

5 THINGS YOU CAN DO



FIND SOME TIME TO MOVE EACH DAY

To celebrate and raise awareness about mental well-being, we have put together a full month of resources, tips and virtual activities to support the community with their mental health. Here are some ideas for activities you can enjoy, online and in-person, while keeping yourself and your family safe.

- 1 GET OUTSIDE!**
Fly a kite in the park, walk or ride your bike along the pathway. See how many plants, birds and animals you can identify.
- 2 WELCOME WELLNESS!**
Participate in a virtual fitness or yoga class or practice meditation and breathing exercises. Endless online classes and apps available.
- 3 ENJOY A GAME OF GOLF**
Disc, mini or well, actual golf! Golf is a great way to enjoy the outdoors and stay active. Find Cochrane's disc golf course in Riverfront Park!
- 4 EXPLORE COCHRANE'S PATHWAYS**
Cochrane has more than 75 kilometers of maintained multi-use trails and pathways that are beautiful this time of year. Go for a stroll, ride a bike or inline skate with your family.
- 5 VISIT THE GRANDFATHER TREE**
This white spruce is estimated to be over 300 years old. His location in Cochrane Ranche dates from before the Ranche was established! Please don't climb on him though!



Cochrane Scavenger Hunt is an opportunity for all Cochranites to rediscover, explore and ultimately, have fun while adventuring in their own backyard this spring. Fun for all ages and prize draws!

Download instructions and maps at cochrane.ca/ScavengerHunt.



Follow this Facebook event for the entire month of May for daily mental health tips, resources and more.

fb.com/events/155068976471900

