Connecting Recreation and Mental Health
Thursday, November 15th, 2018
8:30 a.m. - 3:00 p.m.
Smiths Falls Memorial Community Centre

Featuring...

- **Do It For Daron (DIFD)** - creating awareness, inspiring conversations, and transforming youth mental health.
- **ParticipACTION Report Card 2018**
- **Panel of Local Initiatives:**
  - Lanark Leeds Grenville Addictions and Mental Health
  - Special Olympics
  - Nature Canada
  - Planet Youth Lanark County
  - Boys and Girls Club
- An opportunity to network
- Annual General Meeting of Rural Recreation Association

Registration is a **MUST**.

**Fee:** (includes morning snack, lunch & Rural Recreation Association membership)
- 2018 Members $40
- Non Members $50

**Location:**
Smiths Falls Memorial Community Centre
71 Cornelia St.W., Smiths Falls, ON

**Registration deadline:**
November 8, 2018

**Register online at Eventbrite:**
http://recreationsummit2018.eventbrite.com

**QUESTIONS?**
Email the Rural Recreation Association at RRA@healthunit.org

This education day is open to new and existing members – Municipal staff and leaders, educators, service providers, recreation leaders, and all those involved in Recreation and Outdoor experiences. Please pass this invitation on to anyone who may be interested.
Mandate:
The Rural Recreation Association is open to all municipal recreation departments and non-profit physical activity and recreation organizations within Lanark, Leeds, Grenville and surrounding area.

Our purpose is to:

- Improve communication, collaboration and knowledge and use of current recommended practices within the recreation sector
- Provide opportunities for networking among members, professional, provincial and local organizations and volunteers
- Provide policy-building and capacity-building opportunities that address specific needs and concerns within the local region
- Provide networking and educational events through the year (e.g., Fall Summit, Spring event, High Five training)
- Seek support and develop linkages to professional and provincial organizations

Benefits of Membership:

- The membership fee for 2019 is $20
- Members receive:
  - Discount rate to attend member events
  - Notification of upcoming webinars; education opportunities
  - Newsletter

Executive Committee Membership

The Executive Committee will be members of RRA, each in good standing, and elected at the Annual General Meeting. Term on the committee will be 2 years.

RRA is seeking board members, representing both Lanark and the United Counties of Leeds and Grenville. These may include individuals from:

- Municipalities
- Recreation organizations
- Sports organizations
- Service clubs
- Health organizations
- Education sector
- Others interested in physical activity and recreation

The Leeds, Grenville and Lanark District Health Unit, as host agency for the Healthy Communities Partnership, will provide administrative support to the Rural Recreation Association.

Connect with us

Email: rra@healthunit.org
Website: www.healthyllg.org/physicalactivity.html
Facebook: www.facebook.com/ruralrecreationassociation
Twitter: www.twitter.com/RuralRecreation