

Just cause you got the monkey off your back doesn't mean the circus has left town.
George Carlin



Paddles Up—Dragon Boat Races July 19th and 20th

The Dragon Boat Festival will be taking place on July 18th to 20th, 2008 and there are five Windsor Regional Hospital Teams participating. Spectators are free to come out and cheer them on. Saturday Breast Cancer Survivor Teams will compete and Sunday Corporate/Community Teams will compete. There will also be a festival on Erie Street Friday, Saturday and Sunday evening.

10,000 Steps to 10,000 Pounds Update

To date WRH has collectively taken 16,401,248 steps and lost 1,275 pounds. If you have experienced a loss and want to be counted, email: kristina_verner@wrh.on.ca—reporting your weight is not required. Do this by July 20, 2008 and your name will be entered into a draw for a WRH Fitness package.

Smoke Hut Reborn as Indoor Bike Rack

WRH is pleased to announce that the former Smoke Hut at the Met Campus is now an indoor Bike Rack. To gain card access to the shelter, contact Security at ext. 52215.

Save the Date

Windsor Regional Hospital is pleased to announce that we will be hosting **Will Bowen**, author of 'A Complaint Free World' and inspiration for our own award winning, 'Can the Complaining' initiative on Wednesday, October 8th, 2008. Stay tuned for more information!

Dates for Take a Walk in my Shoes Established for Fall 2008

Take a Walk in my Shoes will be taking place on September 15, 17 and 19. If you want to volunteer to participate, contact Melissa Simas at ext. 72302.

Did you know?

Lifeline is a an easy-to-use personal response service that ensures that older adults living at home get quick assistance whenever it is needed - 24 hours a day, 365 days a year. The program is operated by the Malden Park Auxiliary and a portion of the proceeds supports WRH. For more information, contact 519-252-4100 or 1-800-387-8120

The WRH Tribune is a publication of the Public Affairs Department of Windsor Regional Hospital.
Submissions can be made to gisele_sullens@wrh.on.ca or by calling ext. 52008.

