

SASK WALK FOR HEALTH 2010 in support of Station 20 West

SASK WALK for HEALTH 2010 is a trek that will take place, starting from the Manitoba border, East of Langenburg to Lloydminster via Highway #16 (the Yellowhead Route)

In doing this trek, we wish to show our strong support for Station 20 West, and promote the importance and benefits of living a healthy lifestyle.

Our organization believes that if people adopt a healthy lifestyle, Saskatchewan citizens will benefit through fitness and well-being. By keeping physically active and mentally alert, we would surely help reduce health care costs. Prevention of disease is based on personal responsibility and knowledge. The wide adoption of healthy lifestyle choices can only be achieved through education and awareness. We believe that more can be done in this area. SASK WALK FOR HEALTH believes that more people would change unhealthy habits if they knew the consequences, and were made aware of the alternatives.

SASK WALK FOR HEALTH 2010 Committee

Cliff Shockey , Chair
Rosanna Parry, Secretary-Treasurer
Mildred Shipman
Roland Duquette
Yen Fung
Sheldon Kraus
John Atamanenko
Valerie Veillard

Who are we?

SASK WALK FOR HEALTH is a non-profit organization.

In 2005, as a Centennial project, a group of seniors organized a very interesting and challenging trek, starting from the North West Territories and ending at the American border. This was done in March, first by cross-country skis, then by walking. It was -33 degrees C on the day the trek started at the N.W.T. border. The trek took 22 days. These intrepid trekkers, including Cliff Shockey and Roland Duquette, travelled a distance of 975 miles. The reason for the trek was to create more awareness for the importance of living a healthy lifestyle, thus preventing disease. Cliff wrote a book entitled Walk the Talk about this memorable journey.

THE SASK WALK FOR HEALTH 2010 Committee feels that it is time for another trek. In supporting Station 20 West, we feel that this is a great opportunity for Saskatchewan citizens to give something back for the good life that we enjoy in our beautiful province. Plans are in the works to document our 2010 trek. Join us and be part of this amazing experience.

The late Rev. Jim Osborne was a member of our Committee to plan the 2010 trek. We miss him and wish to acknowledge his encouragement and enthusiasm.

To receive a registration form, please e-mail rosannaparry@shaw.ca or call Rosanna at 229.8289

SASK WALK FOR HEALTH 2010
c/o 510-5th Avenue North, #602
Saskatoon SK S7K 2R2

What is Station 20 West?

To address the disparities in income and health services to the Core neighbourhoods of Saskatoon, Station 20 West will be an integrated service centre that will also include The Good Food Junction, a locally owned grocery co-operative. Fundraising for this \$6 million development is well underway.

Benefits for All:

For Saskatoon

- *Social and economic revitalization
- *Additional business opportunities
- * Polluted land converted into usable space
- * Showcase for green, sustainable construction

For Core Neighbourhoods

- *Business development, jobs, training and housing
- *improved food security through easier access

For Co-locating Organizations

- *Partnerships and collaborations for effective service delivery
- *Reduced overhead through shared facilities and equipment
- *Opportunity to engage the community in capacity building

Station 20 West Development Corporation Inc.

Room 223-230 Avenue R South
Saskatoon SK S7M 0Z9

Phone: 306-343-9378

Fax: 306-655-5512

E-mail: station20west@chep.org

Website: www.station20west.org