

Tri-Health Media Release

Date: February 1, 2007



FEBRUARY IS HEART MONTH

The Heart and Stroke Foundation of Ontario, Tri-Health and 1000 Islands Mall have partnered to present Love Your Heart – Activity Challenge, Finding Answers For Life, on February 15 and 16.

Come out to the 1000 Islands Mall in Brockville to enjoy the benefits of walking in a safe and comfortable environment. Have some fun by registering for the Activity Challenge from **7:30 a.m. to 9:00 p.m.** Try to answer the questions as you walk around the mall.

We are inviting the public, local businesses, schools and the Senior Olympic participants and visitors to join the *Activity Challenge*. Registrants will search the mall for answers to specified heart health questions. Participants will have to walk the entire mall and even go into participating stores to find these answers. Participating stores will be identified with red balloon hearts. **The winner will be awarded \$300 in gift certificates provided by the 1000 Islands Mall.**

Health related Tri-Health partners will also provide displays. This two-day event could definitely be a “hearty” one, especially after Valentine’s Day.... think health, think red, think heart. Please assist us in helping you to make this the best heart month ever.

-30-

**Contact: Ann Henry, Heart and Stroke Foundation, 613-345-6183
or Alexis Green, Tri-Health Coordinator, 613-345-5685**