

Press Release: Healthy @ Heathlands in May

Date: 14<sup>th</sup> April 2008

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#### Information

Heathlands Village, nursing and residential home, has named May 2008 Healthy @ Heathlands Month. A team of 13 runners are competing in the Great Manchester 10k run on Sunday 18<sup>th</sup> May. The participants are between the ages of 25 and 56 years old and include volunteers, relatives of residents, staff and their families and the Heathlands Village optician.

Also committing to the Healthy @ Heathlands month is a team of 5 nurses who are doing a sponsored diet.

Heathlands Village is encouraging all staff to take part in an active event in May and other activities include a football match, rounders match and netball match.

The money raised will go towards the development of a new library and memorial hall to help keep the minds of the residents 'healthy and active'. A total of £10,000 is needed to complete the work.

For more information or to sponsor our team please contact Dolly Abelson on 0161 772 4927 or donate online at [www.heathlandsvillage.co.uk](http://www.heathlandsvillage.co.uk)