NEWS RELEASE – FOR IMMEDIATE RELEASE

Bring your sneakers! Annual "*Walk and Roll*" set for Friday, May 9

NORTHUMBERLAND COUNTY, Wednesday, April 30, 2008 – NHH's physiotherapy team has joined efforts with Health for Life again this year to organize the annual *NHH Walk and Roll* in celebration of National Physiotherapy Month (April 22 – May 19).

Registration is FREE and a range of prizes will be up for grabs for staff, volunteers and community members alike who lace up their sneakers and head out on the one-kilometre path around the hospital. Participants get to "roll" giant dice at four stations along the route and prizes will be awarded to those with the highest score. The whole route only takes about 15 minutes to complete, and the excitement is guaranteed to get your heart rate up!

The walk begins at 11:30 AM on Friday, May 9 and walkers simply need to show up at the registration table at the main stairs by the hospital's Main Street Bistro between 11:30 AM and 12:30 PM. Physiotherapy staff and hospital Auxiliary volunteers will be on hand to direct walkers on their way!

Walking is a healthy, weight-bearing exercise that can provide a total body workout. As a "health-promoting hospital" NHH is proud to host this annual event. The path circling the hospital was designed with just these sorts of joint hospital/community events in mind. Let's get out there! For further information please contact Jennifer Gillard at 905-377-7757 or jgillard@nhh.ca.

About Health for Life – www.hkpr.on.ca/healthforlife

About Northumberland Hills Hospital – The Northumberland Hills Hospital (NHH) is located approximately 100 kilometres east of Toronto. The 137-bed acute care hospital delivers a broad range of core services, including medical/surgical care, complex/long-term care, rehabilitation, palliative care, obstetrical care and intensive care. NHH also sponsors a Community Mental Health Centre and an Assertive Community Treatment Team. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs over 500 people and is an active member of the Central East LHIN. For more information, please visit www.nhh.ca.

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