**OUR VISION:** Outstanding care—no Exceptions!

When you feel dog tired at night, it may be because you've growled all day long. ~Author Unknown

#### Running from Cancer

The 4th Annual **Run from Cancer** will take place on July 26th at the Tecumseh Arena. The event includes a half marathon, 5km and 10km run/walks and a 1km Disney Dash. Registration is now taking place. Forms are available at the WRH Foundation office (ext. 52656) or Windsor Essex Cancer Centre Foundation office (ext. 58506).

# **Kids Kicking Cancer**

In Honour of the Ones We Love invites everyone to join them for a profound life-changing experience: "Kids Kicking Cancer". The first seminar and presentation of this type in Canada will be held on Wednesday, July 8, from 7:00 p.m. to 9:00 p.m. at the Ciociaro Club of Windsor. Guest Speakers include Rabbi Elimelech Goldberg and David Musyj. For more information, contact Public Affairs at ext. 52005.

# 'Running Miles' Introduces—Racing the Vine

Running Miles—the Running Clinic supporting WRH, will be hosting an event—**Racing the Vine** on September 19th, 2009 at D'Angelo Estate Winery. It will feature a festival of food and wine and entertainment as well as a 5km run and walk. Watch for more information on this exciting event that will support the 'Cornerstone of Caring' Campaign (Western Redevelopment Project). For more information on joining the clinic or about the upcoming event, call Kim Willis-More at ext. 52458.

### **Last Chance for Kid Rock Tickets**

A draw for 5 sets of 2 tickets to see Kid Rock on July 17th in a suite at Comerica Park will take place on July 10th, 2009. For tickets contact the Foundation office at Met Campus (ext. 52656) or contact Sandra Shearme at ext. 72385.

# Join Friends of WRH Facebook Group

If you enjoy Facebook at home —consider joining Friends of Windsor Regional Hospital for the latest news and information on WRH activities.

# Walk with your Doc!

Transition to Betterness (T2B) is pleased to present "Walk with Your Doc" on Sunday, August 30th, 2009. Local physicians, their patients and friends are invited to walk in support of T2B initiatives. The event takes place on the Ganatchio Trail. A minimum pledge of \$20 per person is required. To receive a pledge sheet, call 519-944-5143.

#### Did you know?

Every month Windsor Regional Hospital offers an opportunity for employees who have Perfect Attendance to enter a draw.

The monthly winner picks from several prize options. Visit the WRH Intranet to enter.

Staff who do not have PC access can enter at one of the conveniently located Intranet Kiosks.

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.

**OUR MISSION:** We provide outstanding care with compassion.