

FOR IMMEDIATE RELEASE

Annual *Peace of Minds* Yoga returns to its roots in Oakville!

Schizophrenia Society of Ontario is proud to be back to host annual Yogathon for mental health awareness

On February 22, 2020, the **Peace of Minds Yoga** for mental health returns to its roots in Oakville to raise awareness of mental illness and support vital programs and services provided by the Schizophrenia Society of Ontario (SSO). Join friends, families and supporters of SSO at Trafalgar Park Community Centre to enjoy a fun day of yoga, a mental health presentation and meditation classes.

“Peace of Minds Yoga is one of SSO’s signature events, bridging the gap between physical and mental health. During this time of year when winter is keeping many of us indoors, yoga practice can contribute to overall mental wellbeing and physical wellness,” said Mary Alberti, CEO, SSO. “Schizophrenia affects more than 140,000 Ontarians and more than 1 million Canadians will experience psychosis in their lifetime. With the right treatment and support, individuals can live healthy and full lives.”

Peace of Minds Yoga offers many different styles at all skill levels and brings people together through physical activity while highlighting the important link between yoga and mental health.

What: Peace of Minds Yoga - Oakville

When: Saturday February 22, 2020
9:00 a.m. – 3:00 p.m.

Where: Trafalgar Park Community Centre
133 Rebecca St.
Oakville, Ontario

Featuring:

- Lunch provided by Farm Boy
- Gift bags
- Special presentation on mental wellness by lived experience speaker Liz Malcolmson at 12:00pm

All media members are invited to attend.

We invite members of the media to schedule or preschedule interview with our speakers (more details below) and attend our event on February 22nd at Trafalgar Park Community Centre at 12:00pm.



Media Contact

For more information and to request an interview, contact:

Event Contact: Marina Sue-Ping, Community Lead, Schizophrenia Society of Ontario msue-ping@schizophrenia.on.ca or **905-338-2112** AND;

Public Relations/Communications Contact:

Vivian Diec, Digital Marketing and Communications Coordinator, VDiec@schizophrenia.on.ca or **416-938-5481 (mobile)**

About Schizophrenia Society of Ontario: Established in 1979, the Schizophrenia Society of Ontario is the province's only charity dedicated to making a positive difference in the lives of people, families and communities affected by schizophrenia and psychotic illnesses. Having just celebrated their 40th anniversary, they have helped hundreds of thousands of Canadians and have grown into a leading authority on schizophrenia and psychosis across North America. For more information:

<https://www.schizophrenia.on.ca/>

Available Speakers:

Marina Sue-Ping, SSO Local Community Lead

Marina is the Family Services Coordinator for the Halton and Hamilton regional offices of the Schizophrenia Society of Ontario (SSO). She has worked for SSO for over 13 years. Marina delivers education and training to various organizations and groups in the Halton and Hamilton area including police services, long-term care homes, schools and colleges. She is also involved in community engagement through awareness and fundraising events like the annual Peace of Minds Yogathon and walks throughout Ontario.

Liz Malcolmson, Lived Experience Speaker

Born and raised in the Hamilton area, Liz began having hallucinations in high school. Liz managed to hide her mental illness and was only diagnosed after university. In her own words:

"I was afraid to get help because of the stigma attached to mental illnesses. I was lucky to manage getting into a program that deals specifically with schizophrenia and my journey to recovery began. I had a lot of bumps in the road throughout my recovery journey, but with the love and support of family and friends, I am now sharing my story and working as a Personal Support Worker."

Liz is a passionate advocate who often speaks to high school and post-secondary students about the importance of open dialogue, inclusion and speaks out against some of the discrimination people living with mental illness can sometimes face. Additionally, Liz is a Peer Leader in a community program where she helps others with schizophrenia on their journey towards recovery, sharing wisdom from my own journey to bring hope and support to others.