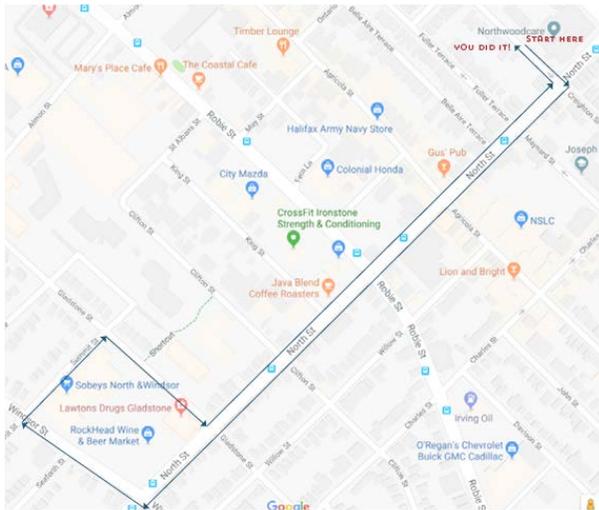




FOR IMMEDIATE RELEASE

Live More Walk Registration Now Open



Outline of this year's Live More Walk route

Halifax, N.S. August 10, 2018 – The 2018 Live More Walk is set to take place September 29, 2018 and registration is now open.

The Live More Walk is a fundraiser for the Northwood Foundation and raises money to support Northwood's Dignified Living Fund, a fund that was started by Northwood staff members.

The Dignified Living Fund provides members of the Northwood community, who struggle with financial hardship, some of the basic necessities that allow them to live with dignity. These necessities include: glasses repair, hearing aid batteries, dental care, transportation to and from medical appointments, mobility aids, personal hygiene products and more.

"The Dignified Living Fund is unique to Northwood and we've seen first-hand the difference this fund has made in the lives of our community members," says Faye LeBlanc, Managing Director of the Northwood Foundation. "The Live More Walk is the main fundraiser for the fund, and we love to see everyone come out every year to help make what we do possible."

This is the 8th annual Live More Walk. To date, the walk has raised over \$230,000 for the Dignified Living Fund which has fulfilled hundreds of funding requests. This year, the Northwood Foundation has added fundraising incentives, with some great Northwood swag being awarded for different levels of funds raised.

"As a not-for-profit, fundraisers like the Live More Walk are essential to support our commitment to empowering Northwood's residents and clients to *live more*," says Janet Simm, President and CEO of Northwood.

The walk is two kilometres and will start at Northwood's Halifax Campus, going up North St., right onto Windsor St., right onto Summit St., right onto Gladstone St., and left to go back down North St. to the Halifax Campus.

Everyone is encouraged to participate in the walk, and you can visit www.northwoodfoundation.ca to register or to donate.

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About Northwood

Since 1962, we have led the way as Nova Scotia's most dynamic continuing care organization committed to innovation and change. We are the largest not-for-profit continuing care organization in Atlantic Canada and are recognized both here at home and across Canada as an extraordinary example of the power of social justice, but we like to call it the power of love! When life changes, and society changes, Northwood leads the way, incorporating revolutionary designed, responsive care. From new ideas to new technologies, we are empowered to do this, because our focus is on people, not on profit margins.