Health Promotion Calendar

September 2015 - August 2016
Publication #178
Ontario Hospital Association

Health Promotion Calendar

September 2015 – August 2016

INDEX

CHILDREN

Pregnancy and Infant Loss Remembrance Day
Sudden Infant Death Syndrome (SIDS) Awareness Month

DISEASES/DISABILITIES & ILLNESSES

AIDS/HIV

Scotiabank AIDS Walk for Life
Canadian HIV/AIDS Awareness Week
World AIDS Day
World AIDS Vaccine Day/HIV Vaccine Awareness Day

Alzheimer

Coffee Break®
Alzheimer’s Awareness Month
Alzheimer Society Walk
World Alzheimer Day
World Alzheimer’s Month
Cancer

- Breast Cancer Awareness Month
- Colorectal Cancer Awareness Month
- Daffodil Month
- Men’s Cancer Health Awareness Month
- The Terry Fox National School Run Day

Crohn’s & Colitis

- Awareness Month

Cystic Fibrosis

- Cystic Fibrosis Month

Diabetes

- Awareness Month
- World Diabetes Day

Disabilities

- Easter Seals Ontario
- International Day of Persons with Disabilities
- World Downs Syndrome Day
- World Autism Awareness Day

Eating Disorder

- Awareness Week

Epilepsy

- Purple Day and March Awareness Month
Heart and Stroke

Heart Awareness Month

Cardio-Pulmonary Resuscitation Awareness Month

Stroke Awareness Month

Huntington Disease

18th Annual GEMS Walk for Huntington Disease – Toronto ON

A Night of Billiards – Sudbury, ON

Barry’s Bay Volleyball Tournament – Barry’s Bay, ON

Couples Golf Tournament – Niagara ON

Essex Indy Go-Kart Challenge – Windsor ON

Grand River Chapter Hope 4 a Cure Walk/Run – Grand River Region, ON

HSC Peterborough Walk to Cure HD – Peterborough, ON

Knights of Columbus 10th Annual Hike for Huntington’s – Exeter, ON

Mississauga Indy Go-Kart Challenge – Mississauga ON

Niagara Falls International Marathon – Niagara Falls ON

Niagara Volleyball Tournament – Niagara Region, ON

Ottawa Race for a Cure – Ottawa, ON

Ottawa Race Weekend – Ottawa, ON

Paul Paone Score One for the Team – Niagara Region ON

Peterborough Score ONE for the Team – Peterborough ON

Run & Hike for Huntington Disease

Scotiabank Toronto Waterfront Marathon – Toronto ON

St. Patrick’s Day Run & Walk – Toronto ON
Kidney

March Drive
Kidney Health Month
Kidney Walk Month
World Kidney Day

Liver

Liver Health Month
World Hepatitis Day
Living with Liver Disease Patient Support Program

Lungs

10th Annual Phyllis Gretzky Memorial Golf Classic – Mount Hope
10th Annual Walter Gretzky Street Hockey Tournament, Brantford
The Amazing Pace – London, ON
The Amazing Pace – Stratford, ON
Annual Golf Classic – Toronto ON
Exhale MTB Ride – London, ON
Breathe! – An Evening of Inspiration to Benefit Lung Health Research
Christmas Seal Campaign
Goodlife Fitness Toronto Marathon
Pull for Kids
STAIRtoCARE
Bike Trek – Windsor/Essex
Festival of Trees – Sault St. Marie
Festival of Trees – London, ON
Lungs (Continued)

Tulip Day Campaign: A Breathe of Spring

Stratford Garden Festival, Stratford ON

Ottawa Race Weekend

GranFondoOttawa

Lung Month

The Wild Ride - Wildwood Conservation Area, St. Marys

One Man Scramble Golf – London, ON

National Non-Smoking Week

World COPD Day

World TB Day

World Asthma Day

Mental Health

World Mental Health Day

Mental Illness

Awareness Week

Mitochondrial Disease

Global Mitochondrial Disease Awareness

Mito Energy Bowl Fundraiser

6th Annual Walk4Mito
Multiple Sclerosis

MS Read-A-Thon
Muck MS Hamilton
Marathon Strides Against Multiple Sclerosis
Women Against MS Gala Luncheon
MS Walk
MS Carnation Campaign
Mr. Lube Ending MS: One drop at a time
RBC Golf Tournament to end MS
MS Bike – Prince Edward County
MS Bike – Grand Bend to London
MS Bike – Niagara
MS Bike- Ottawa to Cornwall
MS Bike – Toronto
A&W Cruisin' to end MS
MS Kilts Fore a Cure
World MS Day

Muscular Dystrophy

Buck for Luck Campaign
Canada National Awareness Month
Hamilton Networking Group
Hop for Muscular Dystrophy Campaign
London Adult Neuromuscular Education Day
Muscular Dystrophy

Muscular Dystrophy Canada Community Charity Golf Tournament
Shad’s R & R Golf Tournament
Toronto Networking Group
The 3rd Annual Power of Experience Gala
Walk for Muscular Dystrophy

Osteoporosis

Awareness Month

Parkinson

Awareness Month
Superwalk for Parkinson
FAMOUS BIRTHDAYS

Alzheimer, Alois
Braille, Louis
Duchenne, Dr. Guillaume Benjamin
Fleming, Sir Alexander
Lister, Sir Joseph
Nightingale, Florence
Pasteur, Louis
Roentgen, William Konrad
Stowe, Emily
HEALTH CARE PROFESSIONS

Chiropodists

  Foot Health Month

Environmental Services/Housekeeping

  Environmental Services/Housekeeping Appreciation Week
  OHHA Fifth Annual Conference and Trade Show

Infection Control Professionals

  2016 National Education Conference, Niagara Falls
  National Immunization Awareness Week
  National Infection Control Week

Medical Radiation Technologists

  Awareness Week

Midwives

  International Day of the Midwife

Nutrition

  National Nutrition Month

Nurses

  National Nursing Week

Occupational Therapists

  Therapy Month
Optometrists

Vision Health Month

Children’s Vision Month

Oral Health

Awareness Month

Pharmacists

Awareness Month (PAM)

Canadian Pharmacists Conference 2016 – Calgary, AB

Physicians

Doctors’ Day (Ontario)

Physiotherapists and Respiratory Therapists

National Physiotherapy Month

Respiratory Therapist Week

Psychologists

Psychology Month

The Dorothy Hill Symposium

Registered Dietitians

5th DC and CON Obesity Learning Retreat

Can nutrition reduce inflammation? The truth about the fire within! – Toronto ON

Charting new ground: Interprofessional approaches to Dysphagia management – Toronto ON

Speech Pathologists & Audiologists

Aphasia Awareness Month
**OTHER**

**Canada Patient Safety Institute**
- [Canadian Patient Safety Week](#)
- [Canada’s Forum on Patient Safety and Quality Improvement](#)

**Diet**
- [International No-Diet Day](#)

**Excellence Canada (formerly National quality Institute (NQI))**
- [Canada’s Healthy Workplace Month](#)

**International Health**
- 22nd [Canadian Conference on Global Health](#) – The Hilton Hotel, Montreal, QC
- [World Hepatitis Day](#)

**Medic Alert**
- [Awareness Month](#)

**Organ and Tissue Donation**
- [BeADonor.ca Month](#)
- National Organ and Tissue Donation Awareness Week

**Patient**
- [Patient-Centered Care Awareness Month](#)

**Red Cross**
- [Red Cross Month](#)
- [World First Aid Day](#)
- [World Red Cross Day](#)

**Smoking**
- [World No Tobacco Day](#)
SAFETY

Community Safety

National Crime Prevention & Community Safety Month

Farm

National Farm Safety Week

Home Fire

National Home Fire Safety Week

Road

National Road Safety Week

Safe Driving

National Safe Driving Week

School

National School Safety Week

Senior Citizens

National Senior Safety Week

Summer

National Summer Safety Week
SEPTEMBER 2015

Kidney Walk Month
Theme: Together, we can create a future without failure
Enquiries: The Kidney Foundation of Canada - Ontario Branch
201-1599 Hurontario Street
Mississauga, ON L5G 4S1
Phone: 1-800-387-4474 Ext. 4964
www.kidneywalk.ca

Men’s Cancer Health Awareness Month
Take control of your health. Contact the Canadian Cancer Society to get the facts you need about prostate cancer and learn how you can reduce your risk of developing cancer.
Enquiries: Contact your local Canadian Cancer Society Office or Cancer Information Service
Phone: 1-888-939-3333
www.cancer.ca

Muscular Dystrophy National Awareness Month
Enquiries: Kevin Harrison
National Director, Corporate & Individual Giving
Muscular Dystrophy Canada
2345 Yonge Street, Suite 900
Toronto, ON M4P 2E5
Phone: 1-866-999-8909
Email: Kevin.harrison@muscle.ca
World Alzheimer’s Month
Enquiries:  Rosanne Meandro
           Director, Media Relations
           Alzheimer Society of Canada
           20 Eglinton Avenue West, Suite 1600
           Toronto, ON M4R 1K8
           Phone: 416-847-8920
                   1-800-879-4226 Ext. 8920
           Fax:  416-967-3826
           Email: rmeandro@alzheimer.ca

SEPTEMBER 2015 – JUNE 2016

MS Read-A-Thon
The MS Read-A-Thon is a fundraising program for elementary schools across Ontario. Students learn about multiple sclerosis through an interactive presentation at their school and discover the joys of reading while raising money to help people living with MS during a two-week reading period. Schools can run the program anytime throughout the school year and may be eligible for a number of recognition incentives and awards.
Enquiries:  Candice Hamel
           Manager, Fund Development
           Multiple Sclerosis Society of Canada
           250 Dundas Street West, Suite 500
           Toronto, ON M5T 2Z5
           Phone: 416-922-6600 or
                   1-800-268-7582 Ext. 3171
           Email: rat@mssociety.ca
SEPTEMBER 2015

SEPTEMBER 12

London Adult Neuromuscular Education Day – 10:00 am - 3:00 pm, Parkwood Hospital located at 550 Wellington Road in London

The London Chapter of Muscular Dystrophy Canada in partnership with Muscular Dystrophy Canada is proud to present an Education Day for adults living with a Neuromuscular Disorder.

Registration will begin at 9:30 am.

Enquiries: Karen Dunbar
Service Specialist, Ontario/National Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext. 1121
1-866-687-2538 Ext. 1121
Email: karen.dunbar@muscle.ca

SEPTEMBER 12 – 20

Scotiabank AIDS Walk for Life

The Scotiabank AIDS Walk for Life is the premiere awareness and fundraising event for HIV/AIDS in Canada. All proceeds support direct services for people living with HIV/AIDS in your community. For more information about the event in your Community, please visit www.aidswalkforlife.ca or www.marcheactionsida.ca

The Scotiabank AIDS Walk for Life is a project of the Canadian AIDS Society in partnership with the Positive Living Society of British Columbia, the AIDS Committee of Toronto, and community-based AIDS organizations across Canada.

Enquiries: Laurie Pacey
National Coordinator
Scotiabank AIDS Walk for Life
Canadian AIDS Society
190 O’Connor Street, Suite 100
Ottawa, ON K2P 2R3
Phone: 613-230-3580 Ext. 140
1-800-499-1986 Ext. 140
Fax: 613-563-4998
Email: lauriep@cdnaids.ca
www.AIDSwalkforlife.ca
SEPTEMBER 2015

SEPTEMBER 12  World First Aid Day
World First Aid Day is an occasion to recognize those who respond and provide assistance during emergencies, and to raise awareness of the importance of first aid knowledge and skills.

