



## Ajax Health and Wellness Fair a Great Success

DMHS Committee Works Hard to Raise Awareness of Local Health Services

AJAX, ONTARIO (May 10, 2010) – Over 100 visitors learned more about local health services by attending a Health and Wellness Fair planned and hosted by Durham Mental Health Services in partnership with Seamless Care Pharmacy. The event took place on May 6, 2010 at the Royal Canadian Legion in Ajax.



The fair featured booth displays, presentations, and demonstrations from local health care providers, community agencies, and local businesses including Catholic Family Services of Durham, Durham Hospice, the Heart and Stroke Foundation of Canada, Kerry Place Autism Services, Mary Kay Canada, Northern Lights Vocational Services, and Service Canada.

Krista Bull led the team that put together this event. "This was our first time putting together a health fair, so it was a challenge making sure that everything that needed to be completed and prepared was covered. The committee did great work in putting together a very successful event."



L-R: Paula Banting, Jennifer Smith, Victoria Kynigos, Krista Bull, Christina Self, Heather Jay

The committee included Paula Banting, Heather Jay, Victoria Kynigos, Christina Self, and Jennifer Smith.

Paula Banting said "The whole experience was extremely positive. We felt like pioneers, doing this first agency Wellness Fair. The partnership with Supportive Housing was very positive, and so was the reaction from vendors and visitors. I look forward to doing it again next year!"

Heather Jay was impressed by how this event brought service providers together. "It was a great opportunity for agencies to network. It wasn't just about making new connections, it was also a chance to reconnect with some past partners and discuss ways we can work together going forward."

For Jennifer Smith, the event was a chance to make new connections with DMHS staff. "I had a chance to work with staff members I don't ordinarily work with. It was nice to see our work pay off – I was impressed by the community turnout and by the number of vendors there."

Christina Self shared that sense of accomplishment. "It was great to be a part of the committee and the day itself was very exciting. Our community



was able to learn about a whole variety of services and businesses that can help them live a healthier lifestyle, physically, emotionally and mentally."

The Health and Wellness Fair was a great example of DMHS' commitment to effective partnerships that serve our community and promote overall health and wellness.



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