



## Get Ready for the 8<sup>th</sup> Annual GNP Mile

**For Release:** April 5, 2006

**COBOURG** – Susie and James Jin, of General Nutrition Pharmacy in Cobourg, are pleased to announce that Saturday, May 6th, 2006 has been set for the 8th Annual GNP Mile in support of the Northumberland Hills Hospital's Diabetes Education Program.

The GNP Mile is a run or walk through the GNP neighbourhood. The walk/run will start and finish from the General Nutrition Pharmacy, located at 464 Division Street in Cobourg.

“We are pleased to be once again hosting this event in support of our hospital”, says James Jin, “Our goal this year is to purchase a Vital Signs Monitor for the Diabetes Education Program of the hospital.”

The Vital Signs Monitor is a small, transportable unit that medical staff can take right to a patient’s bed-side. The monitor has the ability to quickly measure a patient’s vital signs including blood pressure, temperature and oxygen level in their blood.

Since 1999, General Nutrition Pharmacy has raised over \$23,000 for new equipment for the hospital.

Check-in time for the GNP Mile is 10 a.m. on May 6th, 2006 at General Nutrition Pharmacy and the run gets underway at 10:30 a.m. Top prizes are available for the three fastest male and female runners.

Entry to this community event is free, but any donation over \$20 will go towards the Northumberland Hills Hospital Foundation. Participants will also receive a **free GNP Mile gift** and a chance to win great prizes including an I-Pod. The event is open to runners and walkers of all ages.

For more information and registration, please contact

James and Susie Jin, General Nutrition Pharmacy, (905) 372-8GNP(8467)  
[www.gnp.ca](http://www.gnp.ca)

John Russell, Development Coordinator, Northumberland Hills Hospital Foundation, (905) 372-6811, ext. 3065