



YEE HONG FAMILY WALK & ROLL TO WELLNESS
SATURDAY, JUNE 17, 2006 - MISSISSAUGA
SUNDAY, JUNE 18, 2006 – SCARBOROUGH FINCH

News Release

For Immediate Release
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Hundreds join in Laughter Yoga & Line-Dancing in the Street ...for Walk & Roll 2006

SCARBOROUGH – Hundreds of Yee Hong seniors and their families laughed their way to wellness at the **8th Annual Yee Hong Family Walk and Roll to Wellness** on June 18 to celebrate seniors on Father's Day. Dr. Joseph Wong joined in fun and social exercises such as laughter yoga, Tai Chi, and line-dancing to help raise funds for Yee Hong. Today's important fundraiser is the grand celebration and finale of **Wellness Weeks** which encourages everyone to focus on wellness.

After the ceremonial walk, participants formed a human chain spelling *Yee Hong* from an aerial view. In Chinese, Yee Hong means "wellness" in a holistic sense. June is Seniors' Month, and this year's theme across Ontario is *Active Living, Healthy Living*. This year's Walk & Roll had many wellness experts to offer tips and services for a healthier and longer life.

The **TD Corporate Challenge** had an inter-generational twist this year. Younger participants engaged seniors in fun and games as well as a wheelchair race. The live band, **Young Once**, performed music from the 60s, '70s and '80s while **Raindrops** dancers gave a few line-dancing lessons. **Master Sifu Tang, Hong Kei, High Park Laughter Club** and **Alliance Française** all participated throughout the fun day.

About Yee Hong: 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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