

**Nature's
EMPORIUM**

presents

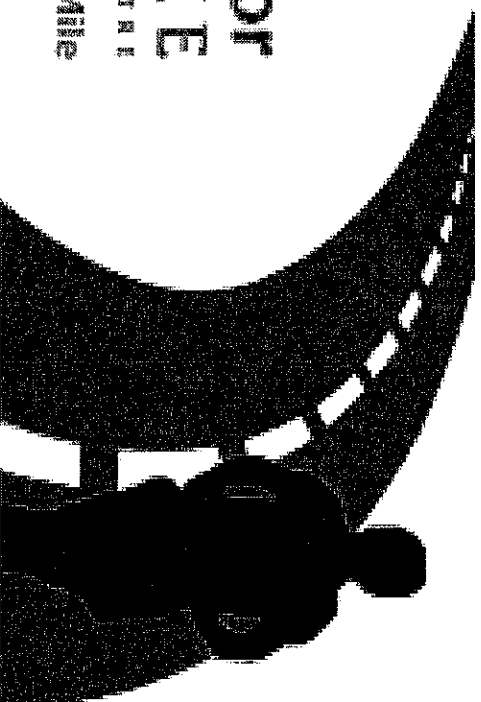


Run or Walk for

SOUTHLAKE

REGIONAL HEALTH CENTRE

10K • 5K • 2.5K • Kids Mini Mile



Sunday, April 27, 2014

Aurora Community Centre

runforsouthlake.ca

Meet Sal...

An annual participant in the Run or Walk for Southlake since 2010.

On July 18, 2012, while filling water bottles for the family to head out to his daughters' soccer game, Sal went into cardiac arrest, collapsing in his kitchen.

Rushed to Southlake, staff saved his life again as he went into a second cardiac arrest in the Emergency department.

After 10 days at Southlake, physicians implanted a defibrillator under Sal's clavicle, which monitors the rhythm and deliver a shock if he is in danger, allowing him to reclaim his life as a husband, father and avid runner.

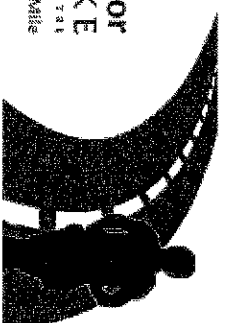
AND...

In 2013, Sal ran the 5K with his wife and their kids ran the Mini Mile.



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**"You realize how lucky you
are when you're at your
child's birthday party."**



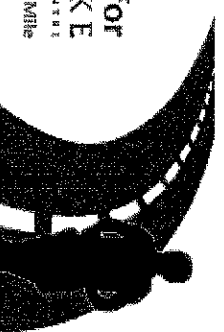
“We’re lucky we live so close to Southlake. You never know when you might need its services. It could happen to anyone. I was 36 when it happened to me and there was no indication that it would happen.”

- Sal Polito

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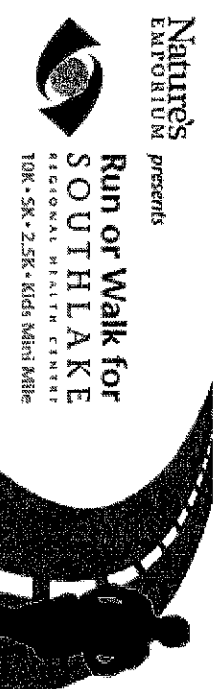
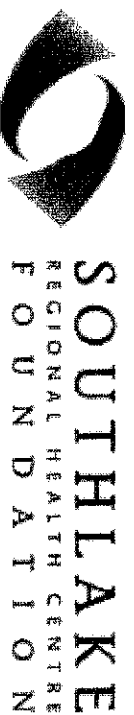


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10K • 5K • 2.5K • Kids Infant Mile



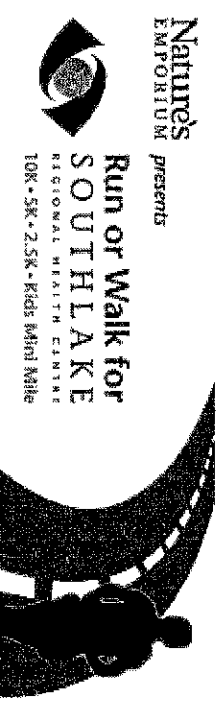
Excellence in Health Care...for your family, friends and neighbours

- Since opening in 2010, The Stronach Regional Cancer Centre has had more than **161,000 patient visits** for treatment, representing **8,541 patients** who got cancer care close to home rather than travel to Toronto.
- The ER's **90,000 patients per year** have the fastest time to seeing a doctor in the GTA!
- With the **3rd largest cardiac program** in the province, more than **8,000 people** per year come to Southlake for advanced cardiac procedures.
- Southlake has been named the **Best Hospital in Ontario to have a baby!**



Built by our Community

- Government funding assumes community contribution for capital construction and 100% community funding for equipment
- Community members like local businesses, citizens and organizations like you!
- Our Interventional Radiology Suite (IRS) opened in 2012 and was funded completely by community donations and fundraising.



Run or Walk for Southlake...

something for everyone!

