

Burlington Couple to Climb Mount Kilimanjaro to Support CAMH and Inspire Community Resilience

Climbing Higher Together invites the community to Sponsor a Meter, join the 5,895 Challenge, and support CAMH while celebrating resilience

BURLINGTON, ONTARIO, CANADA, August 7, 2026 /EINPresswire.com/ -- Every day, people across Burlington are climbing mountains of their own—not on hiking trails, but through injury, illness, chronic pain, mobility challenges, mental health struggles, and life's unexpected setbacks.

Some are recovering from surgery. Others are living with chronic pain, neurological conditions, anxiety, depression, grief, or mobility challenges. Every journey is different, but each requires resilience, determination, and the courage to keep moving forward.

Inspired by that resilience, this September, Laurent Pinci, co-owner of [Pillars of Wellness](#), and his wife Lori Pinci, an Occupational Therapist and co-owner of the Burlington multidisciplinary healthcare clinic, will climb Mount Kilimanjaro (5,895 meters) to honor that resilience while raising funds for the Centre for Addiction and Mental Health (CAMH).

The couple will depart Canada on September 22 before beginning their seven-day ascent of Kilimanjaro via Tanzania's Machame Route on September 24, with the goal of reaching Uhuru Peak, Africa's highest point, before descending on September 30.

The expedition is the centrepiece of Pillars of Wellness presents: [Climbing Higher Together](#), a community initiative that encourages people of all ages and abilities to move in ways that are meaningful to them while supporting mental health through CAMH.



Lori and Laurent at the Grand Canyon

The campaign is built on one simple belief: no one has to climb life's mountains alone. Through movement, storytelling, and giving, Climbing Higher Together invites the community to turn one expedition into thousands of acts of support, participation, and hope.

Unlike traditional fundraising campaigns, Climbing Higher Together invites everyone to participate—regardless of age, fitness level, or physical ability. Community members are invited to:

- Sponsor a Meter in support of the campaign.
- Join the 5,895 Challenge by creating a personal movement goal.
- Follow the Kilimanjaro expedition through daily updates from the mountain.
- Share their own stories of resilience to inspire others.

Whether someone walks their dog, hikes a local trail, cycles to work, completes rehabilitation exercises, or simply chooses to move a little more each day, every step becomes part of a larger community movement.

"Every day at Pillars of Wellness, we meet people overcoming challenges that can feel like mountains of their own," said Laurent Pinci, co-owner of Pillars of Wellness. "Preparing for Kilimanjaro reminded us that the mountain isn't the real story. The real story is the resilience we witness every day—in people recovering from injuries, adapting to illness, living with chronic pain, or navigating mental health challenges. We wanted to create something that celebrates that



Lori hiking in Utah



PILLARS OF WELLNESS PRESENTS

Climbing Higher Together

*One mountain. One community.
Thousands of steps toward better health.*

Logo

resilience while supporting better mental health care for Canadians."

While the campaign raises funds for CAMH, it celebrates the resilience of everyone facing challenges, physical, emotional, or otherwise.

Climbing Higher Together recognizes the determination shown by anyone facing adversity—including physical injuries, chronic pain, neurological conditions, illness, mobility limitations, caregiving responsibilities, or any life challenge requiring courage and persistence.

"We hope people don't simply watch us climb," said Lori Pinci, Occupational Therapist and co-owner of Pillars of Wellness. "We hope they'll climb with us in whatever way is meaningful to them. Every step matters. Every story matters. Every act of support reminds someone they don't have to face life's mountains alone."

Throughout the expedition, Laurent and Lori will share photos, videos, daily reflections, and updates from Mount Kilimanjaro through the campaign website.

The campaign aims to raise \$5,895—one dollar for every meter of Mount Kilimanjaro's elevation—with all donations supporting CAMH Foundation.

Community members are invited to follow the expedition, Sponsor a Meter, join the 5,895 Challenge, or learn more at:

<https://pillarsofwellness.ca/climbing-higher-together>

Donations can also be made directly through the official [CAMH fundraising page](#):

<https://fundraise.camh.ca/fundraisers/laurentpinci/climb-higher-together>

About Climbing Higher Together

Climbing Higher Together is a community campaign presented by Pillars of Wellness and inspired by Laurent and Lori Pinci's September 2026 climb of Mount Kilimanjaro. Through movement, storytelling, and fundraising, the campaign brings people together to celebrate resilience, support mental health through CAMH, and remind the community that no one has to climb life's mountains alone.

About Pillars of Wellness

Pillars of Wellness is a multidisciplinary healthcare clinic in Burlington, Ontario, providing integrated physical, mental, and rehabilitative care under one roof.

Laurent Pinci

Pillars of Wellness

+1 905-637-4000

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