

**Healthy Communities Partnership
MEDIA RELEASE**

October 17, 2012

**Paralympian To Speak At Recreation Summit
Ottawa's Jason Dunkerley – Winner of 5 Paralympic medals!**

Smiths Falls, Ontario – Jason Dunkerley, who has won 5 Paralympic medals, will be the keynote speaker at the second Recreation Summit to be held Wednesday, November 14, at the Smiths Falls Memorial Community Centre. At the recent London Paralympic Games the visually impaired Dunkerley, 35, and his guide Josh Karanja, won a silver in the 5,000-metre race and a bronze in the 1,500-metre race. With previous guide Greg Dailey, he won 1,500-metre silver at Sydney in 2000 and at Athens in 2004, and a bronze at Beijing in 2008.

The Recreation Summit, sponsored by the Healthy Communities Partnership, brings together those in Lanark, Leeds & Grenville who are involved in planning, promoting, providing and sponsoring healthy physical activities. Interests can range from safe walking paths to schools to low-impact exercise classes for older adults. The complete agenda and list of speakers will be released soon. Registration is required (\$15) with lunch included. To register contact Lianne Arndt, email: lianne.arndt@healthunit.org, phone: (613) 283-2740.

About the Healthy Communities Partnership: Lanark, Leeds & Grenville

The HCP: LLG works together to make the healthy choice, the easy choice with a vision of 'Healthy people in Lanark, Leeds & Grenville, who live, learn, work and play in healthy communities'. Their current priorities include: create and promote a Healthy Community Charter, foster policies that promote mental well being and resiliency and access to physical activity, sport and recreation and facilitate coordinated planning, action and policy development.

For more information please visit: www.healthyllg.org

-30-

Contact:

Bonnie Schnittker, 613-283-2740