (please circle)
Women: L R

Payment to CMHA-Peterborough:

Cheque Visa MasterCard AMEX

Card #: _____

Amount: _____ Expiry: _____

Name (as it appears on the card): _____

Golfer 4

Name: _____
Company: _____
Address: _____
City: _____
Postal Code: _____
Phone: _____ Fax: _____
Email: _____

Golf glove: Men: L R (please circle)
Women: L R

Payment to CMHA-Peterborough:

Cheque Visa MasterCard AMEX

Card #: _____

Amount: _____ Expiry: _____

Name (as it appears on the card): _____

Payment must be received by CMHA-Peterborough no later than May 21, 2010. Please see back for contact information.

I do not wish to receive further information on these worthwhile organizations.