Enquiries: Colleen Lowe
Manager, Communications
Public Affairs
Canadian Red Cross/Croix-Rouge canadienne Ontario
5700 Cancross Court
Mississauga, ON L5R 3E9
Phone: 905-501-3595
Fax: 905-890-1008
Cell: 416-580-2307
Email: Collen.Lowe@redcross.ca
www.redcross.ca
www.croixrouge.ca

SEPTEMBER 12  6th Annual Walk4Mito
More info at www.mitocanada.org/walk4mito

JOIN TeamMito Are you a sport enthusiast looking to be part of a pan-Canadian team participating in sport of all types and to make a difference? From walking in a local charity 5km event to running a 100km ultramarathon, from cycling and triathlon to swimming and skiing – TeamMito is recognizable by its green and black gear. Visit http://www.mitocanada.org/term/ and contact us at info@mitocanada.org
SEPTEMBER 12 – 13

SuperWalk for Parkinson
Canada’s Parkinson SuperWalk is the largest national fundraising event for Parkinson Society Canada (PSC) and its 10 regional partners. Approximately 14,000 participants from coast-to-coast organize and take part in Parkinson SuperWalk. To register as an individual or as a team, or to make a donation, please go to www.superwalk.com

Enquiries: Southwest Ontario Region
Shelley Rivard
Executive Director
Phone: 1-888-851-7376
Email: info@parkinson.ca

Ottawa-Carleton Region
Phone: 613-722-9238
Email: pso@lri.ca

Central and Northern Ontario
Debbie Davis
Chief Executive Officer
Phone: 416-227-3373
1-800-565-3000 Ext. 3373
www.superwalk.com

SEPTEMBER 13

Essex Indy Go-Kart Challenge
Windsor, ON
Join us at XS Family Fun Centre for our Indy Go-Kart Challenge! Check in begins at 8:45 am and racing goes from 9:30 am to 11:30 am. For more information, contact Paul at; thebatemans@sympatico.ca

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
SEPTEMBER 2015

SEPTEMBER 13  Mississauga Indy Go-Kart Challenge  
Mississauga, ON  
Join us for a great day of family fun at the Mississauga Playdium! Check in begins at 8:30 am and racing goes from 9:30 am to 11:00 am. For more information, visit www.huntingtonsociety.kintera.org/MississaugaIndy  
Enquiries: events@huntingtonsociety.ca  
Phone: 1-800-998-7398

SEPTEMBER 17  Alzheimer Society Coffee Break®  
Alzheimer Society’s Nationwide Fundraiser.  
Enquiries: Laura Berljawsky  
Marketing & Communications Coordinator  
Alzheimer Society of Canada  
20 Eglinton Avenue West, Suite 1600  
Toronto, ON M4R 1K8  
Phone: 1-888-815-6829  
Fax: 416-488-3778  
Email: coffeefbreak@alzheimer.ca  
www.alzheimer.ca

SEPTEMBER 17  Dr. Guillamume Benjamin Duchenne’s Birthday (1806 – 1875)  
First to discover the defect in the protein in muscle fibers called Dystrophin.

SEPTEMBER 19  Couples Golf Tournament – Niagara, ON  
Join us for 18 holes of golf, a hot dog and drink before we start dinner, a bottle of wine, and a prize for every couple. Shotgun is at 1 pm. Donated prizes welcome, hole sponsorship is $100 per hole. For more information  
Enquiries: Rick and Lynn Miner  
Email: rminer2@cogeco.ca  
Huntington Society of Canada  
Phone: 1-800-998-7398  
Email: events@huntingtonsociety.ca  
www.huntingtonsociety.ca/events
SEPTEMBER 2015

SEPTEMBER 19

Pull For Kids
Teams compete to see who can pull the Foley Bus Lines coach bus in the best time past the finish line. Test your strength, get the momentum going and work together as a team for glory! Enter in the mixed, women's or men's category.
Event details and registration: www.on.lung.ca/pullforkids
Enquiries: Lola McMurter
The Lung Association
Phone: 613-969-0323
Email: lmcmurter@on.lung.ca

SEPTEMBER 19

STAIRtoCARE
STAIRtoCARE is a new fundraiser for the Ontario Lung Association. Climbs take place in prominent stadiums, arenas, or buildings and involve walking, running or racing up hundreds of steps. STAIRtoCARE is designed to raise awareness of lung health and to emphasize the importance of breathing, all while raising much-needed funds for the research, programs and supports that make a difference in the lives of the one in five Ontarians living with lung disease.
WHERE: Tim Hortons Field
(64 Melrose Avenue North, Hamilton, ON)
WHAT: A stadium stair climb experience, followed by a celebratory Tailgate Party!
Enquiries: Sherry Zarins
The Lung Association
401–18 Wynford Drive
Toronto, ON M3C 0K8
Phone: 416-864-9911 Ext. 267
Email: Szarins@on.lung.ca
www.StairtoCare.ca
SEPTEMBER 20

35th Annual Terry Fox Run
As a tribute to the spirit and courage of national hero Terry Fox, this annual event is held to carry on his efforts and raise money for cancer research. There are over 230 sites in Ontario to choose from where participants can run, walk, jog, bike, wheel and/or skate. There is no entry fee and no minimum pledge amount. Participants are encouraged to go to www.terryfox.org, register online and raise funds for cancer research.

Enquiries:
Martha McClew
Ontario Provincial Director
The Terry Fox Foundation
1200 Eglinton Avenue East, Suite 900,
Toronto, ON M3C 1H9
Phone: 416-924-8252
1-888-836-9786
Fax: 416-924-6597
www.terryfox.org

SEPTEMBER 20

MS Bike – Toronto 30km or 55km
This is a perfect event for cyclists of all levels! Centrally located at Centennial Park in Etobicoke, you will cycle along scenic bike trails and city streets before returning to the park for a barbecue lunch. Bring the family or make it a company outing.

Enquiries:
Candice Hamel
Manager, Fund Development
Multiple Sclerosis Society of Canada, Ontario Division
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600
1-800-268-7582 Ext. 3171
Email: Candice.Hamel@mssociety.ca
www.msbike.ca
SEPTEMBER 2015

SEPTEMBER 20 – 26

Global Mitochondrial Disease Awareness Week

MitoCanada and its global partners will mark the week with education and fundraising events designed to raise awareness about mitochondrial disease. www.mitocanada.org

MitoCanada is Canada’s only organization providing awareness, research and support for persons impacted by mitochondrial disease and dysfunction. The term mitochondrial disease covers a multitude of heterogeneous disorders that are linked clinically and biochemically and characterized by dysfunction of the mitochondria which are specialized compartments that generate more than 90% of the energy required by the body. Mitochondrial disease typically affects those parts of the body that require lots of energy to function like the brain and our muscles. Other organs frequently affected include the eyes, ears, heart, liver, gastrointestinal tract, kidneys, endocrine organs (thyroid gland and pancreas) and blood. The disease predominately affects children, but adult-onset disorders are being recognized with increasing frequency including mitochondrial abnormalities related to aging and neurodegenerative diseases (ALS, Alzheimer’s and Parkinson’s diseases) as well as cancer, heart disease and diabetes.

JOIN TeamMito Are you a sport enthusiast looking to be part of a pan-Canadian team participating in sport of all types and to make a difference? From walking in a local charity 5km event to running a 100km ultramarathon, from cycling and triathlon to swimming and skiing – TeamMito is recognizable by its green and black gear. Visit http://www.mitocanada.org/team/ or contact us at info@mitocanada.org
SEPTEMBER 2015

SEPTEMBER 21

World Alzheimer’s Day
Enquiries:  Rosanne Meandro
            Director, Media Relations
            Alzheimer Society of Canada
            20 Eglinton Avenue West, Suite 1600
            Toronto, ON M4R 1K8
            Phone:  416-847-8920
                    1-800-879-4226 Ext. 8920
            Fax:  416-967-3826
            Email:  rmeandro@alzheimer.ca
                    www.alzheimer.ca

SEPTEMBER 22

Hamilton Networking Group
6:30 pm – 8:30 pm, Bennetto Community Centre located at 450 Hughson Street North, Hamilton

All Muscular Dystrophy Canada clients and people living with or supporting people with neuromuscular disorders are welcome to attend.

- share stories, advice and information with other people going through the same things;
- meet new people and learn from guest speakers;
- build a sense of community that includes children, youth, families and adults.

Enquiries:  Karen Dunbar
            Service Specialist, Ontario/National Muscular Dystrophy Canada
            2345 Yonge Street, Suite 901
            Toronto, ON M4P 2E5
            Phone:  416-488-2699 Ext. 1121
                    1-866-687-2538 Ext. 1121
            Email:  karen.dunbar@muscle.ca
SEPTEMBER 2015

SEPTEMBER 22

Mito Energy Bowl Fundraiser
Bowling and Beer - Calgary, Alberta
More info contact jake@arrowpr.com

JOIN TeamMito Are you a sport enthusiast looking to be part of a pan-Canadian team participating in sport of all types and to make a difference? From walking in a local charity 5km event to running a 100km ultramarathon, from cycling and triathlon to swimming and skiing – TeamMito is recognizable by its green and black gear. Visit http://www.mitocanada.org/team/ or contact us at info@mitocanada.org

SEPTEMBER 23

One Man Scramble Golf Event – London, ON
This golf event is a must for all golf lovers! This ultimate day of golf includes 3 rounds of 18 holes, breakfast, lunch, snacks and all refreshments at the beautiful West Haven Golf Course. Golfers also enjoy a kick off cocktail party prior to the event and a wrap up dinner in October. Register today as there are only 30 spots available!

Enquiries: London Lung Association Office
639 Southdale Road East Unit 2
London, ON N6E 3M2
Phone: 519-453-9086
Email: lpallen@on.lung.ca
http://onemanscramble.kintera.org/
SEPTEMBER 23

Toronto Networking Group
6:30 pm – 8:30 pm, Holland Bloorview
Children’s Rehabilitation located at
150 Kilgour Road in Toronto
All Muscular Dystrophy Canada clients and people
living with or supporting people with neuromuscular
disorders are welcome to attend.
  • share stories, advice and information with other
people going through the same things;
  • meet new people and learn from guest
speakers;
  • build a sense of community that includes
children, youth, families and adults.
Enquiries:
  Karen Dunbar
  Service Specialist, Ontario/National
Muscular Dystrophy Canada
  2345 Yonge Street, Suite 901
  Toronto, ON M4P 2E5
  Phone: 416-488-2699 Ext. 1121
  1-866-687-2538 Ext. 1121
  Email: karen.dunbar@muscle.ca

SEPTEMBER 25

Annual Golf Classic – Toronto, ON
Join the Ontario Lung Association for a day of golf at
The Country Club. Breakfast, cocktails and lunch are
included in your golf registration, all in support of the
Ontario Lung Association’s Breathing as One
campaign for Lung Research.
Enquiries:
  Adryon Thompson
  Event Specialist
  The Lung Association
  401–18 Wynford Drive
  Toronto, ON M3C OK8
  Phone: 416-864-9911 Ext. 228
  Email: athompson@on.lung.ca
  www.on.lung.ca/events
SEPTEMBER 2015

SEPTEMBER 26

**Muck MS Canada – Hamilton**

Join us on September 26 in Hamilton for Muck MS Canada. Your adventure begins at the state of the art Players Paradise, where you and your friends will love getting mucked up, especially for a good cause. You're going to help us end multiple sclerosis by sloshing over, under and through 15 obstacles that will leave you wondering why you bothered to shower that morning. When you finish, join other participants and share your war stories in the Muck Market.

To find out more, visit [muckms.ca](http://muckms.ca), and follow us on Twitter [@muckmscanada](http://twitter.com/muckmscanada).

**Enquiries:** Brian Lim
Manager, Corporate Development
Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582 Ext. 3142
Email: [Brian.Lim@mssociety.ca](mailto:Brian.Lim@mssociety.ca)
[muckms.ca](http://muckms.ca)

SEPTEMBER 30

**The Terry Fox National School Run Day**

The Terry Fox National School Run Day (NSRD) allows millions of students across Canada to join together in an inspirational nation-wide day of fundraising for cancer research.

