

**Amherstburg**

**MIND**

**BODY**

**& SOUL**





# WHAT IS IT?



- Amherstburg Mind, Body and Soul (AMBS) is an event that provides opportunities for individuals of all ages and backgrounds to learn about and/or engage in activities that promote physical fitness, positive mental well-being, and nourishment of the soul



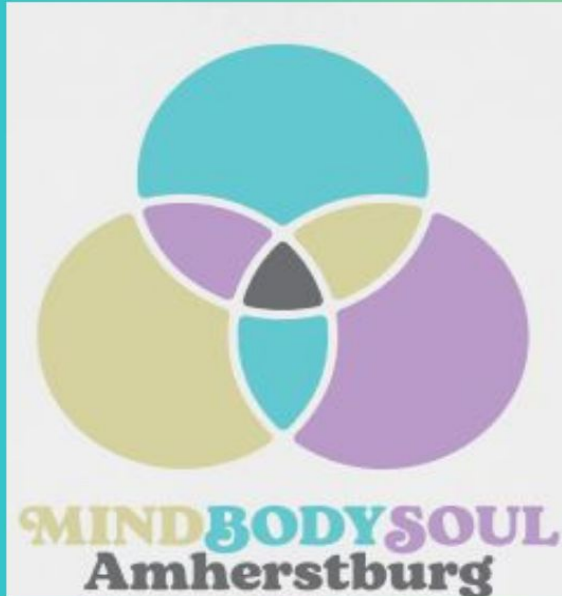
- It is an opportunity for various organizations in and around Essex County to collaborate to promote overall well-being



- It is a chance to foster a sense of belonging by providing a wide and diverse range of activities and resources
- It is a COMMUNITY-BUILDING event as well as way to showcase Amherstburg as a hub for healthy living
- It is the beginning of what we hope will become a well anticipated annual event for the town of Amherstburg
- It is a chance to support a specific charitable cause or organization within the local community



# WHO IS INVOLVED



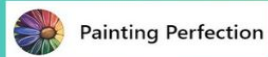
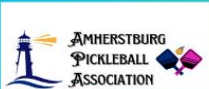
**SAVE THE DATE:**

