

## MEDIA ADVISORY

FOR IMMEDIATE RELEASE

Tuesday, September 18, 2018

### 'Sweat the City' for National Depression Screening Day

**CALGARY** – Tuesday October 2, 2018 is National Depression Screening Day and the [Calgary Counselling Centre](#), [Gray Family Eau Claire YMCA](#) and the [Calgary Chamber of Commerce](#) are partnering together to host an all-day event focused on mental and physical health.

“National Depression Screening Day is an annual initiative in its eleventh year, where we offer free and anonymous online screening to the public”, explains Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. “As exercise has been proven to have a positive impact on emotional well-being, I think this event is great for the community to understand the link between physical and mental health. We’re excited to partner with the YMCA and the Chamber.”

This year, a number of fitness events will be held around Calgary to bring awareness to the benefits physical activity can have on mental wellbeing. Three events are being hosted by the Gray Family Eau Claire YMCA, which coincide with their 30<sup>th</sup> anniversary.

“We are pleased to support *National Depression Screening Day*” says Sandip Lalli, President and CEO of the Calgary Chamber of Commerce. “First and foremost, business is about people; they are at the heart of every business. Strong mental health helps people reach greater heights at work, at home and as members of our community. *Sweat the City* is an opportunity to get out of the office and nourish both mind and body.”

“As a partner in wellness in the Calgary community since 1902, and a Chamber member for 30 years, this partnership is a perfect way to celebrate our flagship location’s thirtieth year,” says Shannon Doram, President and CEO of YMCA Calgary.” This partnership demonstrates our shared commitment to community wellness, particularly for the Calgary business community.”

To participation and for information about the events on October 2<sup>nd</sup>, visit the [Calgary Chamber website](#).

The screening test will open on October 1, 2018 and can be accessed: [www.test4depression.com](http://www.test4depression.com)

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**About Calgary Counselling Centre:** Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the best client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, the Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation and divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

**About YMCA Calgary:** YMCA Calgary is a charity dedicated to building healthy communities. For 116 years, YMCA Calgary has been committed to nurturing the potential of children, youth and families, promoting healthy living and fostering social responsibility within the community.

**About the Calgary Chamber of Commerce:** The Calgary Chamber is an independent non-profit, non-partisan business organization. For 127 years the Chamber has worked to connect Calgary's businesses, help them grow and expand their influence in an effort to make the city an even better place to live and work for all.