**Enquiries:** Martha McClew
Ontario Provincial Director
The Terry Fox Foundation
1200 Eglinton Avenue East, Suite 900,
Toronto, ON M3C 1H9
Phone: 416-924-8252
1-888-836-9786
Fax: 416-924-6597
Email: [onschool@terryfoxrun.org](mailto:onschool@terryfoxrun.org)
[www.terryfox.org](http://www.terryfox.org)
Breast Cancer Awareness Month
Be aware. Be proactive. Get the facts. Contact the Canadian Cancer Society to get the information you need about screening and early detection and learn how you can protect your breast health.
Enquiries: Contact your local Canadian Cancer Society Office or Cancer Information Service
Phone: 1-888-939-3333
www.cancer.ca

Children’s Vision Month
Enquiries: Debra Yearwood
Director Marketing and Communications
Canadian Association of Optometrists/L’Association canadienne des optométristes
234 Argyle Avenue
Ottawa, ON K2P 1B9
Phone: 613-235-7924 Ext. 213
1-888-263-4676 Ext. 213
Email: dyearwood@opto.ca
www.opto.ca

National Occupational Therapy Month
Enquiries: Nicholas McCarthy
Communications Officer
Canadian Association of Occupational Therapists
Unit 100
34 Colonade Road
Ottawa, ON K2E 7J6
Phone: 613-523-2268 Ext. 229
1-800-434-2268 Ext. 225
Fax: 613-523-2552
Email: communication@caot.ca
www.caot.ca
Patient-Centered Care Awareness Month
An international awareness-building campaign to commemorate the progress that has been made toward making patient-centered care a reality and to build momentum for further progress through education and collaboration. Hospitals and health care organizations around the world are encouraged to celebrate by empowering patients, strengthening their patient-centered practices, and publicly proclaiming to their patients and communities their commitment to patient-centered care.
A free, online tool kit with templates and resources is available for organizations to download
Enquiries:  Karen Andazola
Senior Field Operations Specialist
Planetree
130 Division Street
Derby, Connecticut 06418
USA
Phone:  541-490-3364
Email:  kandazola@planetree.org
www.planetree.org

Sudden Infant Death Syndrome (SIDS) Awareness Month
Theme:  Bringing hope and life to Canadian families for more than 40 years.
Baby’s Breath provides bereavement support to families who have faced the devastating loss of an infant or a stillbirth, provides education and resources, and advocates for research.
Enquiries:  Diane Pilon
National Office Administrator
Baby’s Breath
PO Box 21053
St. Catharines, ON L2M 7X2
Phone:  905-688-8884  
1-800-363-7437
Fax:  905-688-3300
Email:  info@babysbreathcanada.ca
www.babysbreathcanada.ca
OCTOBER 2015

OCTOBER 1 – 31

Canada’s Healthy Workplace® Month
Celebrating its 15th year, Canada’s Healthy Workplace Month® celebrates: Healthy Workplace Essentials…. Tips to Educate – Engage – Empower – Evaluate!

During the annual Canada’s Healthy Workplace® Month, we will continue to showcase the efforts that organizations are making to encourage healthier workplaces all year-round.

Participate in this year’s Healthy Workplace® Challenge and see how your organization measures up to other Canadian workplaces!

At www.healthyworkplacemonth.ca you will find a full month of initiatives that you and your colleagues can do at any time in the workplace. Check out the weekly themes and hundreds of suggested activities that help encourage employee health and well-being, and then submit your organization’s efforts for consideration as best practices.

Receive recognition for your initiatives and good work towards creating healthier workplaces, and share them with all of Canada by having them showcased on www.healthyworkplacemonth.ca website for the next year!

Canada’s Healthy Workplace® Month is presented by Great-West Life through their national corporate citizenship program, and is managed by Excellence Canada.

Enquiries:

Excellence Canada
(formerly the National Quality Institute)
154 University Avenue, Suite 400
Toronto, ON M5H 3Y9
Phone: 416-251-7600
1-800-263-9648
Fax: 416-251-9131
Email: chwm@excellence.ca
www.healthyworkplacemonth.ca
OCTOBER 2015

OCTOBER 4 – 6

Charting new ground: Interprofessional approaches to dysphagia management
Toronto, ON
The Canadian Association of Occupational Therapists (CAOT), Dietitians of Canada (DC) and Speech-Language and Audiology Canada (SAC) have developed a 2-day workshop designed to engage clinicians from different disciplines to hone and advance their clinical skills on the interprofessional dysphagia care team. The program is intended to delve into dysphagia practice in a way that may take you out of your comfort zone, challenge your assumptions and help you realize the power and benefits of interprofessional practice.

Enquiries: Frances Scovil
Events Coordinator
Dietitians of Canada
480 University Avenue, Suite 604
Toronto, ON M5G 1V2
Phone: 416-642-9308
Email: frances.scovil@dietitians.ca
www.dietitians.ca/events

OCTOBER 4

The Amazing Pace – Stratford, ON
Two and four person teams take to the streets of Stratford, solving clues to find nine checkpoints hidden around the city. At each checkpoint, teams are faced with a challenge to complete – some physical, some mental, all are fun. Once all nine checkpoints have been reached and challenges completed, it’s back to Event Headquarters as quickly as possible.

Registration is $25/person with a commitment to raise a minimum of $125 in pledges.

Enquiries: The Lung Association
Jenny Trout Centre, Suite 121
342 Erie Street
Stratford, ON N5A 2N4
Phone: 519-271-7500
Fax: 519-271-7503
www.theamazingpace.ca
OCTOBER 2015

OCTOBER 4  

**Exhale MTB Ride – London, ON**

Are you up for the challenge of an exciting mountain biking event happening on Sunday October 4 at Fanshawe Conservation Area. This exciting 20km and 40km Trail Ride that will leave you breatheless and will help others breathe easier.

**Enquiries:** London Lung Association Office  
639 Southdale Road East, Unit 2  
London, ON N6E 3M2  
Phone: 519-453-9086  
Email: lpallen@on.lung.ca  
www.on.lung.ca/ExhaleMTBRace

OCTOBER 4 – 10  

**Mental Illness Awareness Week**

Mental Illness Awareness Week (MIAW) is a bilingual, annual national public education campaign designed to raise awareness about mental illness in Canada; to reduce negative stigma about mental illness amongst the general population and health care professionals; and to promote the positive effects of best practice in prevention, diagnosis and medical treatment. Through the campaign, hundreds of untold stories have been shared in an effort to change the way Canadians view mental illness. Each year leading up to MIAW, The Canadian Alliance on Mental Illness and Mental Health (CAMIMH) disseminates materials which tell the unique stories of five individuals who have lived experiences with mental illness.

**Enquiries:** Kalene DeBaeremaeker  
300-66 Queen Street  
Ottawa, ON K1P 5C6  
Phone: 613-233-8906  
Fax: 613-230-2669  
Email: info@camimh.ca  
camimh.ca
OCTOBER 2015

OCTOBER 5

Living with Liver Disease Patient Support Program
From October to June, monthly meetings for people living with liver disease in the Greater Toronto Area.
For more information, please call
Enquiries: Billie Potkonjak
Canadian Liver Foundation
3100 Steeles Avenue East, Suite 801
Markham, ON L3R 8T3
Phone: 1-800-563-5483 Ext. 4932
Email: bpotkonjak@liver.ca

OCTOBER 7 – 8

5th DC and CON Obesity Learning Retreat Toronto, ON
The DC and CON Obesity Learning Retreat focuses on the most current practice in medical and nutritional management of obesity, enhanced by a heightened emphasis on practical strategies and proven tools from the area of change management and cognitive behavioural therapy.
Speakers: Jennifer Brown-Vowles, BSc, RD, Éric Doucet, PhD, Arya Sharma, MD, PhD, FRCPC, Michael Vallis, PhD, RPsych, and Sean Wharton, MD, FRCPC
Co-Hosts: Dietitians of Canada (DC) and The Canadian Obesity Network (CON-RCO) are joint hosts of this retreat.
Enquiries: Frances Scovil
Events Coordinator
Dietitians of Canada
480 University Avenue, Suite 604
Toronto, ON M5G 1V2
Phone: 416-642-9308
Email: frances.scovil@dietitians.ca
www.dietitians.ca/events
OCTOBER 2015

OCTOBER 10

World Mental Health Day
Theme: *Dignity in Mental Health*

Enquiries: Deborah Maguire
Director of Administration
World Federation for Mental Health
PO BOX 807, Occoquan,
VA 22125, USA
Fax: 703.490.6926
Email: wmhday@wfmh.com
www.wfmh.org

OCTOBER 15

3rd Annual Power of Experience Gala
This evening will consist of a Cocktail reception and a
tremendous classical music performance by The
Parcival Project founder Emmanuel Vukovich and the
Parcival Ensemble at The Royal Ontario Museum.

Enquiries: Kevin Harrison
National Director, Corporate & Individual
Giving
Muscular Dystrophy Canada
2345 Yonge Street, Suite 900
Toronto, ON M4P 2E5
Phone: 1-866-999-8909
Email: Kevin.harrison@muscle.ca
OCTOBER 2015

OCTOBER 15

Pregnancy and Infant Loss Remembrance Day

Pregnancy and Infant Loss Remembrance Day is recognized throughout Canada by families who have faced the devastating loss of an infant or a pregnancy. This day is an opportunity to acknowledge their loss, seek support and honour their child’s memory.

Enquiries: Diane Pilon
National Office Administrator
Baby’s Breath
PO Box 21053
St. Catharines, ON L2M 7X2
Phone: 905-688-8884
1-800-363-7437
Fax: 905-688-3300
Email: info@babysbreathcanada.ca
www.babysbreathcanada.ca

OCTOBER 15 – 17

Summit on Innovation in Psychology - Hyatt Regency, 370 King Street West, Toronto, ON

This important workshop is aimed at both supervisors and supervisees (and graduate students preparing to meet the College’s supervision requirement for registration). Led by Dr. Diana Brecher, Ryerson University, the Workshop will review the OPA’s new Guidelines on Best Practices in Supervision and other recently developed documents, including the Supervisee’s Bill of Rights, so that you learn how to develop a contract that takes into account various models of supervision to best meet the supervisee’s needs, how to address ethical issues, and how to provide constructive and ongoing feedback.

Enquiries: Ontario Psychological Association
21 St Clair Avenue East, Suite 403
Toronto, ON M4T 1L8
Phone: 416-961-5552
Fax: 416-961-5516
www.psych.on.ca
OCTOBER 2015

OCTOBER 17 – 23  National School Safety Week
Enquiries: Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org

OCTOBER 18  Scotiabank Toronto Waterfront Marathon
Toronto, ON
We invite you to join our Nationwide Running Team by signing-up to participate in any of the races on the marathon weekend and fundraise for teamHD at the same time! For more information visit www.teamhd.ca and get running!
Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

OCTOBER 19 – 25  National Infection Control Week
Theme: Infection Prevention – Think Global Act Local
Enquiries: Gerry Hansen (Ms.)
Executive Director/Conference Planner
IPAC CANADA
P.O. Box 46125
RPO Westdale,
Winnipeg, MB R3R 3S3
Phone: 204-897-5990
1-866-999-7111
Fax: 204-895-9595
Email: info@ipac-canada.org
www.ipac-canada.org
OCTOBER 2015

OCTOBER 21

Paul Paone Score One for the Team
Niagara Region, ON
Join us for a 3-on-3 basketball tournament and some friendly competition! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

OCTOBER 24

The Amazing Pace – London, ON
This is the ultimate urban race for athletes and amateurs alike. Solve clues to find checkpoints, complete the challenges and race back to the finish line all while raising support for The Lung Association.

Enquiries: London Lung Association Office
639 Southdale Road East, Unit 2
London, ON N6E 3M2
Phone: 519-453-9086
Email: lpallen@on.lung.ca
www.theamazingpace.ca

OCTOBER 25

Niagara Falls International Marathon
Niagara Falls, ON
We invite you to join our Nationwide Running Team by signing-up to participate in any of the races on the marathon weekend and fundraise for teamHD at the same time! For more information visit www.teamhd.ca and get running!

