

For Immediate Release

May 10, 2010

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Carleton Place Hospital receives a gift from Heritage Fitness

The Carleton Place & District Memorial Hospital (CPDMH) Foundation is pleased to announce that the Hospital has received a gift of \$5000 from the Heritage Community Fitness Centre. The gift was presented to the Hospital Foundation during the recent 3rd Annual Get Active! Community Fitness Challenge.

“This is another wonderful gift from Heritage Fitness and on behalf of the Foundation, I would like to thank Kevin and his team for their continued support of the Hospital and its needs”, stated Norma Hamilton, President of the CPDMH Foundation. “We are honoured that Heritage Fitness has taken such an active role in helping with fundraising efforts on the Hospital’s behalf and we are especially grateful for their help with the Fitness Challenge.”

Heritage Fitness opened a little over three years ago and at that time, the facility named the Hospital as its charity of choice. Since then, Heritage Fitness has donated nearly \$15,000 to the Hospital’s equipment needs, has hosted events for the Hospital that has raised more than \$25,000 and has contributed to many other events held on the organization’s behalf. The recent gift given by Heritage Fitness will be used to purchase surgical equipment for the Hospital's orthopedics program.



With a cheque representing the recent gift from Heritage Fitness are Jenny Andress, Doreen French, Casey Carswell and Redeana Villeneuve. The land acquired for the future expansion of Heritage Fitness can be seen in the background.

“We firmly believe that strong community support is vital to having a great community hospital and it was a very easy decision for us to name the Carleton Place Hospital as our charity of choice”, stated Kevin Price, Owner of the Heritage Community Fitness Centre. “We are very proud of the contribution we have been able to make in the last three years and we would like to thank our membership community for making this possible.”

Moving forward, Heritage Fitness has plans for further expansion and has purchased the remaining acre of land that runs alongside the outdoor sprint track on the North-East side of the building. This land will accommodate substantial new construction that will allow Heritage Fitness to better serve the needs of its growing membership community. The expansion is expected to create more space, better traffic flow, and allow for new equipment purchases down the road.

In the coming weeks, Heritage Fitness is planning a Century Tour for Saturday June 26. The event is a 50 or 100 kilometre bicycle tour and a portion of the event proceeds will be donated to the CPDMH Foundation. Included in the registration fee for the Century Tour is a free bike maintenance day on May 14, a training schedule to help prepare for your goal distance, and a weekly practice ride on Saturday mornings.

For more information on the Heritage Community Fitness Centre, including the programs offered and the upcoming Century Tour, please visit www.heritagefitness.ca or visit the beautiful facility at 2 Costello Drive.

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