



To infinity and beyond **Buzz Lightyears, Toy Story**

## WRH Leads the Way in ‘Best Practices’

Windsor Regional Hospital has been notified that it will present 10 “Leading Practices” at the 2010 OHA Conference. Topics cover all categories including Access to Care, Patient Safety and Quality and Technology, Leadership and Education.

## Pride Run/Walk

Windsor Regional Hospital has joined forces with the Pride Committee of Windsor in hosting the 1st annual **5km Rainbow Walk/Run**. This fun-filled event will take place on Monday, October 11, 2010 (Thanksgiving) at Windsor's Dieppe Riverfront Park. There will be a grand prize for the best costume and prizes for various age categories. Rainbow Runs are popular in many cities throughout North America. It presents an opportunity to promote and foster community spirit, goodwill, and sportsmanship. Please consider joining in on the fun. All proceeds from the event will support the Pride Committee of Windsor and the Western Redevelopment - Cornerstone of Caring campaign. For more information and to register, visit [www.rainbowrunwindsor.com](http://www.rainbowrunwindsor.com).

## Save the Date— WRH Staff and Children’s Christmas Parties

The WRH **Staff Christmas Party** will be held on Friday December 3, 2010 and the Children's Christmas Party will be held on Sunday, December 5, 2010 at the Caboto Club. Please note that these parties have moved from the Serbian Centre to the Caboto Club. Ticket sales will begin October 2010.

## Health & Wellness Day at Met and Western Campus

WRH is launching the **W.E. Can Quit** program to all employees, family members and retirees. Join us at Western Campus in the Brown Auditorium on Sept. 22nd and at Met Campus in the Auditorium on Sept. 23rd from 11 am to 4 pm. The Health & Wellness Days will feature the ‘Toxic Tunnel’, Carbon Monoxide Testing, Health and Wellness information from community agencies, Health Screening, a Stretching Clinic from 12 pm to 1 pm, a healthy snack supported by WRH Staff Activities Committee and prizes.

## Zumba is back!!!

**ZUMBA** is back starting **Wednesday, September 29, 2010!** The one hour class is scheduled for Mondays and Wednesdays, with a start time of 7:00 pm in the Met Auditorium. Please contact Stephanie Harcus at ext 52330 for more information or visit the Healthy Lifestyles section of the Intranet. Intranet Kiosks are available for those without access to a PC.

## Did you know? - Good and Bad News

**Good News**—the “Do Good Divas” have pledged \$50,000 to the Cornerstone of Caring Campaign by hosting “Handbags for Healthcare”. **The Bad News**—it is sold out!!!

The Tribune is a publication of the Public Affairs Department of Windsor Regional Hospital.  
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