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
OCTOBER 2015

OCTOBER 25 – 31

Respiratory Therapist Week
This week celebrates the profession of respiratory therapy. Respiratory therapists are encouraged to engage in professional development activities that help to raise the profile of the profession. Join us in celebrating better breathing!

Enquiries: Katherine Nollet
Membership and Conference Services
Canadian Society of Respiratory Therapists
2460 Lancaster Road, Suite 201
Ottawa, ON K1B 4S5
Phone: 613-731-3164 Ext. 231
1-800-267-3422
Fax: 613-521-4314
Email: knollet@csrt.com
www.csrt.com

OCTOBER 26 – 30

Canadian Patient Safety Week
Theme: Ask. Listen. Talk.
The theme of Canadian Patient Safety Week 2015 is Ask. Listen. Talk, with a focus on improving communication to make care safer. Canadian Patient Safety Week promotes the importance of communication between and among patients, clients, consumers and providers and applies to all health care settings and sectors. Canadian Patient Safety Week increases awareness of patient safety issues and aims to share information about best practices in patient safety with health care providers, patients and their families. Register at www.asklistentalk.ca

Enquiries: Karla Horon
Marketing Manager
Canadian Patient Safety Institute
#1400, 10025–102 A Avenue
Edmonton, AB T5J 2Z2
Phone: 780-498-7251
1-866-421-6933
Fax: 780-409-8098
Email: khoron@cpsi-icsp.ca
www.patientsafetyinstitute.ca
OCTOBER 2015

OCTOBER 28 – 30

Canada’s Forum on Patient Safety and Quality Improvement
This year, Canada’s Forum is being held from Oct. 28 – 30, 2015. This FREE Virtual Forum will highlight patient safety experts from across Canada. You can also attend in person in Edmonton, AB.
Register at www.asklistentalk.ca

Enquiries: Jason Thompson
Communications Officer
Canadian Patient Safety Institute
#1400, 10025–102 A Avenue
Edmonton, AB T5J 2Z2
Phone: 780-498-7256
1-866-421-6933 Ext. 7256
Email: jthompson@cpsi-icsp.ca

OCTOBER 30

Developing Cultural Competency in Psychological Services for Military and Veterans Workshop - Ontario Bar Association Conference Centre
20 Toronto Street, 2nd Floor, Toronto, ON

Enquiries: Lara Pocock
Ontario Psychological Association
Phone: 416-961-5552
Email: lara@psych.on.ca
www.psych.on.ca
Christmas Seal Campaign
The Lung Association provides free information and support to thousands of Ontarians annually and close to $1 million in funding for respiratory research every year is greatly due to this campaign.

Enquiries: The Lung Association
18 Wynford Drive, Suite 401
Toronto, ON M3C 0K8
Phone: 416-864-9911
1-888-344-lung (5864)
Fax: 416-864-9916
Email: info@on.lung.ca
www.on.lung.ca
NOVEMBER 2015

Crohn’s and Colitis Awareness Month
Enquiries: Daniel Knox
Regional Director, Ontario
Crohn’s & Colitis Canada
60 St. Clair Avenue East, Suite 600
Toronto, ON M4T 1N5
Phone: 416-920-5035 Ext. 240
1-800-387-1479 Ext. 240
Fax: 416-929-0364
Email: dknox@crohnsandcolitis.ca
www.crohnandcolitis.ca

Cardio-Pulmonary Resuscitation Awareness Month
Enquiries: Sandra Page
Ontario Resuscitation Manager
Heart and Stroke Foundation
2300 Yonge Street, Suite 1300
Toronto, ON M4P 1E4
Phone: 416-489-7111 Ext. 3327
Cell: 905-409-7706
Fax: 416-489-5123
Email: spage@hsf.ca
www.heartandstroke.ca

Diabetes Awareness Month
Enquiries: Communications Team
Canadian Diabetes Association
1400-522 University Avenue
Toronto, ON M5G 2R5
Phone: 416-363-3373
Email: communications@diabetes.ca
Lung Month
During Lung Month, the Ontario Lung Association is not only reaffirming its commitment to support and speak up for the 2.4 million people in our province – one in five – who live with a chronic lung disease, it is also reaching out to ALL Ontarians with important information about how to protect their lungs and breathe easy.

Enquiries: Stephanie Lear
The Lung Association
18 Wynford Drive, Suite 401
Toronto, ON M3C 0K8
Phone: 416-864-9911 Ext.257
1-888-344-LUNG (5864)
Fax: 416-864-9916
Email: slear@on.lung.ca
www.on.lung.ca

National Crime Prevention & Community Safety Month
Enquiries: Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org
NOVEMBER 2015

Osteoporosis Month
Enquiries: Matthew Rocheford
Communication Manager
Osteoporosis Canada
1090 Don Mills Road, Suite 301
Toronto, ON M3C 3R6
Phone: 416-696-2663 Ext. 2233
1-800-463-6842
Fax: 416-696-2673
Email: mrocheford@osteoporosis.ca
www.osteoporosis.ca

NOVEMBER 5 – 7

22nd Canadian Conference on Global Health – The Hilton Hotel, Montreal, QC
Theme: Capacity Building in Global Health: Research & Practice
Enquiries: Sarah Brown
Conference Manager
Canadian Society for International Health
1 Nicholas Street, Suite 726
Ottawa, ON K1N 7B7
Phone: 613-241-5785 Ext. 326
Email: ccgh@csih.org
www.csih.org

NOVEMBER 6 – 12

National Senior Safety Week
Enquiries: Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org
NOVEMBER 2015

NOVEMBER 14

World Diabetes Day
World Diabetes Day is the primary global awareness campaign of the diabetes mellitus world and is held on November 14 of each year. It was introduced in 1991 by the International Diabetes Federation and the World Health Organization in response to the alarming rise of diabetes around the world. World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. While the campaigns last the whole year, the day itself marks the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922.

NOVEMBER 8 – 14

Medical Radiation Technologists (MRT) Week
MRT Week is an annual celebration of the crucial role that medical radiation technologists (MRTs) play in the healthcare system. MRTs provide the professional imaging and radiation-related treatment services and caring touch that allow patients to fully benefit from the latest medical diagnostic and treatment technologies. From November 8 to 14, 2015, MRTs and their colleagues are once again invited to celebrate their profession with the community, their contemporaries, and each other.

Enquiries: Nicole Forget
Communications Coordinator
The Canadian Association of Medical Radiation Technologists (CAMRT)
85 Albert Street, 10th Floor
Ottawa, ON K1P 6A4
Phone: 613-234-0012 Ext. 240
1-800-463-9729 Ext. 240
Fax: 613-234-1097
Email: nforget@camrt.ca
www.camrt.ca
Hamilton Networking Group

6:30 pm – 8:30 pm, Bennetto Community Centre located at 450 Hughson Street North, Hamilton

All Muscular Dystrophy Canada clients and people living with or supporting people with neuromuscular disorders are welcome to attend.

- share stories, advice and information with other people going through the same things;
- meet new people and learn from guest speakers;
- build a sense of community that includes children, youth, families and adults.

Enquiries: Karen Dunbar
Service Specialist, Ontario/National Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext.1121
1-866-687-2538 Ext. 1121
Email: karen.dunbar@muscle.ca
NOVEMBER 2015

NOVEMBER 18

Toronto Networking Group
6:30 pm – 8:30 pm, Holland Bloorview Children’s Rehabilitation located at 150 Kilgour Road in Toronto
All Muscular Dystrophy Canada clients and people living with or supporting people with neuromuscular disorders are welcome to attend.

- share stories, advice and information with other people going through the same things;
- meet new people and learn from guest speakers;
- build a sense of community that includes children, youth, families and adults.

Enquiries: Karen Dunbar
Service Specialist, Ontario/National Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext. 1121
1-866-687-2538 Ext. 1121
Email: karen.dunbar@muscle.ca

NOVEMBER 18

World COPD Day
World COPD Day is organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and COPD patient groups throughout the world. Its aim is to raise awareness about chronic obstructive pulmonary disease (COPD) and improve COPD care throughout the world.

Enquiries: The Lung Association
18 Wynford Drive, Suite 401
Toronto, ON M3C 0K8
Phone: 416-864-9911
1-888-344-LUNG (5864)
Fax: 416-864-9916
Email: info@on.lung.ca
www.on.lung.ca
NOVEMBER 2015

NOVEMBER 19 – 22  

**Festival of Trees – Sault Ste. Marie, ON**
Sault Ste. Marie, kick off the Holiday season with their annual community celebration Festival of Trees. Enjoy custom and imaginative tree décor created by community members, special holiday entertainment and a special shopping excursion for children in Secret Shop.

Enquiries:
Algoma: Grace Briglio  
514 Queen Street East  
Sault Ste. Marie, ON P6A 2A1  
Phone: 705-256-2335  
Email: gbriglio@on.lung.ca  
www.on.lung.ca/events

NOVEMBER 24  

**The Dorothy Hill Symposium** - Sala Cabota Banquet Hall - 40 Playfair Avenue, Toronto, ON

Theme: Disobedient, Disruptive, Defiant and Distressed Students: School-based Interventions for Challenging Students

Enquiries: Jill Thompson or Rachel Meads  
Ontario Psychological Association  
Phone: 416-961-5552  
Email: jill@psych.on.ca  
www.psych.on.ca

NOVEMBER 24 – DECEMBER 1  

**Canadian HIV/AIDS Awareness Week**
A week dedicated to raising awareness and increasing dialogue related to HIV/AIDS nationally. Celebrated the week prior to World AIDS Day, which is held on December 1.

Enquiries: Janne Charbonneau  
Communications Officer  
Canadian AIDS Society  
190 O'Connor Street, Suite 100  
Ottawa, ON K2P 2R3  
Phone: 613-230-3580 Ext. 130  
Fax: 613-563-4998  
Email: jannec@cdnaids.ca
NOVEMBER 2015

NOVEMBER 24 – 30  National Home Fire Safety Week
Enquiries:  Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org

NOVEMBER 25 – 29  Festival of Trees – London, ON
London kicks off the Christmas season with their annual community celebration Festival of Trees.
Enjoy custom and imaginative tree décor created by community members, special holiday entertainment and a special shopping excursion for children in Santa’s workshop.
Enquiries:  London Lung Association Office
639 Southdale Road East, Unit 2
London, ON N6E 3M2
Phone: 519-453-9086
Email: lpallen@on.lung.ca
www.on.lung.ca/events
DECEMBER 1

World AIDS Day
The international day of action on HIV and AIDS takes place every year on December 1.

Enquiries: Janne Charbonneau
Communications Officer
Canadian AIDS Society
190 O’Connor Street, Suite 100
Ottawa, ON K2P 2R3
Phone: 613-230-3580 Ext. 130
Fax: 613-563-4998
Email: jannec@cdnaids.ca
www.cdnaids.ca

DECEMBER 1 – 7

National Safe Driving Week

Enquiries: Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org
DECEMBER 2015

DECEMBER 3

International Day of Persons with Disabilities

The annual observance of the International Day of Persons with Disabilities aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.

