



January: Just Join In!



If you want to Stay Fit, Stay Engaged and Stay Connected (as our MVP slogan says), then it is time to join in.

This month, for the first time ever, our MVP program has a schedule of group classes and we can't wait for you to join the fun.

Joining in is about belonging. It is a way of creating meaning through group class participation.

Some might say that participating in something is a personal experience, which can be true. However, when surrounded by other people, you get to reap the benefits of the group: motivation, mutual support, fun and much more!

Of course, your Veteran peers and your group leader will play an important role in your personal experience when you attend these

new MVP classes and activities. Joining in can help you feel appreciated, understood and respected, and you will create the same kind of feelings for those around you as well.

Joining in is a unique step, in breaking cycles of isolation and fear of judgement. It is a proven strategy for finding purpose, caring for yourself and can support your recovery toward improved mental health and a balanced lifestyle as well.

If we all want to Stay Fit, Stay Engaged and Stay Connected, it starts when we join in.

Check out our MVP 'Vitality for Vets' schedule and join me on the gym floor.

Until next time,

Kerri

Don't forget to join the private MVP+ Facebook Group!



Vitality for Vets

A health and wellness MVP program specifically designed for military veterans. Check out the January to March schedule of group classes [here!](#)



The New Year Quiz!

What does 'Living in the Green' mean? 'The Green' refers to a Healthy state of mental fitness within the Mental Health Continuum Model (MHCM), something you may have seen before. [Read More...](#)

Contest

What MVP+ Class or Activity will you join? Tell us for a chance to win a prize!

[Begin](#)

****Contest only allows for those participating to win once each fiscal year.****

Congrats to last month's winner, J & G Neufeld!!

Follow along with Kerri as she teaches you how to make a post-holiday craft!



MVP+

11 Navy Way, Kingston
Ontario K7K 7B4 Canada

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