



Canadian Mental
Health Association
Champlain East

Association canadienne
pour la santé mentale
Champlain Est

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Submitted by: Canadian Mental Health Association Champlain East

CMHA Champlain East Opens Registration for Summer Wellness Walks

With summer just around the corner, CMHA Champlain East is encouraging community members to take a proactive approach to their mental well-being by getting active outdoors. Registrations are now open for the organization's Summer Wellness Walks, taking place Tuesday evenings at Braydale Lavender Farm in Moose Creek.

While the walks offer a welcoming and scenic setting, the benefits of participating go far beyond enjoying a pleasant evening outdoors. A growing body of evidence highlights the powerful connection between physical activity and mental health. Even moderate exercise, such as walking, has been shown to reduce symptoms of anxiety, depression, and stress. Movement helps regulate cortisol, the body's primary stress hormone, while stimulating the release of endorphins, dopamine, and serotonin—chemicals that play a key role in mood regulation and emotional balance.

Regular physical activity can also improve sleep quality, increase energy levels, and enhance overall cognitive function. For many people, exercise provides a natural way to manage daily stressors, offering both a mental reset and a sense of accomplishment. Over time, incorporating movement into one's routine can build resilience, helping individuals better cope with challenges and maintain a more stable mood.

Spending time outdoors adds another important layer of benefit. Exposure to natural environments has been linked to reduced stress, improved focus, and a greater sense of calm. The setting at Braydale Lavender Farm offers participants a peaceful backdrop that naturally supports relaxation and mindfulness—key elements in maintaining good mental health.

The Summer Wellness Walks are designed to be accessible to individuals of all ages and fitness levels. Each Tuesday evening, participants will have the opportunity to walk at their own pace while also exploring optional wellness stations along the route. These stations introduce simple, practical strategies such as breathing exercises, grounding techniques, and mindfulness practices that participants can incorporate into their daily lives.

In addition to the physical and psychological benefits, programs like the Wellness Walks also help foster social connection. Sharing positive experiences in a supportive, community-based setting can reduce feelings of isolation and contribute to a greater sense of belonging—another key factor in overall well-being.



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To help make the program more accessible, limited free busing will be available from Alexandria and Cornwall, with possible stops along the route. This transportation support is made possible thanks to funding from the Ontario Trillium Foundation.

As the days grow longer and the weather becomes more inviting, summer presents an ideal opportunity to build healthy habits that support both mind and body. By combining gentle physical activity, time in nature, and practical wellness tools, CMHA Champlain East's Wellness Walks offer a simple yet impactful way to prioritize mental health.

Participants are required to pre-register for the Summer Wellness Walks. Registration can be completed by visiting the events page on the CMHA Champlain East website at www.cmha-east.on.ca or by calling Chantal at 613-551-7493. Spaces may be limited, and early registration is encouraged.

DO YOU NEED HELP?

Dial or text 2-1-1 for free and confidential service that easily connects people to the critical social and community supports they need.

If you are thinking of suicide, please call 9-8-8 which is a mental health crisis and suicide prevention line.

The information provided is not a substitute for professional advice. If you need advice, please consult a qualified health care professional. For further information or if you want to access our services at CMHA, please call 1-800-493-8271 or visit our web site at www.cmha-east.on.ca