



For Immediate Release

**2009 SPRING INTO WELLNESS: HONOURING YEE HONG SENIORS
UNVEILED IN MISSISSAUGA**

(MISSISSAUGA, JUNE 6, 2009) Hundreds came out in honour of seniors as they participated in the annual Spring Into Wellness today at the Yee Hong Centre - Mississauga. Organized by the Yee Hong Community Wellness Foundation, this fundraiser also aimed at bringing family together for wellness activities..

“June is Seniors’ Month and I’m truly delighted to see many family of our residents and program participants take part in this year’s Spring Into Wellness,” said Florence Wong, CEO of Yee Hong Centre for Geriatric Care. “This not only helps build a caring community but also raises funds for Yee Hong as pledges raised will go toward programs and services for our seniors.”

The day began with more than a hundred walkers stretching and getting ready for the 2.5km walk. After the eye-dotting ceremony, the ‘lions’ awoke and officially began the walk. For those who did not walk, they participated in the ping pong tournament, Chinese chess games and karaoke. Aside from friendly competition, participants were encouraged to raise pledges prior to the event.

“Our success relies on the community’s support,” said Pauline Tong, President of Yee Hong Community Wellness Foundation. “I would like to take this opportunity to thank all the corporate sponsors, our cherished volunteers and various Yee Hong social services program participants. Their support is critical as Yee Hong strives to continue is outstanding care for seniors across the GTA.”

The sponsors for this year’s event include: Ming Pao Daily News, Bank of Montreal, HSBC Bank Canada and Toroncolor Photography Association. Yee Hong would also like to acknowledge the support from Yee Hong Centre Family Council, Dr. Paul Tam, RBC Royal Bank, and the Northern Legs & Southern Fists Lion Dance Group.

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.

Spring Into Wellnss 2009 continues next Saturday as the walk and a host of fun activities will take place in Scarborough, starting from Yee Hong Centre – Scarborough-Finch.

Media Contact:

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

