

Host Appleby College perfect fit for yogathon fundraiser

By Christina Jabalee,
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your mental health.

That is the message a group of Appleby College students are taking to their 725 classmates, and to anyone else they can reach in the community.

The 10 Oakville high school students run the Health and

Wellness Council, organizing activities such as putting on presentations and videos for their classmates and teachers.

Educating young people about mental illness helps them identify possible symptoms as early as possible.



It takes more than eating right and exercise to be fit. You also have to look after

It also fights the stigma that makes a challenging situation much worse.

So, when the Oakville office of the Schizophrenia Society of Ontario's (SSO) approached Appleby to host our Yogathon for Peace of Minds, we knew right away we had a perfect fit.

Appleby has a long history of being closely involved with the community. In fact, the prestigious school is celebrating its 100th anniversary.

With one in five Canadians living with a mental illness, entire communities must get involved to help their family, friends and neighbours live fulfilling lives.

Schizophrenia is a serious mental illness that often starts surfacing around age 15 or 16 — so educating young people is vital.

The illness is often characterized by a distorted perception of reality. In some cases, people may hear voices and see things that are not there.

Because of this, sometimes it may be difficult to convince them they need help because they may think they are totally fine, making family and friends the first line of defence.

That is why reaching out to young people is a core mandate for our Peace of Minds initiative.

Identifying and treating the

illness as soon as the symptoms start means people can get back to living their lives.

It also helps to reduce the potential negative consequences that can come along with missing major life milestones that further develop life skills, confidence and self esteem.

Appleby instructor Norine Khalil, a trained dietitian and Appleby College alum, notes that the connection between health and yoga is undeniable.

Khalil practises yoga and also uses it as a relaxation exercise for students, including some of the 275 students who attend the school.

"The connection between health and yoga is undeniable... While we have health resources and staff on hand when needed, yoga is a great way to reduce stress."

*Norine Khalil,
dietitian and
Appleby College alum*

"They are away from friends and family, so they confide in you," Khalil said.

"While we have health resources and staff on hand when needed, yoga is a great way to reduce stress."

Appleby College is hosting one of SSO's two Yogathon events, the other is in Toronto, on Feb. 25.

The gymnasium can accommodate about 200 people for yoga.

First-timers are more than welcome.

Appleby College has its own Yogathon team and it aims to raise \$800.

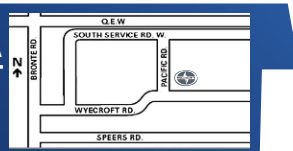
If you want to help them succeed, you can donate directly by visiting www.yogathon.ca and searching for team Appleby College.

— Submitted by the
Schizophrenia Society
of Ontario, Halton

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