

# The Pacific Beach / La Jolla

Mood Walk / Run / Swim / Boogieboard / Surf

## Exercise Group

### WHERE and WHEN

#### THURSDAY

5pm in front of La Jolla VA Hospital (walk/run before DBSA San Diego support group meeting)

#### SUNDAY

10:30 am at Tourmaline Beach, Pacific Beach, San Diego (walk/run/swim/boogieboard/surf)  
(On Tourmaline Beach, meet at the bottom of the stairs that are attached to the big red building P.S. 18. The top of these stairs are located where Loring Drive in Pacific Beach dead ends into the Pacific Ocean. A few blocks north of the stairs is a parking lot located where Tourmaline Drive dead ends into Pacific Ocean.)

### BENEFITS

Each exercise session helps the brain by the following mechanisms:

- ✓ Serotonin antidepressant mood elevators
- ✓ Dopamine/norepinephrine antidepressant stimulants
- ✓ Endorphin pain reducers
- ✓ Sunlight which reduces depression producing Melatonin in the brain
- ✓ Temporarily frees us from the four walls/couch/TV which facilitate depression
- ✓ Regulates bipolar mood rhythms

#### COORDINATOR

John Keltner (cell phone 619.838.0519)

John may not actually be present each day, but he will be the coordinator each day.

#### OTHER TIMES

Please FEEL FREE to take the initiative to contact John with other dates and times when people can meet you for some group exercise.

#### DISCLAIMER

This is a social activity and neither John Keltner, nor anyone else in the group, is liable for any participant's well-being or safety.