

Our Health: Healthy Communities Need Volunteers (FINAL PROGRAM)

Final show of Our Health, live on Thursday, June 22, 2023 in Rotary Hall at the MCC. Or watch live from home (on Rogers TV or online!)

MIDLAND, ON, CANADA, May 31, 2023
/EINPresswire.com/ -- Healthy Communities Need Volunteers: Final Our Health program to Celebrate Volunteers' Contributions

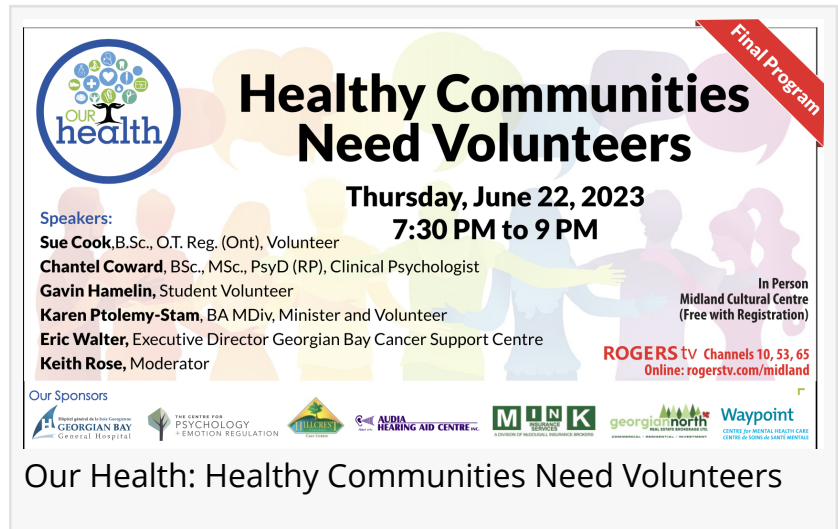
Volunteers play a vital role in building and sustaining healthy communities.

Their contributions deserve recognition. "Healthy Communities Need Volunteers" will be the final program of the Our Health series. It will be held in person at the Midland Cultural Centre on Thursday, June 22, 2023 from 7:30 to 9 pm and broadcast live by Rogers TV.

"After seven successful years of delivering health education programs to our community, this will be our final program. It has been a privilege to bring these presentations to our viewers" said Dr. Keith Rose, host and committee chair. "We are encouraging the community and everyone who has been part of Our Health; volunteers, panelists and sponsors to join us for this last evening of learning and celebration."

The June program will feature two professional speakers with extensive experience and knowledge in the field: Chantel Coward, a clinical psychologist, and Eric Walter, the Executive Director at Georgian Bay Cancer Support Centre. They will address the personal benefits associated with volunteering and explain why volunteers are critical to the success of non-profit organizations.

In addition, the program will feature three community volunteers who have provided hours of their time and energy to a variety of causes: Sue Cook, Occupational Therapist, Gavin Hamelin, Student, and Karen Ptolemy-Stam, Minister. They will share inspiring stories about their experiences and passions which include the arts, mental and spiritual health, housing, reliable food supply, sports activities, youth programs, school activities, and service clubs. Their leadership and dedication to giving back have contributed to a healthier community for all. The Our Health series is led by a dedicated volunteer committee. This is an outstanding example



Healthy Communities Need Volunteers

**Thursday, June 22, 2023
7:30 PM to 9 PM**

Speakers:
Sue Cook, B.Sc., O.T. Reg. (Ont), Volunteer
Chantel Coward, B.Sc., M.Sc., PsyD (RP), Clinical Psychologist
Gavin Hamelin, Student Volunteer
Karen Ptolemy-Stam, BA MDiv, Minister and Volunteer
Eric Walter, Executive Director Georgian Bay Cancer Support Centre
Keith Rose, Moderator

**In Person
Midland Cultural Centre
(Free with Registration)**

**ROGERS tv Channels 10, 53, 65
Online: rogers.tv.com/midland**

Our Sponsors:
Georgian Bay General Hospital, The Centre for Psychology & Emotion Regulation, Midland District, Alpha Hearing Aid Centre, MINK, Georgian North, Waypoint

Our Health: Healthy Communities Need Volunteers

of individuals taking action to address a wide range of crucial health topics to empower individuals with knowledge and inspire positive change in our community. Over the years this series, in partnership with the Midland Cultural Centre and Rogers TV, has been a valuable platform for fostering awareness, education, and discussions surrounding various health-related issues. Forty eight programs, with discussions from more than 120 speakers, have addressed a wide range of topics including included living and dying well, mental and physical health for all ages, aging, cancer and many more.

“The theme for the June 22nd program is fitting as we celebrate the valuable time, energy, and skills of volunteers who have made a significant impact in our communities including everyone who has worked so hard on the Our Health program over the years” notes Gordon Hagen, Board Chair of the Midland Cultural Centre. “We can’t thank the committed group of volunteer community leaders for the hours spent to plan, host and organize Our Health events, as well as the many panelists and others who have made it a success”.

Don't miss this opportunity to celebrate volunteers' contributions to our community and learn more about the program's history. Visit the Our Health Midland Cultural Centre website at <https://www.midlandculturalcentre.com/ourhealth> to register for free.

Ashley Van Mazyk
Midland Cultural Centre
+ +1 7055274420

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