



**Canadian Mental
Health Association**
British Columbia
Mental health for all

You are invited to CMHA BC's 64th ANNUAL GENERAL MEETING

and award, bursary and scholarship presentations

SEPT 29, 2017

4:30 PM to 7:30 PM

Room 280, BCIT Downtown Campus
555 Seymour Street, Vancouver, BC

AGENDA	4:30	Annual General Meeting
	5:00	Award Presentation
	5:15	Light Dinner
	5:45	Ride Don't Hide: Building a nation-wide movement
	6:45	Award, Bursary and Scholarship Presentations
	7:30	Closing Remarks

RIDE DON'T HIDE BUILDING A NATION-WIDE MOVEMENT

A conversation with Bev Gutray and Michael Schratte celebrating the growth of and highlights from Ride Don't Hide over 7 years

Join CMHA BC's CEO, Bev Gutray, and Ride Don't Hide Founder Michael Schratte for a look back at highlights from the past 7 years, and a peek into the future of Ride Don't Hide.

The Ride Don't Hide movement began in 2010 as Michael embarked on a global journey to cycle 40,000 km, crossing six continents to raise funds for CMHA. Michael's mission was to bring awareness to the stigma surrounding mental illness by sharing stories around the world.

CMHA began hosting Ride Don't Hide community bike rides in 2012 with two events in BC. The annual event has since grown to become a national flagship program for CMHA across Canada with over 7,000 participants in 30 communities across 6 provinces.



Please RSVP by September 22

to Clara Chalifour at clara.chalifour@cmha.bc.ca or call 778-372-6325