NORTHUMBERLAND HILLS HOSPITAL

inspiring strength, dignity and compassion

MEDIA ADVISORY – FOR IMMEDIATE RELEASE

Bring your sneakers!
Annual "*Walk and Roll*" to take place this Friday, May 8 at NHH

NORTHUMBERLAND COUNTY, Monday, May 5, 2008 – NHH's physiotherapy team has joined forces with Health for Life again this year to organize the annual *NHH Walk and Roll* in celebration of National Physiotherapy Month.

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 sure to get your heart rate up!

The walk begins at 11:30 AM on Friday, May 8 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 walking trail circling the hospital—dedicated to the honour of the late Ross Michael Troop in June 2008—was designed with just these sorts of joint hospital/community events in mind. For further information please contact Jennifer Gillard at 905-377-7757 or jgillard@nhh.ca.

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

About Northumberland Hills Hospital – 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 services, including emergency and intensive care, medical/surgical care, complex/long-term care, rehabilitation, palliative care and obstetrical care. A variety of ambulatory care clinics are also offered at NHH. In addition to these, 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 close to 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of the Central East LHIN. For more information, please visit www.nhh.ca.

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