



**Yee Hong Community  
Wellness Foundation**  
頤康基金會



**Press Release  
For Immediate Release**

**JUNE 14, 2008**

**2008 SPRING INTO WELLNESS CONTINUED IN SCARBOROUGH**

(SCARBOROUGH) *Spring Into Wellness* organized by Yee Hong Community Wellness Foundation was held at Yee Hong Centre – Scarborough Finch on Saturday, June 14, 2008. Hundreds of people participated in the fun-filled day.

“*Spring Into Wellness* aims at promoting wellness to the public by encouraging the whole community to live life to the fullest and to focus on daily good health,” said Dr. Joseph Wong, Chair of Yee Hong Community Wellness Foundation. “The focus of the event, as stated in its name, is ‘wellness’. We achieve that by doing fun physical activities, including a Walkathon, the Wii Challenge and various games. We also have three Wellness Seminars and a Cooking Contest that challenges the contestants’ culinary skills in preparing healthy dishes.”

Besides, Street Fair was another highlight of the event. Many people came to visit various food booths with nutritious and delicious food including skewered fish ball, soy milk, tofu dessert, healthy drinks, vegetarian food and so on. Every dollar counts as money raised will go toward Yee Hong’s services for seniors. Thanks to all the “chefs” from the vendors and Yee Hong Garden Terrace!

“Thank you for the community’s enthusiastic participation and congratulations on making a commitment in doing wellness activities,” said Pauline Tong, President of Yee Hong Community Wellness Foundation. “Some people often equate fundraising success with a dollar amount. But we also need to evaluate success by looking at the awareness and the quality of support. On those two fronts, I am proud to say that we have done an outstanding job with *Spring Into Wellness* as an excellent example!”

The sponsors of *Spring Into Wellness* 2008 include: Mississauga Event Co-organizers: Mississauga Board of Chinese Professionals and Businesses, The Mississauga News; Wellness Cruise Sponsor: Ucruising Canada; Wellness Super Star Sponsor: Toronto Community News, The Scarborough Mirror; Wellness Sponsors: HSBC, Laser Reproduction, Braiten Marketing, The Landmark; Wellness Cooking Contest Sponsor: Dragon Dynasty; Event Apparel Sponsor: KNP Headwear; Exclusive Chinese Press Sponsor: Sing Tao Daily; Media Sponsors: The Mississauga News, Fairchild radio; Event Bottled Water Sponsor: Aqua Technologies Inc. - Michael Chiu; Prize Sponsors: Alpha marketing, Lewis Builds Corporation.



The Yee Hong Centre for Geriatric Care is a non-profit organization dedicated to delivering high quality and culturally appropriate services to seniors in the Greater Toronto and the surrounding areas. Our mission is to enable seniors to live life to the fullest – in the healthiest, most independent and dignified ways. The Yee Hong Community Wellness Foundation is the fundraising, communications and public relations arm of the Yee Hong family. The Foundation raises all necessary funds to cover the operation expenses of the services and programs offered by the Yee Hong Centre for Geriatric Care.

For more information about the event, please our website at [www.yeehong.com](http://www.yeehong.com) or contact the Yee Hong' Community Wellness Foundation at 416-321-0777.

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