



**Yee Hong Community
Wellness Foundation**

頤康基金會

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News Release

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100 YEAR-OLD PROVES THERE IS NO AGE LIMIT TO WELLNESS *At Yee Hong's "Spring Into Wellness" Launch*

MARKHAM – With a swing of the putter, 100 year old Mrs. Fung Chin proved that there is *no age limit to wellness* at Yee Hong's "**Spring Into Wellness**" event at Market Village. Fung Chin is one of Yee Hong's regulars who, along with her daughter Yuen Yung (71), joins us every Friday to enjoy the *Congregate Dining* community program. Because Mrs. Fung and her Yee Hong community care about wellness, they came out to laugh, play mini-golf, line-dance and inspire others to join in the fun and games.

"**Spring Into Wellness**" is a brand new slogan for Yee Hong's spring program series which also launched the **Spring for Seniors Raffle**. Volunteers were on hand to sell tickets for a chance to win the Grand Prize a 2006 GM Pontiac Vibe on display at the Market Village for the weekend.

Also, the **HSBC Bank Canada Yee Hong Golf Tournament**, our 10th anniversary tournament was announced to be held on Monday, June 5, 2006 at a new venue – the Eagles Nest Golf Course. Renowned to be one of the best!

As part of the series, Yee Hong is having a **Slogan and Logo Contest** for our "**Spring Into Wellness**" series. We are excited to hear from the public on how to best translate, "**Spring into Wellness**", in Chinese. We need a great logo that will depict the different aspects of wellness. This contest is open to the public and the winning design will be revealed on June 4, 2006. Finally, "**Spring Into Wellness**" takes a new spin on our traditional **Walk and Roll Event** which will continue to be held on June 17 in Mississauga and June 18 in Scarborough. In addition to these days, we are introducing the "**Wellness Weeks Program**" and incentives for the entire family which will be a customized wellness plan. Pick up the pledge forms in the coming weeks and create your own personal wellness plan, encourage your senior to make their own wellness plan and get pledges that will also help our Yee Hong community.

Established in October 1994, Yee Hong is changing people's perceptions of nursing homes with our wide range of high quality and culturally appropriate senior services. The Yee Hong Community Wellness Foundation is a charitable organization that raises necessary funds to support the facilities, services and programs of the four Centres in Scarborough, Markham and Mississauga. For more info, please visit www.yeehong.com.

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