

S W I M F O R M E N T A L H E A L T H



The fifth annual Swim for Mental Health, founded and organized by Oakville's Frank Zamuner, right, raised more than \$22,000 for the Halton Healthcare Services' mental wellness Navigator Program — the funds will be matched two-and-a-half times by community foundations Amarna and the Mental Wellness Network. Approximately 60 people participated in the swim and a walk (a first this year) at Appleby College Sunday. Zamuner founded the swim as a means to fundraise for local mental health programs after he experienced the challenge of living with depression in the wake of heart surgery. At left, top, members Oakville hospital's mental health team, The Mindful Minnows, from left: Angela Everest, Jennifer Oppen and Tim Deakon. Below from left, Lindsay Diamond, 6, made a new friend at the inaugural walk, 10 week-old pup Cayenne. Participants set out on their walk. Claudia Policarpo swims her lengths for the cause. Daniel White registers for the walk.

| photos by James  
Hoggett  
- special to the Beaver



A photograph of a woman with brown hair, wearing a blue plaid shirt, holding a young child with blonde hair, wearing a red shirt and a colorful scarf. They are both smiling and looking at the camera.



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