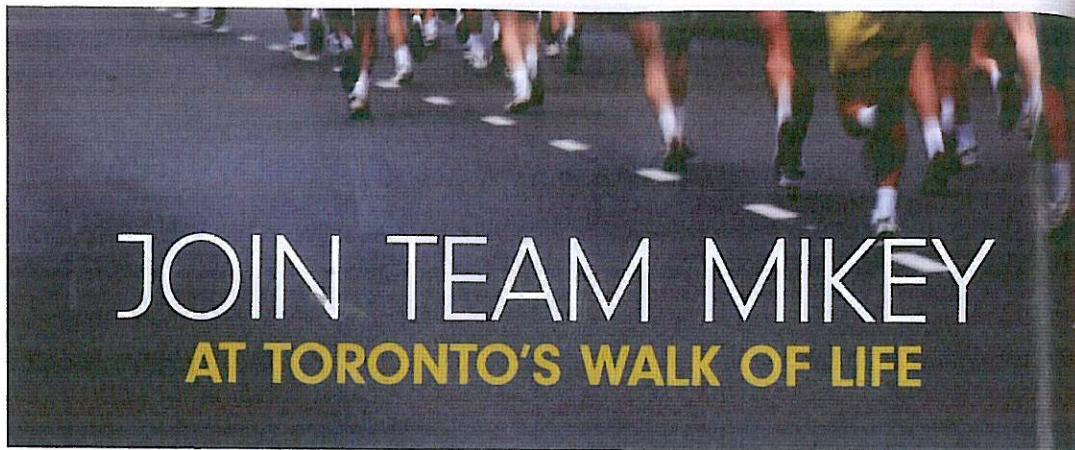


# CONDOGUIDE

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## IN THE NEWS



## JOIN TEAM MIKEY AT TORONTO'S WALK OF LIFE

**H**ow would you like to get some exercise, spend fun time with family and friends, and help a wonderful cause in the process? On Saturday, May 15, you can do all of the above by joining TEAM MIKEY for the WALK OF LIFE to raise funds for the Cardiac Health Foundation of Canada, a charitable organization dedicated to supporting cardiac rehabilitation and the advocacy of prevention and education across Canada. In addition to entering a dynamic team for the GTA walk, The Mikey Network will donate public-access defibrillators called MIKEYS to the Foundation's rehabilitation centres taking part across Canada! The Network needs you and your friends, family members and colleagues to take part in the 5 km run or 3 km/5 km walk from 8 a.m. to noon at the Ontario Science Centre and ET Seton (Sunnybrook Park).

The Cardiac Health Foundation of Canada originally founded as Marina Lodge in 1965 in honour of Princess Marina of Greece, who was also the Duchess of Kent and who had a special interest in the rehabilitation of handicapped adults. Since its founding, the organization has raised over \$10 million toward prevention, education and cardiac rehabilitation at over 40 cardiac rehabilitation centres in hospitals and clinics across Canada for medical equipment, facilities, patient resource materials, graduate scholarships and public education. These noble goals are right in line with those of The Mikey Network, which promotes heart-healthy living and places MIKEYS in public places.

The Mikey Network was named for Mike Salem, a partner in Heathwood Homes and The Heron Group of Companies. Mike died of sudden cardiac arrest on a

golf course in 2002. To pay tribute to his compassion and kindness toward everyone, Heathwood and Heron established The Mikey Network in 2003 to offer cardiac arrest victims a second chance at life. The Network has partnered with many community organizations, and already installed 800 MIKEYS across Ontario, including hundreds in Toronto schools and the Greater Toronto Area.

Exercise is recommended as part of cardiovascular health and rehabilitation, which is why the Mikey Network initiated Mikey Walking Clubs, and why Cardiac Health Foundation of Canada started the WALK OF LIFE 26 years ago. Walking is one of the best low-impact exercises that helps people develop and maintain cardiovascular fitness. It increases oxygen intake, heart rate and energy; burns calories; reduces stress; stretches and strengthens muscles; and is associated with a reduced risk of heart disease, type 2 diabetes, cancer, stroke and even gall bladder disease.

The Mikey Network is looking for eager participants of all ages to join the team for the May 15 event. Each TEAM MIKEY member will receive a hat and T-shirt. Becoming part of TEAM MIKEY and participating in the WALK OF LIFE will help to save lives and to keep the memory of Mike Salem alive.

**For all the details on the event and the great partnership between The Mikey Network and the Cardiac Health Foundation of Canada, and to register for TEAM MIKEY for the WALK at [walkoflife.ca](http://walkoflife.ca) under TEAM MIKEY. Let's get walking!**