



WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

May 2009

MAY
2009



BIG BIKE FOR STROKE

Every 7 minutes in Canada someone dies from heart disease or stroke. It is the leading cause of death in Canada, responsible for 1 in 3 deaths.

What is the Big Bike for Stroke?

Big Bike is one of the Heart and Stroke Foundation's most FUN-raising fundraising events. Causing a commotion wherever it goes, the event is named after the 30-seat bicycle that teams of enthusiastic riders pedal through 200 communities across nine provinces, raising funds, attention and laughs along the way.

Don't worry: each team only does 1 – 2 loops around a city block.

By participating in Big Bike, you'll help researchers deliver medical advances, effect social change and educate Canadians on how to prevent and manage heart disease and stroke.

Other benefits of participating in this unique event include:

- ♥ Exercise
- ♥ Builds team spirit
- ♥ Increase BICR's visibility in the community





WELLNESS WORKS...

at Brain Injury Community Re-entry (Niagara) Inc.

 Wacky Whistle LEVEL 1 – \$50	 Cool Compact T-shirt + Wacky Whistle LEVEL 2 – \$100
 Sport Bag + Wacky Whistle LEVEL 3 – \$175	 Beach Bundle + Wacky Whistle LEVEL 4 – \$300
 Tasco Binculars + Wacky Whistle LEVEL 5 – \$500	 Chill & Grill + Wacky Whistle LEVEL 6 – \$1,000
 Swiss Army Watch + Wacky Whistle LEVEL 7 – \$2,000	

WHAT YOU CAN DO...

All you need to do is join a team, create a team or come with friends and family or by yourself – the more the merrier (and the easier it is to peddle).

Here are the details...

WHEN: Tuesday May 26th at 5 pm

WHERE: Stella's
45 James St. St. Catharines

HOW:

- ♥ Register online at www.bigbike.ca , raise \$50, and be entered in a draw to win an HD LCD TV or a Nintendo Wii Fit. You can also email your friends & family and they can donate online
- ♥ Collect pledges and bring them to the event
- ♥ Stay for dinner! After the ride, sit on the patio and help yourself to a pasta dinner provided by Stella's
- ♥ Be a part of the BICR challenge!!! BICR is awarding a **PIZZA LUNCH** to the site that can raise the most money. Get all your co-workers involved for the best chance at winning!

DON'T FORGET:

- ♥ Pledges can be submitted as one BICR donation
- ♥ We do have some funds that can be included in the \$50 minimum donation

OUR TEAM WEBPAGE:

<https://secure.heartandstroke.ca/faf/search/searchTeamPart.asp?ievent=299326&lis=1&kntae299326=D349BBAC999B44B1A21E43949F1C275E&supId=251993521&team=3369747>

See you there...

If you are interested in
**PUTTING YOUR FEET TO
BEAT HEART AND STROKE**

contact
Jacqueline Buchanan ext. 640

Wellness Committee Members:
Sharon Coulson, Eva Holder, Linda Rapley, Andrea McGee, Shelby Banas and Beth Neufeld