



The Humane Society  
Media Release  
August 10, 2020

**‘FUR’TUAL WELLNESS FOR YOU AND FOR YOUR PET**  
**Walk | Learn | Connect**

**KITCHENER WATERLOO STRATFORD PERTH, ONTARIO:** The Humane Society of Kitchener Waterloo & Stratford Perth launches its virtual walkathon alongside a webinar series, a week-long event from Sept 14-20 titled ‘Fur’tual Wellness Week.

This health and wellness event is an opportunity for participants to learn more about animal and human wellness, while engaging friends and family in a fundraising walk-a-thon to support your local shelter! Health and wellness experts from across Waterloo Region partnered with the Humane Society to educate the community on topics they know best - whether that’s yoga, boxing, benefits of working out and eating healthy, pet wellness and so much more. There will be many prizes to be won throughout the event!

**Our headliner, [Ben Fanelli](#)**, is a motivational speaker, who helps people overcome issues that stop them from reaching their full potential. In 2009, the former Kitchener Rangers Captain, sustained a brain injury that almost ended his life. Instead of throwing in the towel, Ben's motivational platform has been inspiring groups ranging from University students to NCAA sports teams to Fortune 500 companies.

**Our growing line-up of speakers currently includes:**

- Mental Resilience, presented by Ben Fanelli
- Cooking with ChefD, presented by Chef D TV
- Fitness & Nutritional Tips by Ryan Livingston presented by Genuine Fitness
- Online Boxing Class presented by Darkside Muay Thai
- Financial Wellness, presented by Tracy Valko
- Dog Training with Samantha DeJong, presented by Puppy Power
- Pet Health & Enrichment presented by Melanie Hunt, RVT from the Kitchener Waterloo Humane Society

**Raffle prizes will include:**

- *Personal Pet Portrait* - for those who raise \$50
- *Bose SoundLink Micro Rugged Waterproof Bluetooth Speaker* - for those who raise \$100
- *Google Nest Home* - for those who attend the webinars
- *Fitbit Versa Lite Edition* – awarded to top fundraiser

“With the uncertainty of the COVID-19 pandemic, we wanted to find a way to bring the community together to connect on topics related to human and animal wellness, while continuing our annual walk-a-thons to raise money for the animals in our shelters.” said Cristina Lopes, one of the Humane Society’s event organizers.



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**There are two ways to participate in 'Fur'tual Wellness.**

**Option 1:** Collect pledges to participate in our virtual walk-a-thon. Money raised can be submitted any time throughout the months of August and September. Pledges of \$30.00 or more will get FREE access to the 'Fur'tual Wellness Webinars.

**Option 2:** Not comfortable with fundraising? A \$30 donation will give you a full access to the 'Fur'tual Wellness Webinars.

For more information on this event visit <https://kwsphumane.ca/events/furtualwellnessweek>.

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*The Humane Society of Kitchener Waterloo & Stratford Perth is a leader in Animal Welfare in our communities, focusing on what is in the best interest of the pets. We do this through community education, advocacy, care, and compliance. We are a registered charity and receive no government funding for our programs. Charitable BIN 11898 3550 RR0001*

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