

## News Release Roundup - 1

### HELP SunBank ALLEVIATE THE YEAR-ROUND PROBLEM OF HUNGER

**SunBank has announced its annual SunSanta food drive run from June 14<sup>th</sup> to July 6<sup>th</sup>. In a bid to fight hunger within the state, Sunbank is calling on you to donate canned and non-perishable food items to your nearest Sunbank office. The Christian Service Centre will distribute amongst the needy. Last year, residents of the state donated over 78,000 items to 55 different charities. Every donation makes a difference.**

#### News Release Copy

Nearly one-fourth of the children in this state must go to bed hungry every night. That's no way to let our future generations grow and take shape.

In order to help alleviate the growing concern of hunger in our local state, SunBank has announced that it will begin their seventh annual SunSanta food drive next June 14. Residents of the state are encouraged to bring any canned or non-perishable food items to their nearest SunBank office for distribution to the needy. When the food drive ends on Friday, July 6, the Christian Service Centre will pick-up and distribute all donated items to local, needy families and individuals.

For the first time, SunBank is hosting their state wide food drive in the summer months. "When we first began the program seven years ago, there were few food drives during the winter holidays," explained Sara Curtis, Senior Vice President of Marketing. "However, as more and more organizations sponsored year-end food campaigns, we have rescheduled our program for the summer months to help replenish depleted food banks."

Last year, residents of the state donated over 78,000 items to 55 different charities. Clearly, you "can" make a difference. So when composing your vacation packing list, don't forget to drop off your canned goods at your local SunBank office.

## News Release Roundup - 2

### INVENTING YOUR LIFE" SEMINAR

**Mental Health Association and the Centre for Women's Medicine presents, "Invent Your Life" with Joyce Reynolds of the Swan Centre for Intuitive Living. In an inspiring 2 hour seminar, learn simple and effective techniques to achieve happiness and success in every area of your life. Come along on the night - Friday 20<sup>th</sup> June at 7pm, Great Hall of the Cathedral of St. Luke's, 130 Dakota Avenue or call 843-1563 for information and registration.**

#### "INVENTING YOUR LIFE" SEMINAR

On Friday evening of next week, the county's Mental Health Association and the Centre for Women's Medicine will present a two-hour seminar designed to provide simple, practical techniques to help women achieve greater success and happiness in every area of their life. Through a combination of lecture and audience participation, participants will be given the tools to "Invent Your Life" the way they want it to be. The featured seminar leader will be Joyce Reynolds from the Swan Centre for Intuitive Living in Atlanta, Georgia. Ms. Reynolds states, "When you know how to create what you want, you can be more productive and motivated, and have an excitement for life. You can make your life what you want it to be." The seminar will also include a discussion of how physical health is directly affected by the level of stress in life. Scheduled to begin at 7 PM, the workshop will be held in the Great Hall of the Cathedral of St. Luke's, 130 Dakota Avenue. Pre-registration is encouraged. "Early Bird" registration fees for the seminar are \$10 per person for M.H.A. members and \$12 for non-members. Registration at the door will be \$15 for everyone. Refreshments will be provided. For more information or to register by telephone, please call the Mental Health Association at 843-1563.