



"I move for mental health!"

Exercise your Mind and Body for Mental Health
Support The Mental Health Association of Westchester County, Inc.
Thursday, December 3, 2009
@ Saw Mill Club, Mount Kisco, NY



Spinning
Yoga



All are welcome to take a Spinning or Yoga Class to rejuvenate the mind and body while benefitting the programs and services of MHA.

Spin Class 6:00 - 7:15 PM* Yoga Class 6:30 - 7:30 PM

Light refreshments will be served. Sign up NOW- class sizes are limited.



77 Kensico Drive, Mount Kisco NY 10549 914.241.0797

I WILL BE PARTICIPATING: Minimum Donation \$25 PER CLASS.

Spin \$ Yoga \$

I am unable to attend, enclosed is a tax deductible donation of \$

NAME

ADDRESS

CITY STATE ZIP

PHONE EMAIL

TOTAL DONATION

CHECK PAYABLE TO:
MHA OF WESTCHESTER \$

The Mental Health Association of Westchester County, Inc. is a charitable tax-exempt organization pursuant to section 501 © (3) of the Internal Revenue Code.

PLEASE DETATCH AND MAIL TO:
MHA WESTCHESTER, DEVELOPMENT DEPT.
2269 SAW MILL ROAD, BLDG 1A
ELMSFORD, NY 10523
FOR INFORMATION, CALL: 914.345.5900 EXT. 209