Enquiries: Department of Economic and Social Affairs
Division for Social Policy & Development
United Nations Headquarters
Two United Nations Plaza, 13th Floor
New York, NY 10017, USA
Fax: +1 (212) 963-3062
Email: enable@un.org
www.un.org/disabilities

DECEMBER 27

Louis Pasteur’s Birthday (1822 – 1895)

French bacteriologist who developed a preventive inoculation program against rabies and a milk sterilization process.
JANUARY 2016

Alzheimer Awareness Month
Enquiries:  Rosanne Meandro
            Director, Media Relations
            Alzheimer Society of Canada
            20 Eglinton Avenue West, Suite 1600
            Toronto, ON M4R 1K8
            Phone:  416-847-8920
                    1-800-879-4226 Ext. 8920
            Fax:  416-967-3826
            Email:  rmeandro@alzheimer.ca
                    www.alzheimer.ca

Alzheimer Society Walk for Alzheimer’s Annual Fundraiser in Ontario
Enquiries:  Madelaine Jack
            Development Officer
            Alzheimer Society of Ontario
            20 Eglinton Avenue West, Suite 1600
            Toronto, ON M4R 1K8
            Phone:  416-967-5900
            Fax:  416-967-3826
            Email:  mjack@alzheimeront.org
                    www.walkforalzheimers.ca

JANUARY 4

Louis Braille’s Birthday (1809 – 1852)
Recognized for having invented the raised symbol touch process of reading and writing for the blind.
National Non-Smoking Week

National Non-Smoking Week (NNSW) has been observed for more than 30 years. It is one of the longest running and most important events in Canada’s ongoing public health education efforts. Established in 1977 by the Canadian Council for Tobacco Control (CCTC), its goals are:

- to educate Canadians about the dangers of smoking;
- to prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco;
- to help people quit smoking;
- to promote the right of individuals to breathe air unpolluted by tobacco smoke;
- to denormalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; and to assist in the attainment of a smoke-free society in Canada.

Enquiries: The Lung Association
18 Wynford Drive, Suite 401
Toronto, ON M3C 0K8
Phone: 416-864-9911
1-888-344-LUNG (5864)
Fax: 416-864-9916
Email: info@on.lung.ca
www.on.lung.ca
JANUARY 19

Hamilton Networking Group
6:30 pm – 8:30 pm, Bennetto Community Centre located at 450 Hughson Street North, Hamilton

All Muscular Dystrophy Canada clients and people living with or supporting people with neuromuscular disorders are welcome to attend.

- share stories, advice and information with other people going through the same things;
- meet new people and learn from guest speakers;
- build a sense of community that includes children, youth, families and adults.

Enquiries: Karen Dunbar
Service Specialist, Ontario/National Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext. 1121
1-866-687-2538 Ext. 1121
Email: karen.dunbar@muscle.ca

JANUARY 28

Breathe! – An Evening of Inspiration to Benefit Lung Health Research

Enjoy great entertainment while networking with industry peers at the Ontario Lung Association’s annual dinner to celebrate achievements in lung health research. Enjoy cocktails, dinner and great entertainment at the Liberty Grand in Toronto.

Enquiries: Adryon Thompson
Event Specialist
The Lung Association
401-18 Wynford Drive
Toronto, ON M3C 0K8
Phone: 416-864-9911 Ext. 228
Email: athompson@on.lung.ca
www.on.lung.ca/Breathe
FEBRUARY 2016

Heart Month
Enquiries: Stephanie Lawrence
Heart & Stroke Foundation
222 Queen Street, Suite 1402
Ottawa, ON K1P 5V9
Phone: 613-691-4022
Fax: 613-569-3278
Email: slawrence@hsf.ca
www.heartandstroke.ca

Psychology Month
Enquiries: Ontario Psychological Association
21 St. Clair Avenue East, Suite 403
Toronto, ON M4T 1L8
Phone: 416-961-5552
Fax: 416-961-5516
Email: opa@psych.on.ca

FEBRUARY 1 – 7

Eating Disorder Awareness Week
Enquiries: Suzanne Phillips
National Eating Disorder Information Centre
200 Elizabeth Street, 7ES - 421
Toronto, ON M5G 2C4
Phone: 416-340-4800 Ext. 8128
1-866-633-4220
Fax: 416-340-4736
Email: suzanne.phillips@uhn.ca
www.nedic.ca
FEBRUARY 2016

FEBRUARY 17 – MARCH 17  Buck for Luck Campaign

Starting February 17 until March 17 St. Patrick’s Day, the general public can help support Muscular Dystrophy Canada’s Buck for Luck Program by purchasing a lucky shamrock from pubs and restaurants chains across Ontario. Participating establishments will invite their customers to purchase a lucky shamrock for $1 to help support Muscular Dystrophy Canada’s core equipment, services, advocacy, and research programs.

Enquiries: Kevin Harrison
National Director, Corporate & Individual Giving
Muscular Dystrophy Canada
2345 Yonge Street, Suite 900
Toronto, ON M4P 2E5
Phone: 1-866-999-8909
Email: Kevin.harrison@muscle.ca

FEBRUARY – SEPTEMBER  Marathon Strides Against Multiple Sclerosis

Marathon Striders of all abilities run in large and small races of their choice across Ontario, while raising funds for research into the cause and cure of MS. Online fundraising tools are now available to Marathon Striders, making fundraising even easier!

Enquiries: Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582
Email: info@mssociety.ca
marathonstrides.ca
Tulip Day Campaign: A Breathe of Spring

The tulip campaign culminates every year with the delivery of bunches or pots of tulips to your door the first week of March. Workplace Champions are volunteers who collect orders in their workplace in January and February for delivery the week of March 2. Tulips are The Lung Association’s signature flower because they are low fragrance!

Enquiries: Stephanie Lear
Community Event Specialist
The Lung Association
401–18 Wynford Drive
Toronto, ON M3C 0K8
Phone: 416-864-9911 Ext. 257
Email: slear@on.lung.ca
www.tulipday.ca
Colorectal Cancer Awareness Month
Asking about colorectal cancer isn’t always easy. The Canadian Society can help. Contact us to find out what you can do to reduce your risk of developing colorectal cancer and learn about early detection and screening guidelines that apply to you.

Enquiries: Contact your local Canadian Cancer Society Office or Cancer Information Service
Phone: 1-888-939-3333
www.cancer.ca

Kidney Health Month
Enquiries: The Kidney Foundation of Canada, Ontario Branch
201-1599 Hurontario Street
Mississauga, ON L5G 4S1
Phone: 1-800-387-4474 Ext. 4980
www.kidney.ca

March Drive
The Kidney Foundation of Canada’s annual door-to-door campaign. Profits support research initiatives, patient programs, information and referral materials and public awareness campaigns

Enquiries: Daniela Piotrowski
Manager, Annual Giving
The Kidney Foundation of Canada, Ontario Branch
1599 Hurontario Street, Suite 201
Mississauga, ON L5G 4S1
Phone: 905-278-3003 Ext. 4964
1-800-387-4474 Ext. 4964
Email: dpiotrowski@kidney.on.ca
www.kidney.ca
Liver Health Month
Enquiries: Ms. Biljana (Billie) Potkonjak
National Director of Health Promotion
and Patient Services
Canadian Liver Foundation
3100 Steeles Avenue East, Suite 801
Markham, ON L3R 8T3
Phone: 416-491-3353 Ext. 4932
1-800-563-5483
Fax: 905-752-1540
Email: bpotkonjak@liver.ca
www.liver.ca

National Nutrition Month
The primary purpose of National Nutrition Month is to
increase public awareness about the importance of
healthy eating by identifying dietitians as the most
credible source of food and nutrition information.
Enquiries: Dietitians of Canada
480 University Avenue, Suite 604
Toronto, ON M5G 1V2
Phone: 416-596-0857
Fax: 416-596-0603
Email: nutritionmonth@dietitians.ca
www.NutritionMonth2016.ca
Pharmacist Awareness Month (PAM)
Pharmacist Awareness Month (PAM) is a month-long initiative which celebrates and educates Canadians on the contributions that pharmacists make every day in the delivery of quality health care.

Enquiries:  Mark McCondach
Director of Communications, Advocacy & Public Affairs
Canadian Pharmacists Association
1785 Alta Vista Drive
Ottawa, ON K1G 3Y6
Phone: 613-523-7877 Ext. 285
1-800-917-9489
Fax: 613-523-0445
Email: pam@pharmacists.ca
www.pharmacists.ca/pam
March Is Easter Seals Month
For more than 93 years, Easter Seals Ontario has offered programs and services to help children and youth with physical disabilities from all ethnic and religious backgrounds achieve a greater level of acceptance and independence. Easter Seals provides financial assistance for the purchase of costly mobility equipment and communication devices. Easter Seals also owns and operates two fully accessible camp properties, one in London and the other near Perth, Ontario, and is recognized as an industry leader in providing specialized camping and recreation programs for kids with physical disabilities. Additionally, Easter Seals offers post-secondary scholarships, access to information and resources, as well as public education and awareness. For more information or to donate, visit www.easterseals.org
Social media: Facebook – www.facebook.com/EasterSealsON; Twitter – @EasterSealsON; Youtube – www.youtube.com/user/Eastersealsont
Enquiries: Meredith Wiens, Communications Easter Seals Ontario One Concorde Gate, Suite 700 Toronto, ON M3C 3N6 Phone: 416-421-8377 Ext. 368 1-800-668-6252 Fax: 416-696-1035 Email: mwiens@easterseals.org www.easterseals.org
MARCH 2016

Red Cross Month
Enquiries: Colleen Lowe
Manager, Communications
Public Affairs
Canadian Red Cross/Croix-Rouge canadienne Ontario
5700 Cancross Court
Mississauga, ON L5R 3E9
Phone: 905-501-3595
Fax: 905-890-1008
Cell: 416-580-2307
Email: Collen.Lowe@redcross.ca
www.redcross.ca/www.croixrouge.ca

MARCH 3 – 5

Stratford Garden Festival – Stratford, ON
Welcome Spring at the Stratford Garden Festival at the Stratford Rotary Complex March 3 - 5. Enjoy ten beautiful gardens teeming with flowers. Check out the Marketplace featuring fabulous "must haves" for the gardener. Learn from gardening gurus such as Frank Ferragine, Carson Arthur, David Hobson, and more as part of the ongoing Speaker Series. $9/adults, kids free. Pre-booked groups of 15 or more, $7/person. A fundraiser to support the work of The Lung Association. Speaker schedule, special event information and directions at www.stratfordgardenfestival.com or

Enquiries: Deedee Herman
The Lung Association
Phone: 519-271-7500
www.StratfordGardenFestival.com
Can nutrition reduce inflammation? The truth about the fire within! – Toronto, ON
Join in an informative discussion on how nutrition can modulate the inflammatory processes that seem to contribute to the development of many acute and chronic conditions. This has important implications for dietitians when providing nutrition care for patients with inflammatory conditions.

Speaker: Rupinder Dhaliwal, RD is Director of Operations of the CHANGE Canada Foundation, a federally incorporated charitable organization aimed at improving the health of Canadians at risk of metabolic syndrome through lifestyle interventions.

Enquiries: Frances Scovil
Events Coordinator
Dietitians of Canada
480 University Avenue, Suite 604
Toronto, ON M5G 1V2
Phone: 416-642-9308
Email: frances.scovil@dietitians.ca
www.dietitians.ca/events

World Kidney Day
World Kidney Day is a global health awareness campaign focusing on the importance of the kidneys and reducing the frequency and impact of kidney disease and its associated health problems worldwide. The campaign is celebrated every year on the second Thursday of March in more than 100 countries on six continents. World Kidney Day is a joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations.

Enquiries: The Kidney Foundation of Canada, Ontario Branch
201-1599 Hurontario Street
Mississauga, ON L5G 4S1
Phone: 1-800-387-4474 Ext. 4980
www.kidney.ca/ontario
MARCH 2016

MARCH 13

St. Patrick’s Day Run & Walk – Toronto, ON
Join teamHD at the annual St. Patrick's Day Run! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

MARCH 14 – 20

National Farm Safety Week

Enquiries: Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org
MARCH 15

Hamilton Networking Group
6:30 pm – 8:30 pm, Bennetto Community Centre located at 450 Hughson Street North, Hamilton

All Muscular Dystrophy Canada clients and people living with or supporting people with neuromuscular disorders are welcome to attend.

- share stories, advice and information with other people going through the same things;
- meet new people and learn from guest speakers;
- build a sense of community that includes children, youth, families and adults.

