

# MOOD WALKS

## Campus Mental Health

### Mood Walks Summit

*Wednesday, February 13, 2019*

*Chestnut Conference Centre, University of Toronto*

*Giovanni Room, 2nd floor*

*89 Chestnut Street, Toronto, ON M5G 1R1*

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|--------------|--|
| 8:00 - 9:00  | Registration and Breakfast   |
| 9:00 – 9:15  | Introduction and Welcome<br>Jim Harris, Director of Operations, CMHA Ontario   |
| 9:15 – 10:45 | Presentations by Campuses <ul style="list-style-type: none"><li>○ Wilfried Laurier University<br/>Jodie Lockey-Duesling, Wellness Education Coordinator and Interim Manager of Wellness<br/>Nathan Reeve, Wellness Education Coordinator</li><li>○ Western University<br/>Exercise is Medicine and Mood Routes - Mental Health and Physical Activity<br/>Michelle (Yee Suet) Wong</li><li>○ University of Ontario Institute of Technology<br/>Alison Macpherson, Mental Health Counsellor<br/>Reesa Grushka, Mental Health Counsellor</li><li>○ Ryerson University<br/>Dr. Deena Kara Shaffer, Coordinator, Student Transitions and Retention, Ryerson Student Affairs<br/>Marko Kovacevic<br/>Natalie Pavlovich</li></ul> |

10:45 – 11:00	Break/Snack
11:00 – 11:15	Urban Poling, Gabriella De Nino, Manager of Health Promotions
11:15 – 12:15	Lets take a Mood Walk (optional)
12:30 – 1:15	Lunch
1:15 – 1:30	Hike Ontario Tom Friesen
1:30 – 2:15	Nature Nurtures Dr. Nathan J. Cooper, Assistant Professor, McMaster University
2:15 – 2:30	Break
2:30 – 3:15	Forest Therapy Stana Luxford Oddie, Senior Conservation Educator, Cataraqui Region Conservation Authority
3:15 – 3:45	Social Media – Ryerson University Leslie Sinclair
3:45 – 4:00	Questions, Close/ Depart