

## NEWS RELEASE

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FOR IMMEDIATE RELEASE

### Walk with your Doc is coming to your city

**Chilliwack, BC-** From Chilliwack and Sardis, to Agassiz and Hope, doctors all around are teaming up to get our communities moving. Walk with your Doc is an annual event celebrating daily movement for better health. Led by the Chilliwack Division of Family Practice, doctors and other health care professionals are hosting free walks in Chilliwack, Agassiz and Hope and are walking side-by-side with their patients and the public. Registered participants receive a free pedometer to count their steps towards a healthy lifestyle. There are two walks in Chilliwack on May 9<sup>th</sup>, at Townsend Park and at Watson Glen Park, both starting at noon.

As leaders of health in our communities, doctors are encouraging patients to enjoy a fresh start this spring and make walking 30 minutes a daily priority. The Division is a non-profit society that represents family doctors in Chilliwack as well as Agassiz-Harrison and Hope. In a bid to represent all its member communities, this year's Walk with your Doc events will include Agassiz and Hope more comprehensively.

The Hope Medical Centre is partnering up with the Fraser Canyon Hospice Society's 9<sup>th</sup> Annual Hike for Hospice Palliative Care, held on May 4<sup>th</sup> at the Memorial Park in Hope. The Fraser Canyon Hospice Society, founded in 1995, provides palliative and bereavement support for the terminally ill and their care-givers in Hope and surrounding areas. The Hike for Hospice Palliative Care is a unique fundraising event held across Canada that brings together organizations working collectively in hospice palliative care to raise funds and awareness by their community, for their community. Last year's hike raised a commendable \$5,500 through a diverse mix of corporate sponsorships, in-kind donations, door prize donations and fund-raising efforts. This year's event begins with late registration at 9:15 am for those who haven't done so beforehand and the hike starts at 10:30 am. Following the one hour hike, food, entertainment and fabulous prizes await participants. Registration is \$10 per person, with children under 13 free and can be done through [www.frasercanyonhospice.org](http://www.frasercanyonhospice.org)

In Agassiz, the local health care team is joining hands with the BC Recreation and Parks Association to incorporate Walk with your Doc into their Move for Health Day Walk and Water Workout. Move for Health Day, held on May 10 annually, is an international event created by the World Health Organization to promote physical activity. Community members will be walking with their doctor along the Mountain Trail, affording them spectacular views of Mt. Cheam and plenty of fresh country air.

If you are interested in attending the walks in Chilliwack, you can [register for the walk at Townsend Park here](#) or for [Watson Glen Park here](#). You can also email us at [chilliwackdfp@divisionsbc.ca](mailto:chilliwackdfp@divisionsbc.ca) or call us at 604-795-0034. To register for Hope, please call 604-860-7713. To register for Agassiz, please call 604-796-8891.

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[www.divisionsbc.ca/chilliwack](http://www.divisionsbc.ca/chilliwack)

Family physicians working together  
to improve health care.

