



CANADIAN MENTAL HEALTH ASSOCIATION
WINDSOR-ESSEX COUNTY BRANCH

L'ASSOCIATION CANADIENNE POUR LA SANTE MENTALE

FOR IMMEDIATE RELEASE
Friday, May 1, 2009

Community springing into action this weekend in LaSalle

WINDSOR – The Windsor-Essex community will be springing into action this Sunday at the Vollmer Recreation Complex in LaSalle.

The Canadian Mental Health Association Windsor-Essex County Branch (CMHA-WECB) first annual Spring Into Action Walk/Run will take place Sunday, May 3rd beginning at 9 a.m. at the Vollmer centre.

“We know how connected our physical health is to our mental health,” says CMHA-WECB Chief Executive Officer Pam Hines. “This event celebrates good physical health and combines it with raising money for mental health programs in Windsor-Essex. What a great fit!”

The Walk/Run includes a 2K, 5K and 10K route for both walkers and runners. A \$10 registration fee is required to participate and walkers/runners are encouraged to collect pledges.

The event is followed with a bbq and entertainment for all participants. Registration begins at 9 a.m. and the walk/run starts at 10:30 a.m. The Vollmer Complex is located in LaSalle just behind Sandwich Secondary School off of Malden Road.

The CMHA-WECB has a vision of “mentally healthy people in a healthy society”. For more information please visit www.cmha-wecb.on.ca. The walk/run kicks-off 2009 Mental Health Week – an annual celebration of mental health throughout Canada.

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For more information about this event, please contact:
Patti Lauzon, Director of Advancement, at 519.255.9440 ext. 224.

www.cmha-wecb.on.ca