Enquiries: Karen Dunbar
Service Specialist, Ontario/National Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext. 1121
1-866-687-2538 Ext. 1121
Email: karen.dunbar@muscle.ca
MARCH 2016

MARCH 21

World Down Syndrome Day
In December 2011, the General Assembly declared 21 March as World Down Syndrome Day (A/RES/66/149). The General Assembly decided, with effect from 2012, to observe World Down Syndrome Day on 21 March each year, and invites all Member States, relevant organizations of the United Nations system and other international organizations, as well as civil society, including non-governmental organizations and the private sector, to observe World Down Syndrome Day in an appropriate manner, in order to raise public awareness of Down Syndrome.

Enquiries: Department of Economic and Social Affairs
Division for Social Policy & Development
United Nations Headquarters
Two United Nations Plaza, 13th Floor
New York, NY 10017, USA
Fax: +1 (212) 963-3062
Email: enable@un.org
www.un.org/en/events/downsyndromeday
World TB Day
World Tuberculosis Day is a worldwide event that aims to raise public awareness of tuberculosis and the efforts made to prevent and treat this disease. This event is held on March 24 each year and is promoted by organizations such as the World Health Organization (WHO). March 24, marks the day in 1882 when Dr Robert Koch detected the cause of tuberculosis, the TB bacillus. This was a first step towards diagnosing and curing tuberculosis.

Enquiries: The Lung Association
18 Wynford Drive, Suite 401
Toronto, ON M3C 0K8
Phone: 416-864-9911
1-888-344-LUNG (5864)
Fax: 416-864-9916
Email: info@on.lung.ca
www.on.lung.ca

Niagara Volleyball Tournament – Niagara Region, ON
Join us for our annual volleyball tournament and some friendly competition! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
MARCH 2016

MARCH 26  Purple Day and March Awareness Month
March 26 is *Purple Day for Epilepsy Awareness*. Canada just passed the *Purple Day Act*, so that on this date, Canadians are encouraged to stand together in support of the one in 100 people living with epilepsy. *Purple Day* started with a little girl in Nova Scotia who wanted her friends to know that she may have seizures but she wasn’t so different from them. This year, on March 26, join the world to raise awareness and dispel misconceptions about epilepsy. Contact Epilepsy Toronto for more information on our *Purple Day* events.

Enquiries:  Epilepsy Toronto
468 Queen Street East, Suite 210
Toronto, ON M5A 1T7
Phone: 416-964-9095
Fax: 416-9642492
[www.epilepsytoronto.org](http://www.epilepsytoronto.org) or
[www.purpleday.org](http://www.purpleday.org)

MARCH 27  William Konrad Roentgen’s Birthday
(1845 – 1923)
German scientist whose discovery and work with X-rays won him the Nobel Prize in 1901.
APRIL 2016

Daffodil Month
Join the Canadian Cancer Society in the fight against cancer this April by donating generously to one of our volunteer canvassers when they come to your door. Every year, money raised throughout Daffodil Month helps the Canadian Cancer Society fund life-saving research and vital support services to people living with cancer.
Enquiries: Contact your local Canadian Cancer Society Office or Cancer Information Service
Phone: 1-888-939-3333
www.cancer.ca

Hop for Muscular Dystrophy Campaign
Muscular Dystrophy Hop for Muscular Dystrophy Campaign is a national educational and fundraising initiative aimed at pre-school and school aged children that provide an early introduction to inclusiveness and understanding that physical differences do not change people on the inside. This program is a great tool in teaching children about compassion, caring, and acceptance of differing abilities. Funds raised from this program support the tens of thousands of Canadians affected by a neuromuscular disorder through research, services, and education.
Enquiries: Kevin Harrison
National Director, Corporate & Individual Giving
Muscular Dystrophy Canada
2345 Yonge Street, Suite 900
Toronto, ON M4P 2E5
Phone: 1-866-999-8909
Email: Kevin.harrison@muscle.ca
APRIL 2016

Oral Health Month
Oral Health Month is a time to enhance awareness of the importance of good oral health and its connection to one's overall health and well-being.

Enquiries: Janiece Walsh
Manager, Public Affairs & Communications
Ontario Dental Association
4 New Street
Toronto, ON M5R 1P6
Phone: 416-922-3900 Ext. 2275
Fax: 416-922-9005
Email: media@oda.ca
www.youroralhealth.ca

Parkinson Awareness Month
Parkinson’s disease can affect ANYONE. The tulip is our floral symbol of hope and will be available for sale at many locations across the GTA as well as Burlington, Hamilton, Georgetown, Peterborough, Lindsay, Cobourg and Midland. Please support this campaign that provides funds for education, advocacy and support services.

Enquiries: Debbie Davies
Executive Director
Parkinson Society Central and Northern Ontario
4211 Yonge Street, Suite 321
Toronto, ON M2P 2A9
Phone: 1-800-565-3000
Fax: 416-227-1520

Southwest Ontario Region
Shelley Rivard
Executive Director
Phone: 1-888-851-7376
Email: info@parkinsociety.ca

Ottawa-Carleton Region
Phone: 613-722-9238
Email: psoc@tri.com
APRIL 2016

Women Against MS Gala Luncheon
Women Against MS (WAMS) is a powerful collective of professional women dedicated to raising research funds to end multiple sclerosis. In addition to exclusive networking opportunities, guests come together at the prestigious Royal York Hotel in Toronto for the annual WAMS Gala Luncheon.

Enquiries: Megan McDonald
Senior Coordinator, Corporate Events
Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or
1-800-268-7582 Ext. 3125
Email: Megan.McDonald@mssociety.ca
wamsgala.ca

APRIL 1 – 30

BeADonor.ca Month (April 1 – 30)
National Organ and Tissue Donation Awareness Week (April 17-23)

3.2 million Ontarians have registered as organ and tissue donors; 27 percent of the eligible population in Ontario. If you are 16 years and older, with a valid Ontario health card, help Trillium Gift of Life Network (TGLN) save more lives — Register your consent today at beadonor.ca — over 1,500 people waiting for the gift of life could be saved by your decision.

Want to do more? Hold an event in your community, run a registration drive or share the story of how you have been impacted by this cause? Contact us to learn more:

Info Line: 1-800-263-2833
Email: communityevents_form@giftoflife.ca
Fax: 416-363-4002

Write to us: Trillium Gift of Life Network
522 University Avenue, Suite 900
Toronto, ON M5G 1W7

Visit us: www.giftoflife.on.ca
www.beadonor.ca

Follow us: @TrilliumGiftofLife @TrilliumGift
APRIL 2016

APRIL 2

Peterborough Score ONE for the Team
Peterborough, ON
Join us for our annual 3-on-3 basketball tournament for some friendly competition! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.
Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

APRIL 2

World Autism Awareness Day
The United Nations General Assembly unanimously declared 2 April as World Autism Awareness Day (A/RES/62/139) to highlight the need to help improve the quality of life of children and adults, who are affected by autism, so they can lead full and meaningful lives.
Autism is a lifelong developmental disability that manifests itself during the first three years of life. It results from a neurological disorder that affects the functioning of the brain, mostly affecting children and adults in many countries irrespective of gender, race or socio-economic status. It is characterized by impairments in social interaction, problems with verbal and non-verbal communication and restricted, repetitive behaviour, interests and activities. The rate of autism in all regions of the world is high and it has a tremendous impact on children, their families, communities and societies.
Enquiries: Department of Economic and Social Affairs
Division for Social Policy & Development
United Nations Headquarters
Two United Nations Plaza, 13th Floor
New York, NY 10017, USA
Fax: +1 (212) 963-3062
Email: enable@un.org
APRIL 2016

APRIL 5  Sir Joseph Lister’s Birthday (1827 – 1912)
An English surgeon and scientist who is considered a pioneer in the use of antiseptics to prevent surgical infection.

APRIL 9  A Night of Billiards – Sudbury, ON
Join us for our annual billiards night and have fun for a great cause! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.
Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

APRIL 20  Toronto Networking Group
6:30 pm – 8:30 pm, Holland Bloorview Children’s Rehabilitation located at 150 Kilgour Road in Toronto
All Muscular Dystrophy Canada clients and people living with or supporting people with neuromuscular disorders are welcome to attend.
• share stories, advice and information with other people going through the same things;
• meet new people and learn from guest speakers;
• build a sense of community that includes children, youth, families and adults.
Enquiries: Karen Dunbar
Service Specialist, Ontario/National Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext. 1121
1-866-687-2538 Ext. 1121
Email: karen.dunbar@muscle.ca
APRIL 2016

APRIL 23 – 30  National Immunization Awareness Week
Enquiries: Contact Immunize Canada
c/o Canadian Public Health Association
1525 Carling Avenue, Suite 404
Ottawa, ON K1Z 8R9
Phone: 613-725-3769 Ext. 122
Fax: 613-725-9826
Email: immunize@cpha.ca
http://immunize.ca

APRIL 24  18th Annual GEMS Walk for Huntington Disease – Toronto, ON
Join us for a 90-minute stroll through a Toronto
neighbourhood and experience the rich history of the
city and some architectural gems! Walking tours are
hosted by knowledgeable enthusiasts of Toronto
architecture who explain the history and significance
of many buildings in the area.
Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
Cystic Fibrosis Month
May is Cystic Fibrosis Awareness Month, a time when Cystic Fibrosis Canada shines the spotlight on Canadians living with cystic fibrosis (CF) to raise awareness about this devastating disease. We fund vital research and care that improves quality of life for Canadians living with cystic fibrosis and propels us closer to finding a cure.

Enquiries: Jennifer Nebesky
Communications & Marketing Director
Cystic Fibrosis Canada
2323 Yonge Street, Suite 800
Toronto, ON M4P 2C9
Phone: 416-485-9149 Ext. 248
1-800-378-2233
Fax: 416-485-5707
Email: jnebesky@cysticfibrosis.ca
www.cysticfibrosis.ca

Foot Health Month
Enquiries: Leslie Wright
Office Manager
Ontario Society of Chiropodists
6700 Century Avenue, Suite 100
Mississauga, ON L5N 6A4
Phone: 905-567-3094
1-877-823-1508
Fax: 905-567-7191
Email: info@ontariochiropodist.com

Medic Alert Month
Enquiries: Catherine Horlock
Canadian Medic Alert Foundation
2005 Sheppard Avenue East, Suite 800
Toronto, ON M2J 5B4
Phone: 416-490-3509
1-866-815-4267
Fax: 416-696-0156
Email: charlock@medicalert.ca
www.medicalert.ca
MAY 2016

National Physiotherapy Month
Enquiries: CPA National Office
Canadian Physiotherapy Association
955 Green Valley Crescent, Suite 270
Ottawa, ON K2C 3V4
Phone: 613-564-5454
1-800-387-8679
Fax: 613-564-1577
Email: information@physiotherapy.ca
www.physiotherapy.ca

Vision Health Month
Enquiries: Debra Yearwod
Director Marketing and Communications
Canadian Association of Optometrists
234 Argyle Avenue
Ottawa, ON K2P 1B9
Phone: 613-235-7924 Ext. 213
1-888-263-4676 Ext. 213
Email: dyearwood@opto.ca
www.opto.ca

Walk for Muscular Dystrophy
May marks the kick-off of the national Walk for Muscular Dystrophy event. Join thousands of Canadians across the country who are taking part. Bring your family and friends, and enjoy a fun, relaxed community event that raises spirits as well as funds. With the Walk for Muscular Dystrophy taking place during May and June, be sure to check out an Ontario location near you.
Enquiries: Kerri Stocks
Revenue Development Manager
Ontario/National
Muscular Dystrophy Canada
915-383 Richmond Street
London, ON N6A 3C4
Phone: 519-850-8700 Ext. 1301
1-877-850-8720 Ext. 1301
Email: kerri.stocks@muscle.ca
www.walkformusculardystrophy.ca
MAY 2016

MAY 1

**MS Walk, Presented by Genzyme**
Canada has the highest rate of multiple sclerosis in the world. Help us end Canada’s disease at the MS Walk! The MS Walk will be held in 56 locations across Ontario with most events taking place on Sunday, May 1. Other events happen on April 24 and May 15. Join our team as we fight to end MS.