- 10K Run
- 5K Run or Walk
- 2.5K Run or Walk
- Kids Mini Mile and KidZone with entertainment, face painting, bouncy truck and more!



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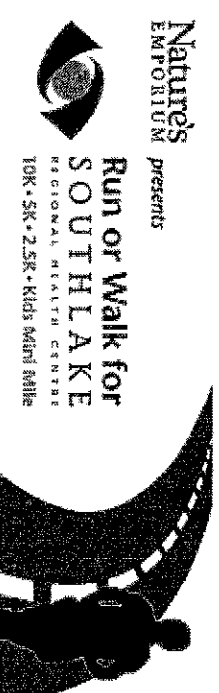
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10K • 5K • 2.5K • Kids Mini Mile



2013 Participant Demographic Info

- 1,460 participants
- Ranging from 3 years to 80 years of age
- Gender: 61% female, 39% male
- Hundreds of supporting spectators
- 150 volunteers
- 88 Teams
- More than 200 people participated on Hospital Teams



How do YOU fit in?



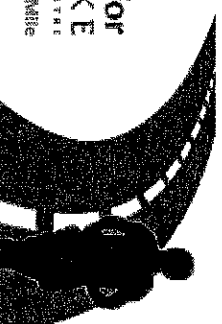
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The TEAMS Challenge!

Teams in the following categories vie for the title of

TOP TEAM

- Bank
- Community Groups and Sports Teams
- Corporate
- Friends and Family
- Hospital Staff
- Mayors and Municipalities
- Schools
- Seniors and Grandparents (*new this year!*)

Which team can raise the most?!



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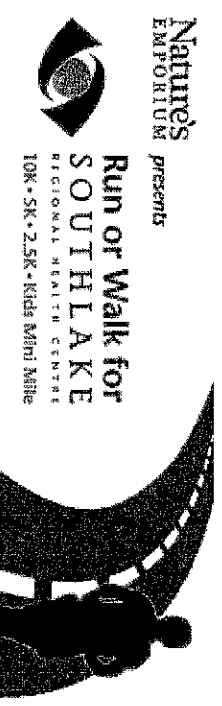
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Teams – why are they so great?

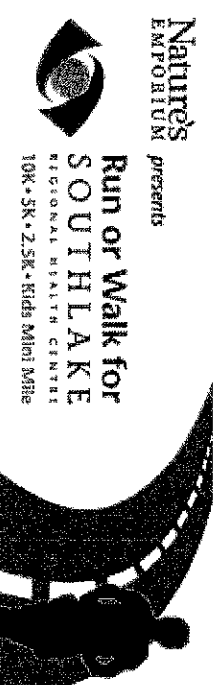
Not only do teammates help keep each other motivated, they also help to...

- Honour a friend, co-worker or loved one
- Foster excellent employee engagement
- Build a culture of wellness at your organization
- Start showing youth about the importance of philanthropy and community support
- Spread the word about the excellent health care we receive at Southlake!



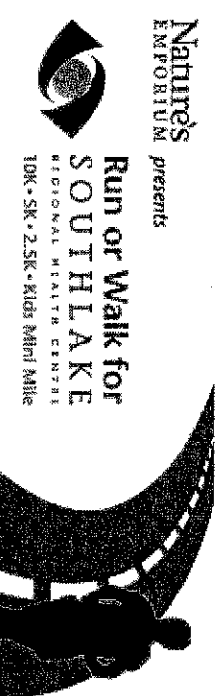
How can your Municipality Help?

- Enter a Town Team in the Challenge
- Help us create awareness through communication avenues available in your Town
- Host a lunch and learn or an opportunity for us to speak to staff



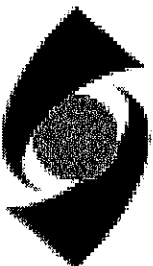
What do you do now?

- Elect a Team Captain (*or volunteer as one*)!
- Register the team online at runforsouthlake.ca
- Work as a team to spread the word to friends, family, co-workers and clients.
- Visit runforsouthlake.ca or visit our Facebook page for lots of great stories and tips.

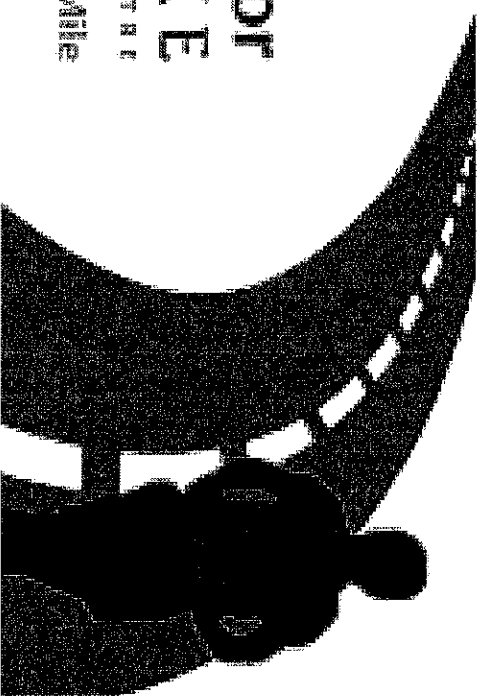


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