



FOR IMMEDIATE RELEASE

July 20, 2011

Triathletes Raising Money in support of Mental Health and Addictions Programs

St. John's, NL – The annual Tri for Health was kicked off today at the Waterford Hospital. The event, taking place on August 28, 2011 at Whiteway's Pond, Torbay, will support inpatient and outpatient Mental Health and Addictions programs offered through the Waterford Hospital.

“We are very appreciative of the efforts of the Tri for Health organizing committee's efforts,” said Beverly Clarke, Vice President responsible for Mental Health and Addictions Programs at Eastern Health. “Their support to promote healthy living options for inpatients and outpatients is essential in creating overall mental wellness”.

Research continues to show a positive link between exercise and improved mental and physical well-being. “Exercise is an essential part of my life,” said Shannon Fisher, Tri for Health Volunteer Spokesperson. “I have battled depression for many years and exercise is a key element in managing my health. I am so pleased to be a part of this great initiative, and to raise money and awareness for mental health and addictions programs.”

Tri for Health is a Triathlon that consists of a 750 metre (m) swim, a 20 kilometer (km) bike ride and a 5 km run. There is also an option to do a “Try a Tri” distance, which is a 375 m swim, a 10 km bike ride and a 2.5 km run. “We recognize that the Mental Health and Addictions Programs have many needs. Donations we receive from this event will be used for recreation and exercise equipment to benefit people who suffer from mental health and addictions, said Mike Rudofsky. “Knowing that we are making a difference and helping other people gives the participants of this event added incentive to train for the Triathlon and raise money along the way.”

The Health Care Foundation is a registered charitable organization, established to support the adult hospitals of St. John's. All fundraising goes towards the purchase of vital medical equipment and technology, to enhance patient care and comfort, and to fund health research and education. Your support benefits the patients of St. Clare's Mercy Hospital, General Hospital, Dr. Leonard A. Miller Centre, Waterford Hospital and the Dr. Walter Templeman Health Centre (Bell Island). These hospitals provide crucial health care services for people all across Newfoundland and Labrador.

Media Contact

Sonya Smith
Manager Annual & Planned Giving
Health Care Foundation
Tel: (709) 777-5901
Cell: (709) 697-1469
Sonya.smith@healthcarefoundation.ca
www.healthcarefoundation.ca