



**Yee Hong Community
Wellness Foundation**

頤康基金會

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NEWS RELEASE

FOR IMMEDIATE RELEASE

May 14, 2007

**Ministers of Health Promotion and Revenue take a lesson from 85-year-old Chinese Master
-- Tai Chi Sifu shares Ancient Secret at Spring Into Wellness Launch!**

Monday, May 14, 2007

10 a.m. - 12 p.m.

**Yee Hong Centre - Scarborough Finch
60 Scottfield Drive, Scarborough**

(SCARBOROUGH) Today 85-year-old Master Tang shared an ancient Chinese wellness secret with the Ministers of Health Promotion and Revenue – physical and mental exercise, and *giving back* to your community.

The Honorable Jim Watson and the Honorable Michael Chan joined in some fun and philanthropy at the launch of the annual **Spring Into Wellness** fundraising campaign at the Yee Hong Centre for Geriatric Care. After touring Yee Hong’s state of the art facilities that promote wellness at all stages of life, Watson and Chan tried their hand at Tai Chi, including Tai Chi Sword and joined the Raindrops Line-Dancers to kick-off the wellness campaign.

Master Tang, who has practiced Tai Chi for nearly five decades and resides at the Yee Hong Aw Chan Kam Chee Evergreen Manor, led the Ministers and hundreds of other guests in Tai Chi activities to stay healthy and help others by raising needed funds. Since retiring from teaching martial arts, Master Tang keeps fit by volunteering at the Yee Hong Centre for Geriatric Care leading Tai Chi classes for nursing home seniors four days a week: taking care of one’s health and giving back - the ancient secret to staying well. Master Tang embodies the Yee Hong motto of living life to the fullest.

“The Yee Hong Community Wellness Foundation understands that as people age it is important to lead healthy and active lives, and **Spring Into Wellness** month is the perfect example,” said Ontario’s first minister of Health Promotion Jim Watson. “I support their great effort to create and engage in wellness activities and ensure that their members lead their lives to fullest.”

Spring Into Wellness is a month-long wellness campaign designed for people of all ages to help themselves and others at the same time. **Wellness Month** also raises money for seniors services and will culminate with the **2007 Yee Hong Family Spring Into Wellness** during the June 9 & 10 weekend. While participants focus on their physical, spiritual and emotional wellness, they will also exercise their social responsibility and *philanthropic wellness* and pledge funds to ensure Yee Hong services reach those who need it. Great incentive prizes for those who reach fundraising goals. A special draw for those who raise \$500 or more to win airfares to China for a fabulous tour of the Wudang Mountain, ancient temple where Tai Chi originates (courtesy of Chartwell Travel & Tours). For more information about the event or Yee Hong’s continuum of care services, please see yeehong.com.

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