**MIND, BODY  
&  
SOUL**

**FESTIVAL!**

**FRIDAY, JULY 19  
SATURDAY, JULY 20  
2024**

**LIBRO CENTRE A'BURG**  
DETAILS WILL FOLLOW



# Benefits to our Community of Amherstburg

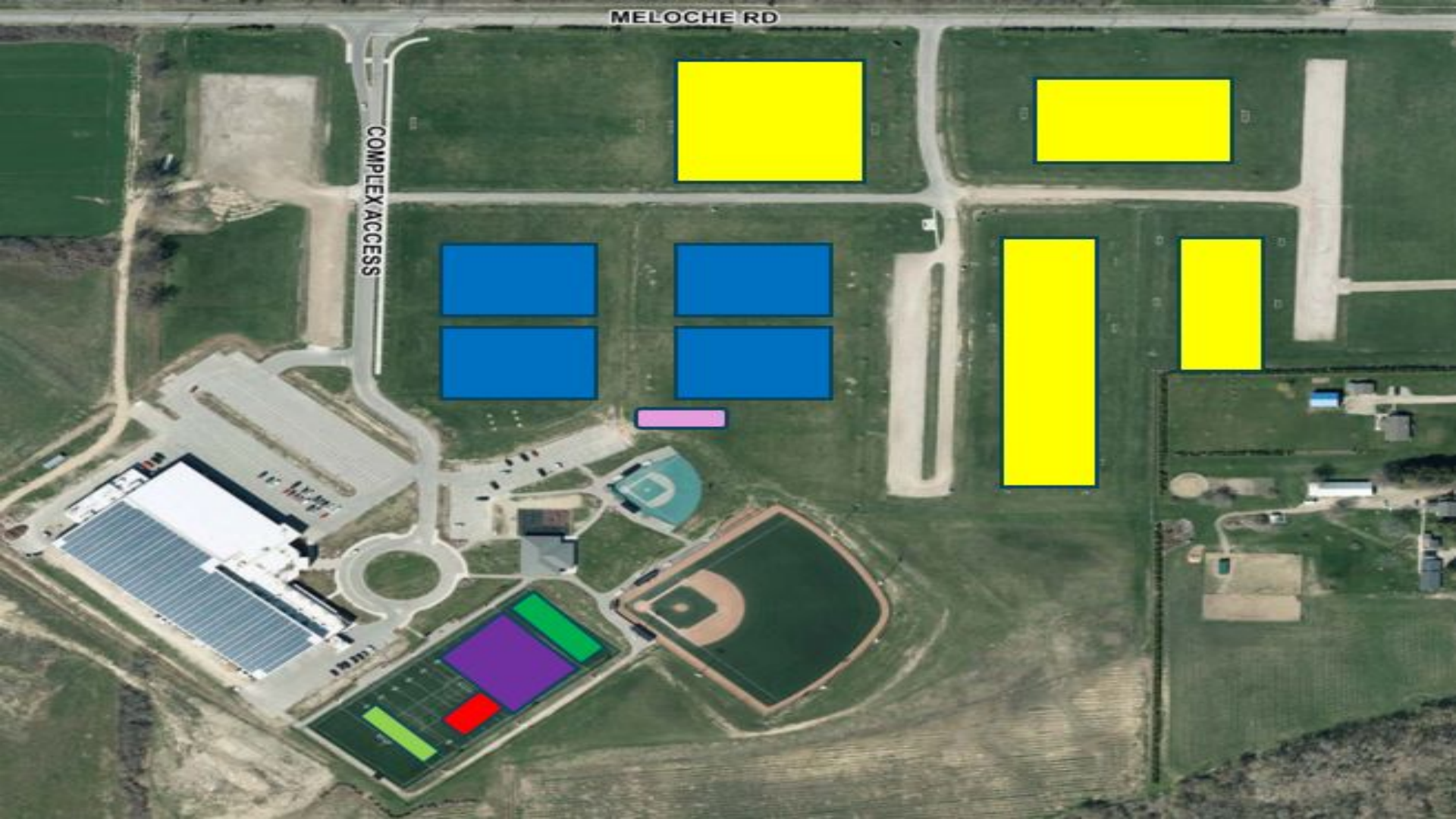


1. **Promotion of Physical Well-being:** Such events encourage physical activity, which is essential for overall health. By providing opportunities for exercise, towns can combat sedentary lifestyles and reduce the risk of obesity, heart disease, and other health issues.
2. **Community Building:** Health events bring people together, fostering a sense of community and belonging. Participants often meet new people who share their interests in leading a healthy lifestyle, strengthening social connections within the town.
3. **Improved Mental Health:** Regular exercise has been linked to improved mental health, including reduced stress, anxiety, and depression. Health events offer residents an outlet for stress relief and a chance to improve their mood through physical activity.
4. **Boost to Local Economy:** Hosting health events can stimulate the local economy not only through sports tourism but also by attracting visitors who may spend money on dining and shopping. Additionally, local businesses can sponsor or participate in the event, gaining exposure and potential customers.
5. **Enhanced Quality of Life:** Access to health-focused activities can improve the overall quality of life for residents. When towns prioritize active living events, they provide opportunities for individuals and families to engage in enjoyable recreational activities that contribute to their well-being.
6. **Educational Opportunities:** Health events often include informational booths where participants can learn about nutrition, fitness, and other aspects of a healthy lifestyle. These educational components empower attendees to make informed choices about their health.
7. **Environmental Benefits:** Encouraging active modes of transportation, such as walking and biking, can reduce carbon emissions and traffic congestion, leading to a cleaner and more sustainable environment for the town.
8. **Positive Public Image:** Towns that prioritize health and wellness demonstrate a commitment to the well-being of their residents, which can enhance their reputation and attractiveness to potential residents, businesses, and investors.
9. **Long-Term Health Impact:** By promoting healthy habits early in life, health events contribute to the prevention of chronic diseases and the promotion of longevity. Investing in community health initiatives can lead to long-term benefits for the town's population.
10. **Sense of Pride:** Successfully hosting health events can instill a sense of pride in the community, as residents recognize their town as a hub for health and wellness activities. This pride can further motivate individuals to participate in future events and take ownership of their health.



MELOCHE RD

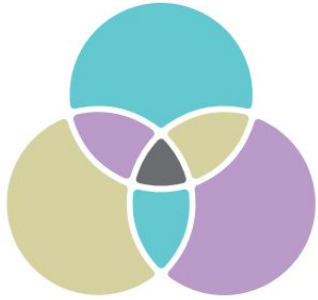
COMPLEX ACCESS





# HOW CAN YOU HELP

- Support our event through endorsement and participation
- Our event endeavours to build community by providing opportunities for healthy active, mindful, and soulful living, and foster collaboration among various organizations **through the volunteer efforts of the organizing committee**
- This is not for profit event; any registration/participation costs will be nominal with all proceeds (after expenses) donated to the charity of our choice: **Amherstburg Miracle League**
- As such, we are inviting your partnership and support by approving our request to have any rental fees associated with our event at the Libro Centre be waived



# Thank You

- Thank you for your time and consideration of our request
- We are happy to answer any questions