



**SUMMER
PROGRAM**

MINDFUL MOVERS

**with Minds
Matter**

**Use movement and play outdoors to
encourage positive mental health!**

OKOTOKS

July 20 to 24, 2026

**11:00 am - 12:30 pm
Lions Campground**

**1:00 to 2:30pm
Okotoks Spray Park**

HIGH RIVER

August 17 to 21, 2026

**11:00 am - 12:30 pm
George Lane Park**

**1:00 to 2:30pm
High River Spray Park**