



**MEDIA RELEASE**

**July 24, 2015**

## **Show your heart! Help keep other hearts strong!**

### **Cardiac Rehabilitation Unit seeking sponsors and participants for Walk of Life**

The **Oxford County Cardiac Rehabilitation Unit (OCCRU)** helps people with various cardiac issues, including transplant, heart attack or stent placement, return to more active living. At present, the Unit's ability to help all those who need its important services is limited by funding for staffing and hours.

Alexandra Hospital Ingersoll is the site of the program clinic, which serves people across Oxford County. At any time there are 50 clients actively involved in the rehab program, with an age range of 30 to 80 years old.

"Besides exercise guidelines, each person receives an individualized program that could include a medical evaluation, diet review, lifestyle education, full medication review, and smoking cessation assistance, if required," says Amy Ellis, an OCCRU kinesiologist. "Everyone is monitored and supported throughout their recovery."

The clinic is open for exercise and consultation, Mondays and Wednesdays, from 12 noon to 6 pm. To be able to extend hours and services to more people, sponsors are being sought for the OCCRU who value this critical, free service. This will be long-term relationship where the sponsor will benefit from showing their support to helping people with cardiac issues.

#### **Walk of Life: Saturday, September 26, 10:00 am**

Everyone can support the OCCRU by participating in the annual **Walk of Life**, to be held again this year at Victoria Park, on Saturday, September 26. Money raised at the Walk of Life goes to ensuring that the present level of service is maintained.

In past years, **Walk of Life** participants consisted mainly of recovering heart attack patients, but more community support will ensure the long-term viability and growth of the program.

***To become an OCCRU Sponsor or to register for the Walk of Life, please contact Judy Winter - 519-485-1700 Ext 8298***