



**Media Release
August 4, 2009**

Triathletes Raising Money for Patients of the Waterford Hospital

ST. JOHN'S, NL – On August 9, a team of individuals will attempt to complete the 25th Annual St. John's Triathlon to raise money for mental health. **Team Mental Health NL** has set a fundraising goal of more than \$3500 to purchase items for recreation programs for patients of the Waterford Hospital.

Team leader, Mike Rudofsky, says, "We recognize that the Waterford Hospital has many needs and receives limited funding. Donations we receive for this project will all be used to purchase recreation and exercise equipment to benefit patients of the Waterford. Research continues to show a positive link between exercise and improved mental well-being. Knowing that we can make a difference to help other people has really given us added incentive to train for the Triathlon."

The St. John's Triathlon consists of a 1000m swim, a 46km bike ride and a 10km run. This will not be an easy task for the team. Rudofsky adds that he and most of his teammates are not professional triathletes. "Four of us are entirely new to this sport. In fact, some of us could barely swim before we started training and most of us only recently took up biking!" They hope that the hundreds of hours they have spent training will pay off and that the public will support their fundraising efforts to help mental health patients become more active and engaged in recreational activities.

Dr. David Attwood, clinical chief of Eastern Health's Mental Health Program, believes this project is a great fit for the program. "Promoting healthy living options for our patients is an essential piece of creating overall mental health. The Mental Health Program of Eastern Health truly appreciates the efforts of these tremendous athletes."

Donations can be made by calling the Health Care Foundation at (709) 777-5901, referencing the Triathlon project; or by visiting the Foundation website, www.healthcarefoundation.ca/events-programs/triathlon, to make an online donation.

-30-

Media Contact:

Dr. David Attwood
Clinical Chief
Mental Health Program – Eastern Health
(709) 777-3322
david.attwood@easternhealth.ca

Lisa Gushue
Development Officer, Communications & Donor Stewardship
Health Care Foundation
(709) 777-5926
lisa.gushue@healthcarefoundation.ca

About the Health Care Foundation:

The Health Care Foundation is the official fundraising organization for the adult hospitals in St. John's. Formed in 2002, following the amalgamation of the General Hospital Health Foundation, St. Clare's Mercy Hospital Foundation, and the Waterford Foundation, its mandate is to raise money for the purchase of vital medical equipment and technology, enhance patient care, and fund health research and education. The Health Care Foundation supports and funds the General Hospital (Health Sciences Centre), St. Clare's Mercy Hospital, Waterford Hospital, Dr. L.A. Miller Centre, and the Dr. Walter Templeman Health Centre. Additional information on the Health Care Foundation can be found at www.healthcarefoundation.ca.