**Enquiries:**

Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 1-888-822-8467
Email: walk@mssociety.ca
mswalks.ca

MAY 1

**Dr. Emily Stowe (1831 – 1903)**
Dr. Emily Howard Stowe was the first female physician in Canada and suffragette.

MAY 1

**Doctors’ Day (Ontario)**

**Enquiries:**

Ontario Medical Association
150 Bloor Street West, Suite 900
Toronto, ON M5S 3C1
Phone: 416-599-2580
Fax: 416-340-2944
Email: info@oma.org
www.oma.org

MAY 1

**Goodlife Fitness Toronto Marathon**
Join our team and race alongside fellow lung lovers at this annual event or volunteer at our water station along the route.

**Enquiries:**

Stephanie Lear
Community Events Specialist
The Lung Association
18 Wynford Drive, Suite 401
Toronto, ON M3C 0K8
Phone: 416-864-9911 Ext. 257
Email: slear@on.lung.ca
www.on.lung.ca/events
MAY 2016

MAY 1 – 7

National Summer Safety Week

Enquiries: Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org

MAY 3

World Asthma Day

World Asthma Day 2016 is on May 3. It is an annual event organized by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day takes place on the first Tuesday of May.

Enquiries: The Lung Association
18 Wynford Drive, Suite 401
Toronto, ON M3C 0K8
Phone: 416-864-9911
1-888-344-LUNG (5864)
Fax: 416-864-9916
Email: info@on.lung.ca
http://www.ginasthma.org
MAY 2016

MAY 5

International Day of the Midwife
It’s a day to celebrate midwifery, and to reflect on the importance of midwives’ work to the health of women and babies around the world. It’s also a time to draw attention to the most important issues affecting midwives here in Canada.

Enquiries: Association of Ontario Midwives
365 Bloor Street East, Suite 800
Toronto, ON M4W 3L4
Phone: 416-425-9974
1-866-418-3773
Fax: 416-425-6905
Email: admin@aom.on.ca
www.aom.on.ca

MAY 6

International No-Diet Day

Enquiries: Suzanne Phillips
National Eating Disorder Information Centre
200 Elizabeth Street, 7ES-421
Toronto, ON M5G 2C4
Phone: 416-340-4800 Ext. 8128
1-866-633-4220
Fax: 416-340-4736
Email: suzanne.phillips@uhn.ca
www.nedic.ca
MAY 2016

MAY 6 – 8

MS Carnation Campaign
On Mother's Day weekend, support Canadians living with MS by purchasing carnations from a volunteer at local malls and stores across the province. The MS Carnation Campaign is a wonderful way to celebrate Mom, support people living with MS and mark MS Awareness Month.

Enquiries: Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582
Email: info@mssociety.ca
mssociety.ca

MAY 8 – 10

Mr. Lube ending MS…One drop at a time
Mr. Lube Canada will host “Mr. Lube Ending MS… One drop at a time” to increase awareness of multiple sclerosis and help raise funds for those affected by the disease. A donation will be made for every oil change performed at any Mr. Lube location.
To find out more, visit MrLubeEndingMS.ca

Enquiries: Brian Lim
Manager, Corporate Development
Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582 Ext. 3142
Email: Brian.Lim@mssociety.ca
MrLubeEndingMS.ca
MAY 2016

MAY 8
World Red Cross Day
Enquiries: Colleen Lowe
Manager, Communications
Public Affairs
Canadian Red Cross, Ontario Zone
5700 Cancross Court
Mississauga, ON L5R 3E9
Phone: 905-501-3595
Email: Collen.Lowe@redcross.ca
www.redcross.ca

MAY 9 – 16
National Nursing Week
Enquiries: Briana Sequin
Marketing Coordinator
Canadian Nurses Association
50 Driveway
Ottawa, ON K2P 1E2
Phone: 613-237-2159 Ext. 589
1-800-361-8404
Fax: 613-237-3520
Email: bsequin@cna-aiic.ca
www.cna-aiic.ca

MAY 12
Florence Nightingale’s Birthday (1820 – 1910)
A British nurse whose work contributed greatly to modern professional nursing. This day also marks Canada Health Day and International Nurses’ Day.
MAY 2016

MAY 15 – 18

2016 National Education Conference, Niagara Falls – 40th Anniversary!
Theme: Wisdom Begins With Wonder
Enquiries: Gerry Hansen (Ms.)
Executive Director
IPAC Canada
PO Box 46125
RPO Westdale
Winnipeg, MB R3R 3S3
Phone: 1-204-897-5990
1-866-999-7111
Fax: 1-204-895-9595
Email: info@ipac-canada.org
www.ipac-canada.org

MAY 17 – 23

National Road Safety Week
Enquiries: Communications/Media Program Coordinator
Canada Safety Council
1020 Thomas Spratt Place
Ottawa, ON K1G 5L5
Phone: 613-739-1535 Ext. 228
Fax: 613-739-1566
Email: media@safety-council.org
www.safety-council.org
MAY 2016

MAY 17

Hamilton Networking Group
6:30 pm – 8:30 pm, Bennetto Community Centre located at 450 Hughson Street North, Hamilton

All Muscular Dystrophy Canada clients and people living with or supporting people with neuromuscular disorders are welcome to attend.

- share stories, advice and information with other people going through the same things;
- meet new people and learn from guest speakers;
- build a sense of community that includes children, youth, families and adults.

Enquiries: Karen Dunbar
Service Specialist, Ontario/National Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext. 1121
1-866-687-2538 Ext. 1121
Email: karen.dunbar@muscle.ca

MAY 18

World AIDS Vaccine Day/HIV Vaccine Awareness Day

On May 18, 1997, President Clinton issued a challenge to the world to develop an AIDS vaccine. One year later on May 18, World AIDS Vaccine Day was launched to acknowledge the urgency of finding a preventive HIV vaccine and to promote AIDS vaccine awareness and efforts.

Enquiries: Janne Charbonneau
Communications Officer
Canadian AIDS Society
190 O’Connor Street, Suite 100
Ottawa, ON K2P 2R3
Phone: 613-230-3580 Ext. 130
Fax: 613-563-4998
Email: jannec@cdnaids.ca
www.cdnaids.ca
MAY 21

HSC Peterborough Walk to Cure HD
Peterborough, ON
Join us at our annual walk through downtown Peterborough! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

MAY 21 – 22

Ottawa Race Weekend
Support The Ontario Lung Association – no matter where you live – by joining our “I Love Lungs” Team at the Ottawa Race Weekend. Each year people register to raise funds with the Team, then run or walk the distance of their choice – all in support of the 1 in 5 people affected by lung disease. Because when you can’t breathe, nothing else matters.

Enquiries: Melanie Estable-Porter
Corporate & Community Development Officer
Ontario Lung Association
500-2319 St. Laurent Blvd.
Ottawa, ON K1G 4J8
Phone: 613-230-4200
Email: melanie@on.lung.ca
www.on.lung.ca/events
MAY 2016

MAY 21 – 22

Ottawa Race Weekend - Ottawa, ON
We invite you to join our Nationwide Running Team by signing-up to participate in any of the races on the marathon weekend and fundraise for teamHD at the same time! For more information visit www.teamhd.ca and get running! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

MAY 25

World MS Day 2016
World MS Day brings the global multiple sclerosis community together to share stories, raise awareness and campaign with, and for everyone affected by the disease. It is the only global awareness raising campaign for MS. Every year, the MS movement comes together to provide the public with information about MS and to raise awareness on how it affects the lives of more than 2.3 million people around the world. The 2016 theme is independence, income and employment.

Enquiries: Tiffany Regaudie
Manager, Content & Communications, Marketing and Communications
Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582 Ext. 3144
Email: Tiffany.Regaudie@mssociety.ca
MAY 2016

MAY 28

Bike Trek – Windsor/Essex
Join the 15th Annual Bike Trek Event. Be a part of this fundraising biking adventure where participants challenge themselves as cyclists and community leaders and ride 25, 50, 100 or 160km through Windsor and Essex County.
Enquiries: Lori Pallen
Phone: 1-888-566-5864
Email: lpallen@on.lung.ca
www.biketrek.ca

MAY 31

World No Tobacco Day
Every year, on May 31, the World Health Organization (WHO) and partners mark World No Tobacco Day, highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.
http://www.who.int/campaigns

MAY 31 – JUNE 2

OHHA Fifth Annual Conference and Trade Show – Oakwood Resort in Grand Bend, ON
For more information: http://www.ohha.org/backpack
Email: executivedirector@ohha.org
Aphasia Awareness Month
Aphasia affects, talking, understanding, reading and writing. Aphasia is typically caused by stroke, head injury, brain tumour or neurological disease. Aphasia can occur in people of any age. 1 in 250 people are impacted by Aphasia.

Enquiries: Mary Cook
Executive Director
Ontario Association of Speech-Language Pathologists and Audiologists (OSLA)
410 Jarvis Street
Toronto, ON M4Y 2G6
Phone: 416-920-3676
1-800-718-6752
Fax: 416-920-6214
Email: mail@osla.on.ca
www.osla.on.ca

Stroke Month
Enquiries: Stephanie Lawrence
Heart & Stroke Foundation
222 Queen Street, Suite 1402
Ottawa, ON K1P 5V9
Phone: 613-691-4022
Fax: 613-569-3278
Email: slawrence@hsf.ca
www.heartandstroke.ca
RBC Golf Tournament to end MS
The 19th annual RBC Golf Tournament to end MS, hosted by RBC Procurement, takes place at Angus Glen Golf Club, Mandarin Golf and Country Club and Goodwood Golf Club. Since its inception, nearly $7 million has been raised, which would not be possible without the support of RBC Procurement and their suppliers. The event offers entertainment from morning to night, including a full breakfast, games, gift bags, a great dinner, live and silent auctions and a beautiful day on the golf course.

Enquiries: Megan McDonald
Senior Coordinator, Corporate Events
Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582 Ext. 3125
Email: Megan.McDonald@mssociety.ca
rbcmsgolf.ca

Shad’s R & R Golf Tournament
This annual golf event is widely supported by the automotive industry and has raised over $4 million to date in support of Muscular Dystrophy Canada’s research programs. The tournament takes place on the 2nd Thursday of June at the picturesque Station Creek Golf & Country Club in Stouffville, Ontario. Over 300 industry professionals enjoy a game of golf, banquet dinner and prizes.

Enquiries: Kevin Harrison
National Director, Corporate & Individual Giving
Muscular Dystrophy Canada
2345 Yonge Street, Suite 900
Toronto, ON M4P 2E5
Phone: 1-866-999-8909
Email: Kevin.harrison@muscle.ca
Walk for Muscular Dystrophy
May marks the kick-off of the national Walk for Muscular Dystrophy event. Join thousands of Canadians across the country who are taking part. Bring your family and friends, and enjoy a fun, relaxed community event that raises spirits as well as funds. With the Walk for Muscular Dystrophy taking place during May and June, be sure to check out an Ontario location near you.

Enquiries: Kerri Stocks
Revenue Development Manager
Ontario/National Muscular Dystrophy Canada
915-383 Richmond Street
London, ON N6A 3C4
Phone: 519-850-8700 Ext. 1301
1-877-850-8720 Ext. 1301
Email: kerri.stocks@muscle.ca
www.walkformusculardystrophy.ca

Ottawa Race for a Cure - Ottawa, ON
Join us for a night at the Rideau Carleton Raceway for a night of food, fun and horse racing! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
JUNE 2016

JUNE 3 – 5

10th Annual Walter Gretzky Street Hockey Tournament – Brantford
Join hockey players from across North America and beyond, as they vie for the "medal" and bragging rights of the Champion title for the 9th annual Walter Gretzky Street Hockey Tournament at Steve Brown Sports Complex at Lions Park.

