



**Press Release
For Immediate Release**

JUNE 13, 2009

2009 SPRING INTO WELLNESS CONTINUED IN SCARBOROUGH

(SCARBOROUGH) *Spring Into Wellness* organized by Yee Hong Community Wellness Foundation continued at Yee Hong Centre – Scarborough Finch on Saturday, June 13, 2009 after the successful completion at Yee Hong - Mississauga last weekend. More than 500 people in total participated in the two consecutive fun-filled Saturdays.

“June is Seniors’ Month. It is an opportunity for us to recognize and value the contributions made by seniors.” said Dr. Joseph Wong, Chair of Yee Hong Community Wellness Foundation. “The theme of Spring Into Wellness this year is *To Honour Yee Hong Seniors*. With strong roots in the Chinese Canadian community and our respect for seniors, Yee Hong strives to provide a caring community for our seniors of different backgrounds and needs to live their lives to the fullest.”

The day began with hundreds of walkers stretching and getting ready for the 2.2km walk. After the eye-dotting ceremony, the “lions” awoke and officially began the walk to Chartwell Shopping Centre. At the destination, participants enjoyed Line Dance, Kung Fu and Tai Chi Demonstrations and karaoke. Walkers were also offered free massages and complimentary family portrait!

“Thank you for making a commitment to walk in honour of the seniors,” said Florence Wong, CEO of Yee Hong Centre for Geriatric Care. “The support from walkers, corporate sponsors and our cherished volunteers is critical as Yee Hong strives to continue its outstanding care for seniors across the GTA.”

All participants in the Spring Into Wellness who raised \$100 or above were eligible to enter into the draw for a trip for two to Hong Kong, with an approximate retail value of \$3,600 including two flight tickets and several one-day local tours in Hong Kong.

In addition, as part of the Spring Into Wellness this year, there is a Photo Contest for the best image that reflects the ‘Inner Smiles’ at the event. Entries will be judged based on content, image, quality, creativity, relevance and overall visual appeal. The winning photo will be published in the Ming Pao Saturday Magazine and in the Yee Hong Annual Report.

-30-

Media Contact:

Hilda Chow
Communications and Public Relations Officer
416-321-0777 ext. 1840
hilda.chow@yeehong.com

