



The Humane Society
Media Release
September 16, 2020

FUR'TUAL WELLNESS WEEK IS FINALLY HERE!
Fundraise | Learn | Walk

KITCHENER WATERLOO STRATFORD PERTH, ONTARIO: Since the launch of the Fur'tual Walk-a-Thon this Monday, the participants have raised \$2,295 for the Humane Society of Kitchener Waterloo & Stratford Perth – **but we are not quite there yet, and we need your help to reach our goal of \$10,000.**

With the challenges brought on by COVID-19, we have had to postpone our in-person fundraising events, yet we continue to have animals come to our centres needing our help. That's why Fur'tual Wellness Week is so important!

“We were unsure of what our fall walks would look like this year, but we are thrilled to have the support of our communities as we pivot our events” said Bryan Chatten, Community Engagement Coordinator – Events. “We wanted to provide our community with new ideas on fitness, cooking and some insight on how to manage the stress that comes with all of the new changes in our world”

This weekend, the event continues with an exciting lineup of Health and Wellness Webinars, featuring local chefs, musicians, pet experts, financial specialists and athletes!

A Full Lineup of Webinar Presenters Includes:

Friday, September 18th		
Wellness Week Introduction	with KWSP Humane Society	6:15-6:30pm
Easy Pasta Night	with Chef D	6:30-7:00pm
Live Music	with Paul Schultz	7:00-8:00pm
Saturday, September 19th		
Starting your day with Yoga	with Ashley Keefe	9:00-9:30am
Pet Wellness	with Melanie Hunt	9:30-10:30am
Healthy Snacking	with Heidi Pola	10:30-11am
Fitness & Nutrition Tips	with Christian Beckner	11:00-11:30am
At Home Workout	with Christian Beckner	11:30-12:30pm
Sunday, September 20th		
Muay Thai Training	With Kru Rick	9:00am-10:00am
Dog Training at home	With Samantha DeJong	10:00am-10:45am
Financial Wellness	With Tracy Valko	10:45-11:15am
Mental Resiliency	With Ben Fanelli	11:15-12:00pm
Prizes & Conclusion	with Skedaddle	12:00-12:30pm



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Virtual programs start this Friday night and **it's not too late to join!**

There are 2 options to register.

Option 1: Collect pledges and participate in our virtual walk-a-thon. Money raised can be submitted any time before the end of September. If you raise \$30 or more, you 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.

Can the animals count on your support? Will you help us reach our goal by donating/participating?

For more information on this event visit kwsphumane.ca/events/furtualwellnessweek.

- 30 -

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

For more information or for media inquiries please contact:

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Notes to the editor:

- The attachments included with this release include bios of webinar speakers.