Brantford
Enquiries: Sandy Lee
410 Colborne Street
Brantford, ON N3S 3N6
Phone: 519-753-4682
Email: slee@on.lung.ca
www.waltergretzkystreethockey.ca

JUNE 4

Knights of Columbus 10th Annual Hike for Huntington’s – Exeter, ON
Join us at our annual hike for a day of fun, exercise, and great people! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events

JUNE 6 – 10

Environmental Services/Housekeeping Appreciation Week
Enquiries: Wendy Boone-Watt
Executive Director, OHHA
2053 County Road 22
Bath, ON K0H 1G0
Phone: 613-352-5696
Fax: 613-352-5840
Email: executivedirector@ohha.org
www.ohha.org
JUNE 8

10th Annual Phyllis Gretzky Memorial Golf Classic – Hosted at the beautiful Willow Valley Golf & Country Club in Mount Hope
Join Walter Gretzky for the day of golf and fun! Join Y108/CHML Personalities and make a “Celebrity Team”. Wine and Dine on the course with ‘Shrimp Tasting’ courtesy of The Keg and Wine Tasting courtesy of No.99 Wayne Gretzky Estate Winery. Book your foursome early.

Enquiries: Sandy Lee
Volunteer and Fund Development Coordinator
The Lung Association McMaster Region
Suite 255-245 King George Road
Brantford, ON N3R 7N7
Phone: 519-753-4682
Email: slee@on.lung.ca
www.on.lung.ca/events

JUNE 11 (tentative date)

Grand River Chapter Hope 4 a Cure Walk/Run – Grand River Region, ON
Join us at our annual walk/run for a day of fun, exercise, and great people! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
JUNE 2016

JUNE 11

The Wild Ride – Wildwood Conservation Area, St. Marys
Come out for an awesome 25km trail race through the Wildwood Forest while raising funds to support The Lung Association it will leave you breathless! Solo and team race. 50km elite option. Free kids’ races. Demos and more.

Enquiries: Deedee Herman
342 Erie Street, Suite 121
Stratford, ON N5A 2N4
Phone: 519-271-7500
Email: dherman@on.lung.ca
www.thewildride.ca

JUNE 14

Dr. Alois Alzheimer’s Birthday (1864 – 1915)
German physician, the first to formally recognize and identify Alzheimer Disease as a distinct form of intellectual deterioration.
JUNE 2016

JUNE 15

Toronto Networking Group
6:30 pm – 8:30 pm, Holland Bloorview
Children’s Rehabilitation located at
150 Kilgour Road in Toronto
All Muscular Dystrophy Canada clients and people
living with or supporting people with neuromuscular
disorders are welcome to attend.
- share stories, advice and information with other
  people going through the same things;
- meet new people and learn from guest
  speakers;
- build a sense of community that includes
  children, youth, families and adults.

Enquiries: Karen Dunbar
Service Specialist, Ontario/National
Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, ON M4P 2E5
Phone: 416-488-2699 Ext. 1121
1-866-687-2538 Ext. 1121
Email: Karen.dunbar@muscle.ca

JUNE 25 – 27

Canadian Pharmacists Conference 2016
Calgary, AB
Jointly presented by Canadian Pharmacists
Association (CPhA) and Alberta Pharmacists’
Association (RxA)

Enquiries: Janet Maslin
Conference & Events Manager
Canadian Pharmacists Association
1785 Alta Vista Drive
Ottawa, ON K1G 3Y6
Phone: 613-523-7877 Ext. 201
1-800-917-9489
Fax: 613-523-0445
Email: conference@pharmacists.ca
www.pharmacists.ca/conference
JUNE 2016

JUNE 26

Run & Hike for Huntington Disease
Toronto, ON
The Huntington Society of Canada’s largest running event! Join 300+ runners from the GTA in raising funds and awareness for Huntington Disease! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
Muscular Dystrophy Canada Community Charity Golf Tournament

Harry Alkema started the Trehaven Muscular Dystrophy Easter Seals golf tournament 20 years ago in honour of his late son Jacob who had muscular dystrophy. The Trehaven Golf Tournament, as of 2015 called The Muscular Dystrophy Canada Community Charity Golf Tournament has been a long standing tradition with Muscular Dystrophy Canada and attracts over 150 golfers every year. Over the past 20 years Harry Alkema and the organizing committee have been coordinating this tournament in order to fund research and to provide client and equipment services for people who have a neuromuscular disorder. Since its inception in 1991, the Trehaven Golf Tournament has generously donated over $300,000 to Muscular Dystrophy Canada’s mission of making muscles move. 

Enquiries: Kevin Harrison
National Director, Corporate & Individual Giving
Muscular Dystrophy Canada
2345 Yonge Street, Suite 900
Toronto, ON M4P 2E5
Phone: 1-866-999-8909
Email: Kevin.harrison@muscle.ca
JULY 2016

JULY 10

MS Bike – Prince Edward County 75km
Join us for the MS Bike - Prince Edward County. This one-day, 40km or 75km tour will start in Picton and travel through the scenic, rural roads in beautiful Prince Edward County! Prince Edward County, located south of Belleville, is a large island where you can find some of the finest wineries and beaches in Ontario.

Enquiries: Candice Hamel
Manager, Fund Development
Multiple Sclerosis Society of Canada, Ontario Division
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582 Ext. 3171
Email: Candice.Hamel@mssociety.ca
msbike.ca

JULY 16

Barry’s Bay Volleyball Tournament
Barry’s Bay, ON
Join us at our annual beach volleyball tournament for some friendly competition! Proceeds go to the Huntington Society of Canada’s family support programs and to fund research for a meaningful treatment for Huntington disease.

Enquiries: Huntington Society of Canada
Phone: 1-800-998-7398
Email: events@huntingtonsociety.ca
www.huntingtonsociety.ca/events
JULY 2016

JULY 23

GranFondoOttawa

Stomp the pedals, feel the power, think BIGRIDE, GranFondoOttawa. Register at www.granfondoottawa.org and plan to cycle 65km, 100km, 170km or 220km. Support the event’s official charity – The Ontario Lung Association by raising funds/donating through the Pledge Program or purchase something from the Charity Auction. Because when you can’t breathe, nothing else matters.

Enquiries: Melanie Estable-Porter
Corporate & Community Development Officer
Ontario Lung Association
500-2319 St. Laurent Blvd.
Ottawa, ON K1G 4J8
Phone: 613-230-4200
Email: melanie@on.lung.ca
www.on.lung.ca/events

JULY 23 – 24

MS Bike – Grand Bend to London 150km

Experience the camaraderie of Canada’s largest MS Bike tour! Beginning at Lake Huron in Grand Bend, you will cycle along quiet rural roads to Western University in London for an overnight stay. Enjoy a fun evening of dinner, dancing and prizes with your fellow cyclists. The next morning, cycle back to Grand Bend for a well-deserved massage and finish line barbecue.

Enquiries: Sarah Mann
Manager, Fund Development
Multiple Sclerosis Society of Canada, Ontario Division
1100 Dearnness Drive, Unit 20
London, ON N6E 1N9
Phone: 519-680-7878 or 1-888-510-7777 Ext. 3303
Email: Sarah.Mann@mssociety.ca
msbike.ca
World Hepatitis Day
The Canadian Society for International Health (CSIH) is the primary organizing body for the World Hepatitis Day (WHD) campaign in Canada. Each year, CSIH puts out a call for proposals from various organizations to facilitate WHD events across the country. For 2015, CSIH received a total of 50 proposals for about 80 events across the country. All of the events are posted online http://whdcanada.org/events/ along with the contact information of the organizations marking WHD in Canada. The events range from promotional barbecues and guest speaker panels to informational activities and testing and vaccination for hepatitis. In addition, CSIH works on communication strategy for the campaign and also puts together a list of promotional materials to be given out to organizations throughout Canada in order to promote the campaign message.

Enquiries: Ecaterina Damian
Program Manager
Canadian Society of International Health
1 Nicholas Street, Suite 726
Ottawa, ON K1N 7B7
Phone: 613-241-5785 Ext. 303
Fax: 613-244-6825
Email: edamian@csih.org
www.csih.org
www.whdcanada.org
World Hepatitis Day

World Hepatitis Day, endorsed by the World Health Organization (WHO) is observed on July 28 every year. Many countries hold special events on or around this day to raise awareness that 1 in 12 people are chronically infected with hepatitis B or C around the world. The Canadian Liver Foundation is participant in several World Hepatitis Day events held in Canada. Please check our website at www.liver.ca for further information on national and local events. Join us!

Enquiries:  Ms. Biljana (Billie) Potkonjak
National Director of Health Promotion and Patient Services
Canadian Liver Foundation
3100 Steeles Avenue East, Suite 801
Markham, ON L3R 8T3
Phone:  416-491-353 Ext. 4932
        1-800-563-5483
Fax:  905-752-1540
Email:  bpotkonjak@liver.ca
www.liver.ca
AUGUST 2016

A&W Cruisin’ to end MS
More than 800 A&W restaurants across Canada will host the annual Cruisin’ to end MS, where $1 from every Teen Burger® sold will be donated to help end multiple sclerosis. In addition to buying a Teen Burger®, supporters can also purchase paper cutouts, give through in-store donation mugs or donate online. To find out more, visit cruisintoendms.ca
Enquiries: Brian Lim
Manager, Corporate Development
Multiple Sclerosis Society of Canada
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582 Ext. 3142
Email: Brian.Lim@mssociety.ca

AUGUST 6

Sir Alexander Fleming’s Birthday
(1881 – 1955)
A Scottish bacteriologist who discovered penicillin and won the Nobel Prize in 1954.
AUGUST 2016

AUGUST 6 – 7

MS Bike – Ottawa to Cornwall 75km or 225km

In partnership with the Cornwall and District Chapter, join us to celebrate our 26th anniversary! The tour offers cyclists of all ages and abilities both a one and a two day option, with routes ranging between 75km and 100km per day (with an extra 25km loop on Saturday). Our route offers a well-balanced ride with a combination of hills, flats and incredible scenery as cyclists wind through Eastern Ontario and along the Long Sault Parkway, which follows the river to a relaxing lunch on the banks of the St. Lawrence River. From there, cyclists will ride along paved bike paths which follow the river to the NAV Centre into Cornwall.

Enquiries: Stephanie Desjardins
Coordinator, Fundraising Events
Multiple Sclerosis Society of Canada, Ottawa Chapter
1826 Woodward Drive
Ottawa, ON K2C 0P7
Phone: 613-758-0583
Email: Stephanie.desjardins@mssociety.ca
msbike.ca
AUGUST 2016

AUGUST 21

**MS Bike – Niagara 40km or 75km**
Why not make it a weekend in the beautiful Niagara Region? Enjoy the sights as you cycle along this scenic, flat route. Beginning at Crystal Ridge Arena and Community Centre, you will loop through the Niagara Region and take in the sights of the Niagara Parkway before returning to the arena.

**Enquiries:** Candice Hamel
Supervisor, Fund Development
Multiple Sclerosis Society of Canada, Ontario Division
250 Dundas Street West, Suite 500
Toronto, ON M5T 2Z5
Phone: 416-922-6600 or 1-800-268-7582 Ext. 3171
Email: Candice.Hamel@mssociety.ca
msbike.ca

AUGUST 29

**MS Kilts Fore a Cure**
Join us at The Highlands as golfers “get suited in their kilt” (which is provided to each golfer upon raising the fundraising minimum requirement of $250). This old style “Scottish play” tournament is best ball and will feature top golfing, fundraising prizes and themed holes like “Closest to the Haggis”.

**Enquiries:** Stephanie Desjardins
Coordinator, Fundraising Events
MS Society of Canada, Ottawa Chapter
1826 Woodward Drive
Ottawa, ON K2C 0P7
Phone: 613-728-1583 Ext. 3327
Email: Stephanie.desjardins@mssociety.ca
msgolf.ca