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Have you heard about Move it for Young Minds? This year's event takes place on August 26th in Barrie, with proceeds supporting the future Child and Youth Inpatient Mental Health Program at RVH. It truly is an event for anyone and everyone. Bring your friends...bring your family. For more information, to purchase tickets or to make a donation - visit <http://mfym.ca/> #TeamRVH #HeartsAndMinds #MentalHealthMatters #MFYM



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A few weeks ago our good friend Amber Sitara McAuley approached us to record a promo for the charity Move-It for Young Minds. So, we recorded some comments with...

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